**Ēdienkarte**

SIA “Latgales Optima” 7.-9.klases

06.12.2021. – 10.12.2021.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar saulespuķu sēklām | 1/50 | 0.11 | 46.07 | 1.04 | 2.79 | 4.19 | Saulespuķu sēklas |
| 2 | Dabīgā cūkgaļas šnicele | 1/80 | 0.70 | 267.41 | 14.29 | 14.29 | 20.51 | Kv.milti |
| 3 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kv.milti |
| 4 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Sulas dzēriens | 1/200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
| 6 | Bumbieris | 100 | 0.19 | 42.3 | 0.4 | 0.3 | 9.5 |  |
|  |  |  | **1.42** | **719.49** | **24.61** | **20.31** | **109.65** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar kukurūzu | 1/70 | 0.18 | 70 | 1.29 | 3.76 | 9.76 |  |
| 2 | Gulašs no cūkgaļas | 50/50 | 0.61 | 292.66 | 9.36 | 19.81 | 4.38 | Kv.milti |
| 3 | Vārīti griķi | 130 | 0.26 | 201.99 | 6.71 | 4.46 | 33.75 | Piena prod. |
| 4 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Augļu kompots | 1/200 | 0.13 | 56.46 | 0.21 | 0.22 | 14.67 |  |
| 6 | Ābols | 140 | 0.18 | 67.2 | 0.56 | 1.12 | 13.72 |  |
|  |  |  | **1.42** | **759.02** | **20.53** | **29.64** | **90.95** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar papriku | 1/50 | 0.15 | 39.22 | 0.75 | 2.54 | 3.35 |  |
| 2 | Vistas gaļas bitočki | 1/65 | 0.55 | 243.60 | 11.62 | 17.13 | 11.3 | Kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 30 | 0.06 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Tēja | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 6 | Banāns | 110 | 0.23 | 99.99 | 1.65 | 0.11 | 23.1 |  |
| 7 | Cepumi | 30 | 0.11 | 113 | 2.05 | 3.59 | 18.12 | Kv.milti, olas, piena prod. |
|  |  |  | **1.42** | **724.3** | **21.73** | **26.24** | **100.86** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti | 1/45 | 0.08 | 49.2 | 0.58 | 2.75 | 5.42 |  |
| 2 | Cepta vistas fileja sierā | 1/65 | 0.75 | 254.84 | 19.41 | 16.27 | 7.69 | Piena pr., kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 15 | 0.03 | 35.35 | 1.2 | 0.14 | 7.33 | Kv. milti, rudzu milti |
| 5 | Sulas dzēriens | 200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
| 6 | Smalkmaizīte | 1/40 | 0.11 | 166.7 | 3.31 | 3.75 | 29.5 | Ola,piena pr., kv.milti |
|  |  |  | **1.42** | **700.96** | **28** | **25.51** | **89.3** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 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** |  |