**Ēdienkarte**

10. - 12.klase

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti | 1/60 | 0.11 | 71.2 | 0.74 | 3.71 | 6.29 |  |
| 2 | Sautēta cūkgaļa krējuma mērcē | 50/70 | 0.70 | 218.8 | 14.53 | 14.57 | 6.13 | Piena prod., kv. milti |
| 3 | Maize | 1/30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 4 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 | Piena prod. |
| 5 | Sulas dzēriens | 1/200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
| 6 | Cepumi | 45 | 0.17 | 169.50 | 3.8 | 5.39 | 27.18 | Kv.milti, ola, piens pr0d. |
|  |  |  | **1.42** | **806.38** | **25.51** | **28.21** | **111.88** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigi gurķi | 1/35 | 0.15 | 3.68 | 0.28 | 0.04 | 0.56 |  |
| 2 | Makaroni ar cūkgaļu | 150/30 | 0.59 | 417.80 | 13.73 | 21.36 | 42.67 | Kv.milti |
| 3 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.28 | 14.67 | Kv. milti, rudzu milti |
| 4 | Mandarīns | 110 | 0.22 | 58.4 | 0.98 | 0.22 | 15.2 |  |
| 5 | Tēja | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 6 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
|  |  |  | **1.42** | **800.56** | **22.41** | **28.16** | **113.16** |  |

SIA Latgales Optima 20.12.2021. – 21.12.2021.