**Ēdienkarte**

SIA Latgales Optima  **7.-9.klases**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Trešdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar kukurūzu | 1/50 | 0.12 | 51.09 | 0.94 | 2.69 | 5.78 |  |
| 2 | Biešu zupa ar pupiņām un krējumu  | 200/10 | 0.23 | 141.68 | 5.38 | 5.88 | 16.81 | Piena produkti |
| 3 | Dabīga cūkgaļas šnicele | 1/60 | 0.56 | 175.1 | 9.95 | 12.71 | 5.88 | Ola, kviešu milti |
| 4 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kviešu milti, piena prod. |
| 5 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Augļu kompots | 200 | 0.13 | 56.46 | 0.21 | 0.22 | 13.4 |  |
| 7 | Auglis (banāns) | 100 | 0.17 | 90.9 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **801.88** | **26.62** | **27.22** | **119.3** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti | 1/50 | 0.11 | 47.92 | 0.76 | 3.54 | 3.24 |  |
| 2 | Kotlete „Jaunība” | 1/70 | 0.53 | 274.94 | 10.74 | 21.38 | 10.45 | Kv.milti, ola |
| 3 | Kartupeļu biezenis | 1/150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 1/15 | 0.02 | 35.35 | 1.2 | 0.14 | 7.34 | Kv. milti, rudzu milti |
| 5 | Tēja  | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 6 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Ola,kv.milti,piena prod. |
| 7 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
|  |  |  | **1.42** | **838.99** | **22.51** | **37** | **100.27** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti ar gurķi | 1/50 | 0.11 | 42.34 | 0.71 | 2.55 | 4.13 |  |
| 2 | Vistas gaļas gulašs | 50/50 | 0.65 | 258.5 | 14.73 | 18.91 | 7.36 |  |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.8 | 3.84 | 38.59 |  |
| 4 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv.milti, rudzu milti |
| 5 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 6 | Auglis(banāns) | 100 | 0.17 | 90.9 | 1.5 | 0.1 | 21 |  |
|  |  |  | **1.42** | **736.78** | **28.54** | **28.07** | **92.5** |  |

 **02.09.2020. – 04.09.2020.**