**Ēdienkarte**

SIA Latgales Optima Veģetārās pusdienas

***10.10.2022. – 14.10.2022.***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | | **OBV** | | **Tauki** | | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | | | | |
| 1. | Burkānu salāti ar kukurūzu | 70 | 0,21 | 70,97 | 2,14 | | 5,93 | | 7,96 | |  |
| 2. | Zaļās lēcas biezputra ar dārzeņiem | 150/150 | 1,10 | 159,4 | 9,44 | | 13,57 | | 48,41 | |  |
| 3. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 4. | Smalkmaize ar sieru | 40 | 0,26 | 169,3 | 5,31 | | 6,84 | | 22,52 | | 1; 3; 7 |
| 5. | Tēja ar citronu | 200 | 0,14 | 41,93 | 0,11 | | 0,01 | | 10,34 | |  |
| 6. | Auglis (ābols) | 130 | 0,32 | 64,02 | 0,52 | | 1,04 | | 12,74 | |  |
| **Kopā** | | | **2,15** | **800** | **20,72** | | **27,75** | | **121,23** | |  |
| ***Otrdiena*** | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | 60 | 0,20 | 50,68 | 0,89 | | 3,57 | | 3,75 | |  |
| 2. | Kāpostu tīteņi ar dārzeņiem | 200/20 | 0,78 | 303,33 | 6,67 | | 15,49 | | 34,92 | |  |
| 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 zupa 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 | 60 | 0,21 | 51,55 | 0,84 | | 4,56 | | 4,04 | |  |
| 2. | Cepti puķkāposti olā | 150 | 0,93 | 274,2 | 8,86 | | 19,24 | | 16,41 | | 3 |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,81 | 3,26 | | 2,6 | | 20,34 | | 7 |
| 4. | Biešu zupa ar krējumu | 200/10 | 0,33 | 99,49 | 2 | | 4,61 | | 12,51 | | 7 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 6. | Smalkmaize | 40 | 0,20 | 188,2 | 4,5 | | 5,99 | | 19,88 | | 1; 3; 7 |
| **Kopā** | | | **2,15** | **825,52** | **22,66** | | **37,36** | | **92,74** | |  |
| ***Piektdiena*** | | | | | | | | | | | |
| 1. | Svaigi tomāti | 35 | 0,20 | 7,5 | 0,39 | | 0,07 | | 1,33 | |  |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 131,7 | 5,39 | | 5,36 | | 15,48 | | 1 |
| 3. | Kartupeļu zrazas ar kāpostiem, krējumu | 200/20 | 0,90 | 361,79 | 8,21 | | 17,97 | | 47,13 | | 7 |
| 4. | Kafijas dzēriens | 200 | 0,29 | 92,5 | 2,8 | | 2,5 | | 14,68 | | 7 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 6. | Auglis (banāns) | 120 | 0,32 | 112,18 | 1,8 | | 1,2 | | 25,2 | |  |
| **Kopā** | | | **2,15** | **800** | **21,79** | | **27,46** | | **123,38** | |  |

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