**Ēdienkarte**

SIA Latgales Optima Veģetārās pusdienas

***17.10.2022. – 21.10.2022.***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | | **OBV** | | **Tauki** | | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | 70 | 0,23 | 54,93 | 1,04 | | 4,17 | | 4,39 | |  |
| 2. | Plovs ar sēnēm | 60/150 | 1,05 | 365,4 | 11,85 | | 16,82 | | 41,44 | | 7 |
| 3. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 4. | Kartupeļu zupa ar makaroniem, krējumu | 200/10 | 0,33 | 150,4 | 3,53 | | 4,88 | | 21,96 | | 1; 7 |
| 5. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | | 4,14 | | 20,91 | | 1;3;7 |
| 6. | Auglis (banāns) | 80 | 0,21 | 72,72 | 1,2 | | 0,08 | | 16,8 | |  |
| **Kopā** | | | **2,15** | **890,81** | **23,49** | | **30,47** | | **129,25** | |  |
| ***Otrdiena*** | | | | | | | | | | | |
| 1. | Biešu salāti | 50 | 0,13 | 51,97 | 0,71 | | 3,54 | | 4,32 | |  |
| 2. | Skābētu kāpostu zupa ar krējumu | 200/10 | 0,31 | 82,29 | 1,65 | | 5,34 | | 6,91 | | 7 |
| 3. | Cepti kabači | 200 | 1,12 | 298 | 8,73 | | 17,96 | | 21,46 | | 1; 3 |
| 4. | Vārīti makaroni | 150 | 0,28 | 215,9 | 6,24 | | 2,66 | | 41,76 | | 1 |
| 5. | Augļu kompots | 200 | 0,19 | 57,08 | 0,26 | | 0,2 | | 13.56 | |  |
| 6. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| **Kopā** | | | **2,15** | **801,61** | **20,97** | | **29,12** | | **110,01** | |  |
| ***Trešdiena*** | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar burkāniem | 60 | 0,14 | 51,67 | 0,91 | | 3,56 | | 4,01 | |  |
| 2. | Burkānu plācenīši | 150/20 | 0,86 | 323,1 | 9,53 | | 19,44 | | 28,22 | | 1; 3; 7 |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,81 | 3,26 | | 2,6 | | 20,34 | | 7 |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 5. | Kakao | 200 | 0,28 | 90,71 | 3,39 | | 3,24 | | 12 | | 7 |
| 6. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | | 4,14 | | 20,91 | | 1; 3; 7 |
| 7. | Auglis (ābols) | 100 | 0,24 | 48 | 0,4 | | 0,8 | | 9,8 | |  |
| **Kopā** | | | **2,15** | **855,97** | **23,06** | | **34,14** | | **114,84** | |  |
| ***Ceturtdiena*** | | | | | | | | | | | |
| 1. | Svaigi tomāti | 45 | 0,26 | 9,63 | 0,50 | | 0,09 | | 1,71 | |  |
| 2. | Rassoļniks | 200/10 | 0,45 | 139,01 | 2,48 | | 7,91 | | 14,49 | | 1; 7 |
| 3. | Makaroni ar sieru | 160/5/25 | 0,80 | 388,4 | 13,88 | | 14,64 | | 51,92 | | 1; 3 |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 5. | Sulas dzēriens | 200 | 0,32 | 77,06 | 0,24 | | - | | 19,02 | |  |
| 6. | Smalkmaize ar kanēli | 40 | 0,20 | 156,97 | 3,67 | | 4,16 | | 26,20 | | 1; 3; 7 |
| **Kopā** | | | **2,15** | **865,35** | **23,97** | | **27,16** | | **131,25** | |  |
| ***Piektdiena*** | | | | | | | | | | | |
| 1. | Svaigi gurķi eļļā | 50 | 0,33 | 16,45 | 0,35 | | 1,25 | | 0,95 | |  |
| 2. | Rīvētu kartupeļu sacepums | 200/30 | 0,92 | 349,2 | 10,6 | | 21,36 | | 33,63 | | 1; 3; 7 |
| 3. | Biezpiena sieriņš | 40 | 0,50 | 210 | 4,5 | | 6 | | 30,08 | | 7 |
| 4. | Tēja | 200 | 0,07 | 39,97 | - | | - | | 9,98 | |  |
| 5. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,18 | | 9,78 | | 1 |
| 6. | Auglis (banāns) | 100 | 0,27 | 90,9 | 1,5 | | 0,1 | | 21 | |  |
| **Kopā** | | | **2,15** | **800,8** | **20,15** | | **29,07** | | **114,2** | |  |

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