**Ēdienkarte**

SIA Latgales Optima 10. – 12.klases

***10.10.2022. – 14.10.2022.***

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | | **OBV** | | **Tauki** | | | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | | | | | |
| 1. | Svaigi tomāti | 45 | 0,26 | 9,63 | 0,50 | | 0,09 | | | 1,71 | |  |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 131,70 | 5,39 | | 5,36 | | | 15,48 | | 7 |
| 3. | Vārīti makaroni ar gaļu | 150/40 | 0,93 | 445,2 | 15,75 | | 23,18 | | | 43,4 | | 1 |
| 4. | Kafijas dzēriens | 200 | 0,29 | 92,5 | 0,28 | | 2,5 | | | 14,68 | | 7 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | | 19,56 | | 1 |
| 6. | Auglis (apelsīns) | 70 | 0,23 | 27,46 | 0,63 | | 0,14 | | | 5,67 | |  |
| **Kopā** | | | **2,15** | **800,77** | **28,24** | | **31,63** | | | **100,5** | |  |
| ***Otrdiena*** | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti | 40 | 0,11 | 30,01 | 0,64 | | 2,04 | | | 2,24 | |  |
| 2. | Cūkgaļas plācenīši | 70 | 0,67 | 286,10 | 10,53 | | 22,51 | | | 41,86 | |  |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,81 | 3,26 | | 2,6 | | | 20,34 | | 7 |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,18 | | | 9,78 | | 1 |
| 5. | Kakao | 200 | 0,28 | 90,71 | 3,39 | | 3,24 | | | 12 | | 7 |
| 6. | Biezpiena sieriņš | 40 | 0,45 | 210 | 4,5 | | 6 | | | 30,08 | | 7 |
| 7. | Auglis (banāns) | 70 | 0,22 | 63,63 | 1,05 | | 0,07 | | | 14,7 | |  |
| **Kopā** | | | **2,15** | **832,61** | **20,47** | | **27,5** | | | **121,83** | |  |
| ***Trešdiena*** | | | | | | | | | | | | |
| 1. | Burkānu salāti ar āboliem | 70 | 0,22 | 76,93 | 0,89 | | 4,27 | | 7,73 | | |  |
| 2. | Dārzeņu grupa ar krējumu | 200/10 | 0,32 | 89.13 | 1,86 | | 5,56 | | 7,88 | | | 7 |
| 3. | Risoto ar sēnēm | 50/150 | 1,27 | 373,1 | 12,81 | | 14,94 | | 34,25 | | |  |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | | 1 |
| 5. | Tēja | 200 | 0,07 | 39,97 | - | | - | | 9,98 | | |  |
| 6. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | | 4,14 | | 20,91 | | | 1; 3; 7 |
| **Kopā** | | | **2,15** | **804,41** | **21,13** | | **29,27** | | **100,31** | | |  |
| ***Ceturtdiena*** | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar gurķi | 70 | 0,23 | 36,99 | 0,95 | | 3,05 | | | 4,42 | |  |
| 2. | Biešu zupa ar krējumu | 200 / 10 | 0,33 | 99,49 | 2,00 | | 4,61 | | | 12,51 | | 7 |
| 3. | Vistas gaļas kotlete | 80 | 0,84 | 281,1 | 12,55 | | 19,75 | | | 14,03 | | 1 |
| 4. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,60 | | | 20,34 | | 7 |
| 5. | Tēja | 200 | 0,07 | 39,97 | - | | - | | | 9,98 | |  |
| 6. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | | 19,56 | | 1 |
| 7. | Smalkmaize | 40 | 0,20 | 188,2 | 4,5 | | 5,99 | | | 19,88 | | 1; 3; 7 |
| **Kopā** | | | **2,15** | **877,83** | **26,46** | | **36,37** | | | **100,72** | |  |
| ***Piektdiena*** | | | | | | | | | | | | |
| 1. | Biešu salāti ar gurķi | 50 | 0,12 | 52,25 | 0,85 | | 2,01 | | | 5,33 | |  |
| 2. | Dārzeņu zupa ar krējumu | 200/10 | 0,32 | 89,13 | 1,86 | | 5,56 | | | 7,88 | | 7 |
| 3. | Cepta vistas gaļa | 60 | 0,95 | 252 | 12,86 | | 19,41 | | | 6,34 | |  |
| 4. | Vārīti makaroni | 150 | 0,28 | 215,9 | 6,24 | | 2,66 | | | 41,76 | | 1 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,20 | | 0,36 | | | 19,36 | | 1 |
| 6. | Kakao | 200 | 0,28 | 90,71 | 3,39 | | 3,24 | | | 12 | | 7 |
| 7. | Cepumi | 15 | 0,08 | 65,2 | 1,19 | | 2,07 | | | 10,46 | | 1; 3; 7 |
| **Kopā** | | | **2,15** | **859,48** | **27,23** | | **35, 43** | | | **103,34** | |  |

Alergēni:

**A01** Graudaugi, kas satur lipekli (glutēnu)

**A04** Zivis un to produkti

**A07** Piens un tā produkti

**A03** Olas un to produkti

**A05** Zemesrieksti un to produkti

**A08** Rieksti un to produkti