**Ēdienkarte**

SIA Latgales Optima 7.-9.klases Apstiprinu

 05.10.2020. – 09.10.2020. DVĢ direktore:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **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 | Cūkgaļas stroganovs | 50/60 | 0.69 | 205.49 | 11.20 | 18.61 | 5.55 | Piena prod., kv.milti |
| 3 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kv.milti, piena prod. |
| 4 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Kakao | 200 | 0.19 | 90.71 | 3.39 | 3.24 | 12.01 | Piena prod. |
| 6 | Ābols | 110 | 0.16 | 48 | 0.4 | 0.8 | 9.8 |  |
| 7 | Cepumi | 1/15 | 0.05 | 56.5 | 1.03 | 1.8 | 9.06 | Olas, kv.milti, piena prod. |
|  |  |  | **1.42** | **738.44** | **28.6** | **30.07** | **98.63** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar tomātiem | 1/60 | 0.16 | 30.68 | 0.89 | 3.57 | 3.75 |  |
| 2 | Nūdeļu zupa ar kartupeļiem un krējumu | 200/10 | 0.22 | 97.25 | 1.9 | 4.59 | 12.09 | Piena prod., kv.milti |
| 3 | Gulašs | 50/50 | 0.61 | 292.66 | 11.75 | 23.97 | 5.53 | Kv.milti |
| 4 | Vārīti griķi | 130 | 0.26 | 201.99 | 6.71 | 4.46 | 33.75 | 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 |  |
|  |  |  | **1.42** | **769.75** | **23.86** | **37** | **83.19** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Salāti “Veselība” | 1/60 | 0.15 | 49.87 | 0.92 | 3.06 | 4.67 |  |
| 2 | Vistas gaļas bitočki | 1/65 | 0.55 | 243.6 | 11.62 | 17.13 | 11.3 | Olas, kv.milti |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Mājas maizīte | 40 | 0.10 | 146.34 | 3.52 | 3.88 | 24.32 | Kv. milti, piena prod., olas |
| 5 | Maize | 30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 6 | Kafijas dzēriens | 200 | 0.19 | 92.5 | 2.8 | 2.5 | 14.68 | Piena prod. |
| 7 | Ābols | 100 | 0.13 | 48 | 0.4 | 0.8 | 9.8 |  |
|  |  |  | **1.42** | **768.83** | **24.92** | **30.24** | **99.78** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Svaigi gurķi | 1/35 | 0.15 | 3.68 | 0.28 | 0.04 | 0.56 |  |
| 2 | Makaroni ar gaļu | 150/30 | 0.59 | 417.80 | 13.73 | 21.36 | 42.67 | Kv.milti, piena prod. |
| 3 | Maize | 15 | 0.02 | 35.36 | 1.2 | 0.1 | 7.34 | Kv. milti, rudzu milti |
| 4 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.08 | Piena prod. |
| 5 | Tēja | 200 | 0.06 | 39.97 | - | - | 9.98 |  |
| 6 | Banāns | 140 | 0.26 | 127.26 | 2.1 | 0.14 | 29.4 |  |
|  |  |  | **1.42** | **834.07** | **21.81** | **27.64** | **120.03** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti | 50 | 0.09 | 51.97 | 0.71 | 3.54 | 4.32 |  |
| 2 | Cepta vistas gaļas fileja | 65 | 0.59 | 184.88 | 15.50 | 11.04 | 6.53 | Ola, kv.milti |
| 3 | Vārīti rīsi | 150 | 0.18 | 204.13 | 3.80 | 3.84 | 38.59 | Piena prod |
| 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 | Bumbieris | 100 | 0.15 | 48.3 | 0.4 | 0.9 | 9.5 |  |
| 7 | Cepumi | 26 | 0.10 | 113 | 2.05 | 3.59 | 18.12 | Kv.milti, olas, piena prod. |
|  |  |  | **1.42** | **743.19** | **30.26** | **25.58** | **98.48** |  |