**Ēdienkarte**

SIA Latgales Optima 7. – 9.klases

***07.11.2022. – 11.11.2022.***

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | **OBV** | **Tauki** | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | |
| 1. | Svaigi tomāti | 40 | 0,24 | 8,56 | 0,44 | 0,08 | 1,52 |  |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 131,7 | 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. | Sulas dzēriens | 200 | 0,32 | 77,06 | 0,24 | - | 19,05 |  |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6. | Plūmes | 90 | 0,22 | 24,44 | 0,72 | - | 0,84 |  |
| **Kopā** | | | **2,15** | **781,24** | **25,74** | **28,98** | **99,82** |  |
| ***Otrdiena*** | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | 50 | 0,17 | 41,68 | 0,96 | 2,47 | 3,73 |  |
| 2. | Cūkgaļas plācenīši | 70 | 0,67 | 286,10 | 10,53 | 22,51 | 41,86 | 1; 7 |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | 2,60 | 20,34 | 7 |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 5. | Tēja | 200 | 0,07 | 39,97 | - | - | 9,98 |  |
| 6. | Biezpiena sieriņš | 40 | 0,50 | 210 | 4,5 | 6 | 30,08 | 7 |
| 7. | Apelsīns | 80 | 0,26 | 30,24 | 0,72 | 0,16 | 6,48 |  |
| **Kopā** | | | **2,15** | **820,07** | **23,17** | **34,1** | **132,03** |  |
| ***Trešdiena*** | | | | | | | | |
| 1. | Redīsu un burkānu salāti | 60 | 0,28 | 33,31 | 0,66 | 2,45 | 2,15 |  |
| 2. | Sautēta cūkgaļa tomātu mērcē | 50/50 | 0,97 | 216,6 | 15,32 | 14,26 | 6,73 |  |
| 3. | Vārīti rīsi | 150 | 0,26 | 200,4 | 3,80 | 3,43 | 38,58 | 7 |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 5. | Sulas dzēriens | 200 | 0,32 | 77,06 | 0,24 | - | 19,05 |  |
| 6. | Mājas maizīte | 40 | 0,20 | 145,3 | 3,7 | 4,75 | 24,19 |  |
| **Kopā** | | | **2,15** | **766,95** | **26,92** | **25,25** | **110,23** |  |
| ***Ceturtdiena*** | | | | | | | | |
| 1. | Vitamīnu salāti | 60 | 0,20 | 48,85 | 0,81 | 2,61 | 3,79 |  |
| 2. | Biešu zupa ar krējumu | 200/10 | 0,33 | 99,49 | 2 | 4,61 | 12,51 | 7 |
| 3. | Vistas gaļas kotlete | 70 | 0,74 | 247,7 | 11,02 | 16,42 | 12,03 | 1 |
| 4. | Kartupeļu biezenis | 150 | 0,36 | 117,81 | 3,26 | 2,60 | 20,34 | 7 |
| 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 |
| 7. | Banāns | 100 | 0,24 | 63,63 | 1,2 | 0,8 | 16,80 |  |
| **Kopā** | | | **2,15** | **737,92** | **21,75** | **26,88** | **98,59** |  |
| ***Piektdiena*** | | | | | | | | |
| 1. | Burkānu salāti “Mozaīka” | 40 | 0,16 | 35,10 | 0,58 | 2,1 | 3,46 |  |
| 2. | Cepta karbonāde | 70 | 0,95 | 198,2 | 12,71 | 13,76 | 6,61 | 1; 3 |
| 3. | Vārīti makaroni | 150 | 0,28 | 215,9 | 6,24 | 2,66 | 41,76 | 1 |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,20 | 0,36 | 12,56 | 1 |
| 5. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | 4,14 | 20,91 | 1;3;7 |
| 6. | Kakao | 200 | 0,28 | 90,71 | 3,39 | 3,24 | 42,01 | 7 |
| 7. | Ābols | 90 | 0,21 | 43,2 | 0,36 | 0,72 | 8,82 |  |
| **Kopā** | | | **2,15** | **807,78** | **28,85** | **26,98** | **113,13** |  |

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

**Ēdienkarte**

SIA Latgales Optima 10. – 12.klases

***07.11.2022. – 11.11.2022.***

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | **OBV** | | **Tauki** | | | **Ogļh.** | **Alergēni** | |
| ***Pirmdiena*** | | | | | | | | | | | | |
| 1. | Svaigi tomāti | 40 | 0,24 | 8,56 | 0,44 | | 0,08 | | | 1,52 | |  |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 131,7 | 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 | 2,8 | | 2,5 | | | 14,68 | | 7 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | | 19,56 | | 1 |
| 6. | Bumbieris | 100 | 0,25 | 42,3 | 0,4 | | 0,3 | | | 9,5 | |  |
| **Kopā** | | | **2,15** | **814,54** | **27,98** | | **31,78** | | | **104,14** | |  |
| ***Otrdiena*** | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | 50 | 0,17 | 41,68 | 0,96 | 2,47 | | | 3,73 | |  | |
| 2. | Cūkgaļas plācenīši | 70 | 0,67 | 286,10 | 10,53 | 22,51 | | | 41,86 | | 1; 7 | |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | 2,60 | | | 20,34 | | 7 | |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | 0,1 | | | 9,78 | | 1 | |
| 5. | Tēja | 200 | 0,07 | 39,97 | - | - | | | 9,98 | |  | |
| 6. | Biezpiena sieriņš | 40 | 0,50 | 210 | 4,5 | 6 | | | 30,08 | | 7 | |
| 7. | Banāns | 70 | 0,21 | 63,63 | 1,05 | 0,07 | | | 14,7 | |  | |
| **Kopā** | | | **2,15** | **818,23** | **29,57** | **27,13** | | | **113,92** | |  | |
| ***Trešdiena*** | | | | | | | | | | | | |
| 1. | Redīsu un burkānu salāti | 40 | 0,16 | 22,21 | 0,44 | 1,63 | | 1,43 | | |  | |
| 2. | Sautēta cūkgaļa tomātu mērcē | 50/50 | 0,97 | 216,6 | 15,32 | 14,26 | | 6,73 | | |  | |
| 3. | Vārīti rīsi | 150 | 0,26 | 200,4 | 3,80 | 3,43 | | 38,58 | | | 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 | | 42,01 | | | 7 | |
| 6. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | 4,14 | | 20,91 | | | 1;3;7 | |
| 7. | Banāns | 70 | 0,21 | 63,63 | 1,05 | 0,07 | | 14,7 | | |  | |
| **Kopā** | | | **2,15** | **818,23** | **29,57** | **27,13** | | **113,92** | | |  | |
| ***Ceturtdiena*** | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti | 60 | 0,16 | 44,99 | 0,96 | 3,06 | | | 3,41 | |  | |
| 2. | Biešu zupa ar krējumu | 200/10 | 0,33 | 99,49 | 2 | 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 | 117,81 | 3,26 | 2,60 | | | 20,34 | | 7 | |
| 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 | |
| 7. | Smalkmaize | 40 | 0,20 | 188,2 | 4,5 | 5,99 | | | 19,88 | | 1; 3; 7 | |
| **Kopā** | | | **2,15** | **884,98** | **26,73** | **36,57** | | | **103,29** | |  | |
| ***Piektdiena*** | | | | | | | | | | | | |
| 1. | Burkānu salāti “Mozaīka” | 40 | 0,16 | 35,10 | 0,58 | 2,1 | | | 3,46 | |  | |
| 2. | Cepta karbonāde | 70 | 0,95 | 198,2 | 12,71 | 13,76 | | | 6,61 | | 1; 3 | |
| 3. | Vārīti makaroni | 150 | 0,28 | 215,9 | 6,24 | 2,66 | | | 41,76 | | 1 | |
| 4. | Maize | 40 | 0,12 | 94,28 | 3,20 | 0,36 | | | 12,56 | | 1 | |
| 5. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | 4,14 | | | 20,91 | | 1;3;7 | |
| 6. | Kakao | 200 | 0,28 | 90,71 | 3,39 | 3,24 | | | 42,01 | | 7 | |
| 7. | Ābols | 90 | 0,21 | 43,2 | 0,36 | 0,72 | | | 8,82 | |  | |
| **Kopā** | | | **2,15** | **807,78** | **28,85** | **26,98** | | | **113,13** | |  | |

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

**Ēdienkarte**

SIA Latgales Optima Veģetārās pusdienas

***07.11.2022. – 11.11.2022.***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | | **OBV** | | **Tauki** | | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | | | | |
| 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 | | 7 |
| 3. | Kartupeļu zrazas ar kāpostiem, krējumu | 200/20 | 0,90 | 361,79 | 8,21 | | 11,97 | | 47,13 | | 7 |
| 4. | Kafija 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. | Banāns | 120 | 0,32 | 112,18 | 1,8 | | 1,2 | | 25,2 | |  |
| **Kopā** | | | **2,15** | **800** | **21,79** | | **27,46** | | **123,38** | |  |
| ***Otrdiena*** | | | | | | | | | | | |
| 1. | Vitamīnu salāti | 50 | 0,17 | 40,71 | 0,68 | | 2,18 | | 3,16 | |  |
| 2. | Kāpostu tīteņi ar dārzeņiem | 200/20 | 0,78 | 303,33 | 6,67 | | 15,49 | | 34,92 | |  |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,60 | | 20,14 | | 7 |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,1 | | 9,78 | | 1 |
| 5. | Kakao | 200 | 0,28 | 90,71 | 3,39 | | 3,24 | | 12,01 | | 7 |
| 6. | Biezpiena sieriņš | 40 | 0,50 | 210 | 4,5 | | 6 | | 30,08 | | 7 |
| **Kopā** | | | **2,15** | **809,69** | **20,10** | | **29,61** | | **110,29** | |  |
| ***Trešdiena*** | | | | | | | | | | | |
| 1. | Burkānu salāti ar redīsiem | 80 | 0,34 | 37,49 | 0,80 | | 2,55 | | 2,84 | |  |
| 2. | Risoto ar sēnēm | 50/150 | 1,27 | 274,2 | 8,86 | | 19,24 | | 16,41 | |  |
| 3. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 4. | Augļu kompots | 200 | 0,19 | 57,08 | 0,26 | | 0,2 | | 13,56 | |  |
| 5. | Cepumi | 45 | 0,23 | 195,6 | 3,56 | | 7,21 | | 31,37 | |  |
| **Kopā** | | | **2,15** | **780,09** | **20,71** | | **26,97** | | **101,6** | |  |
| ***Ceturtdiena*** | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar gurķi | 50 | 0,13 | 37,49 | 0,80 | | 2,55 | | 2,84 | |  |
| 2. | Cepti puķkāposti olā | 150 | 0,93 | 274,2 | 8,86 | | 19,24 | | 16,41 | | 3 |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,60 | | 20,34 | | 7 |
| 4. | Biešu zupa ar krējumu | 200/10 | 0,33 | 99,49 | 2 | | 4,61 | | 12,51 | | 7 |
| 5. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,1 | | 9,78 | | 1 |
| 6. | Smalkmaize | 40 | 0,20 | 188,2 | 4,5 | | 5,99 | | 19,88 | | 1; 3; 7 |
| 7. | Ābolu kompots | 200 | 0,14 | 59,12 | 0,26 | | 0,2 | | 13,56 | |  |
| **Kopā** | | | **2,15** | **823,44** | **21,28** | | **35,29** | | **95,32** | |  |
| ***Piektdiena*** | | | | | | | | | | | |
| 1. | Burkānu salāti “Mozaika” | 40 | 0,16 | 35,10 | 0,58 | | 2,10 | | 3,46 | |  |
| 2. | Zaļās lēcas putra ar dārzeņiem | 150/150 | 1,10 | 359,4 | 9,44 | | 14 | | 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. | Kakao | 200 | 0,28 | 90,7 | 3,39 | | 3,24 | | 12,01 | | 7 |
| 6. | Banāns | 80 | 0,23 | 72,72 | 1,2 | | 0,08 | | 16,80 | |  |
| **Kopā** | | | **2,15** | **821,50** | **23,21** | | **16,80** | | **121,96** | |  |

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

**Ēdienkarte**

SIA Latgales Optima Launags

***07.11.2022. – 11.11.2022.***

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | **OBV** | **Tauki** | | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | | |
| 1. | Auzu pārslu biezputra ar sviestu | 200/10 | 0,60 | 282,4 | 7,81 | 13,54 | 32,32 | | 7 |
| 2. | Baltmaize ar ievārījumu | 25/15 | 0,19 | 101,8 | 2,05 | 0,23 | 22,89 | | 1 |
| 3. | Kakao | 200 | 0,28 | 90,71 | 3,39 | 3,24 | 12,01 | | 7 |
| **Kopā** | | | **1,07** | **474,91** | **13,25** | **17,01** | **67,22** | |  |
| ***Otrdiena*** | | | | | | | | | |
| 1. | Rauga pankūkas ar iebiezināto pienu | 150/20 | 0,57 | 362,5 | 10,99 | 10,45 | 56,11 | | 1; 3; 7 |
| 2. | Sulas dzērinens | 200 | 0,32 | 77,06 | 0,24 | - | 19,05 | |  |
| 3. | Apelsīns | 70 | 0,18 | 26,46 | 0,63 | 0,14 | 5,67 | |  |
| **Kopā** | | | **1,07** | **466,02** | **11,86** | **10,59** | **80,83** | |  |
| ***Trešdiena*** | | | | | | | | | |
| 1. | Cūkgaļas kotlete | 50 | 0,58 | 217,20 | 7,87 | 18,77 | 4,68 | |  |
| 2. | Kartupeļu biezenis | 100 | 0,24 | 78,34 | 2,17 | 1,7 | 13,59 | | 7 |
| 3. | Augļu kompots | 200 | 0,19 | 57,08 | 0,26 | 0,2 | 13,56 | |  |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | 0,1 | 9,78 | | 1 |
| **Kopā** | | | **1,07** | **399,76** | **11,90** | **20,67** | **41,61** | |  |
| ***Ceturtdiena*** | | | | | | | | | |
| 1. | Rīsu biezputra ar ievārījumu | 200/15 | 0,48 | 262,1 | 6,03 | 2,96 | 52,84 | | 7 |
| 2. | Karstmaize ar sieru | 25/15 | 0,31 | 118 | 5,81 | 5,07 | 12,29 | | 1,7 |
| 3. | Kakao | 200 | 0,28 | 90,71 | 3,39 | 3,2 | 12,01 | | 7 |
| **Kopā** | | | **1,07** | **470,81** | **15,23** | **11,23** | **77,14** | |  |
| ***Piektdiena*** | | | | | | | | | |
| 1. | Kartupeļu pankūkas ar krējumu | 150/20 | 0,67 | 309,9 | 6,72 | 15,49 | 35,91 | | 1; 3; 7 |
| 2. | Sulas dzēriens | 200 | 0,32 | 77,06 | 0,24 | - | 19,02 | |  |
| 3. | Cepumi | 15 | 0,08 | 65/20 | 1,19 | 2,07 | 10,46 | | 1; 3; 7 |
| **Kopā** | | | **1,07** | **452,16** | **8,15** | **17,56** | **65,39** | |  |

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