**Ēdienkarte**

SIA Latgales Optima 7.-9.klase

 28.09.2020. – 02.10.2020.

|  |  |  |  |  |  |  |  |  |
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|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Vitamīnu salāti | 1/70 | 0.19 | 49.85 | 0.91 | 3.14 | 4.50 |  |
| 2 | Plovs ar vistas gaļu | 50/150 | 0.82 | 447.76 | 18.77 | 25.2 | 36.47 |  |
| 3 | Maize | 1/30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 4 | Jogurts | 150 | 0.27 | 70.2 | 5.4 | 2.4 | 6.75 | Piena prod. |
| 5 | Cepumi | 26 | 0.10 | 113. | 2.05 | 3.59 | 18.12 | Ola, piena prod., kv.milti |
|  |  |  | **1.42** | **715.52** | **29.53** | **34.6** | **80.51** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigi tomāti | 50 | 0.19 | 10.7 | 0.55 | 0.1 | 1.9 |  |
| 2 | Biešu zupa ar cūkgaļu un krēj. | 200/20/10 | 0.46 | 194.78 | 6.23 | 15.57 | 7.36 | Piena prod. |
| 3 | Makaroni ar sieru | 150/7/25 | 0.49 | 348.78 | 12.63 | 14.51 | 41.92 | Kv.milti, piena pr. |
| 4 | Maize | 1/30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Ābolu kompots | 200 | 0.11 | 61.52 | 0.18 | 0.36 | 14.39 |  |
| 6 | Ābols | 100 | 0.13 | 42.3 | 0.4 | 0.3 | 9.5 |  |
|  |  |  | **1.42** | **728.79** | **22.39** | **31.11** | **89.73** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar āboliem | 1/50 | 0.09 | 47.73 | 0.62 | 3.09 | 4.36 |  |
| 2 | Cūkgaļas kotlete | 1/90 | 0.63 | 364.6 | 12.2 | 28.25 | 13.87 | Kv.milti, olas |
| 3 | Kartupeļu biezenis | 150 | 0.26 | 117.81 | 3.26 | 2.6 | 20.34 | Piena prod. |
| 4 | Maize | 1/30 | 0.04 | 70.71 | 2.4 | 0.27 | 14.67 | Kv. milti, rudzu milti |
| 5 | Kafijas dzēriens | 1/200 | 0.19 | 92.5 | 2.8 | 2.5 | 14.68 | Piena prod. |
| 6 | Banāns | 110 | 0.21 | 109.08 | 1.8 | 0.12 | 25.2 |  |
|  |  |  | **1.42** | **802.43** | **23.61** | **36.83** | **93.12** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Kāpostu salāti ar tomātiem | 1/50 | 0.13 | 42.03 | 0.81 | 3.06 | 2.82 |  |
| 2 | Vārīti makaroni | 150 | 0.17 | 215.94 | 6.24 | 2.66 | 41.76 | Kv.milti, piena pr. |
| 3 | Cīsiņi | 90 | 0.81 | 299.2 | 9.09 | 27.4 | 1.71 |  |
| 4 | Maize | 1/15 | 0.02 | 35.36 | 1.2 | 0.13 | 7.34 | Kv. milti, rudzu milti |
| 5 | Sulas dzēriens | 1/200 | 0.19 | 77.06 | 0.24 | - | 19.02 |  |
| 6 | Smalkmaizīte ar kanēli | 40 | 0.10 | 141.4 | 3.6 | 3.59 | 23.9 | Kv.milti, olas, piena pr. |
|  |  |  | **1.42** | **810.99** | **21.18** | **36.98** | **96.55** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar burkāniem  | 1/50 | 0.10 | 40.29 | 0.81 | 2.58 | 3.46 |  |
| 2 | Cepta vistas fileja omletē | 1/60 | 0.64 | 218.02 | 16.78 | 13.82 | 6.64 | Piena prod., ola |
| 3 | Vārīti rīsi | 1/130 | 0.15 | 174.07 | 3.31 | 2.95 | 33.58 | Piena prod. |
| 4 | Maize | 1/15 | 0.02 | 35.36 | 1.2 | 0.13 | 7.34 | Kv. milti, rudzu milti |
| 5 | Biezpiena sieriņš | 40 | 0.34 | 210 | 4.5 | 6 | 30.8 | Piena prod. |
| 5 | Banāns | 80 | 0.11 | 83.9 | 1.35 | 1.2 | 18.9 |  |
| 7 | Tēja | 1/200 | 0.06 | 39.97 | - | - | 9.98 |  |
|  |  |  | **1.42** | **806.1** | **27.45** | **27** | **110.7** |  |