**Ēdienkarte**

SIA Latgales Optima 10. – 12.klases

***21.11.2022. – 25.11.2022.***

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| **N.p.k.** | | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | **OBV** | | **Tauki** | | | **Ogļh.** | **Alergēni** | |
| ***Pirmdiena*** | | | | | | | | | | | | | |
| 1. | Burkānu salāti ar ābolu | | 60 | 0,14 | 58,4 | 0,75 | | 4,2 | | | 5,12 | |  |
| 2. | Cūkgaļas gulašs | | 50/50 | 0,94 | 203,7 | 15,33 | | 12,81 | | | 6,91 | | 1 |
| 3. | Vārīti griķi | | 130 | 0,38 | 194,5 | 6,71 | | 3,63 | | | 33,74 | | 7 |
| 4. | Biezpiena sieriņš | | 40 | 0,50 | 210 | 4,5 | | 6 | | | 30,08 | | 7 |
| 5. | Tēja | | 200 | 0,07 | 39,97 | - | | - | | | 9,98 | |  |
| 6. | Maize | | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | | 19,56 | | 1 |
| **Kopā** | | | | **2,15** | **800,85** | **30,49** | | **27** | | | **105,39** | |  |
| ***Otrdiena*** | | | | | | | | | | | | | |
| 1. | Skābētu kāpostu salāti | | 50 | 0,19 | 35,49 | 0,81 | 2,5 | | | 2,44 | |  | |
| 2. | Nūdeļu zupa ar kartupeļiem, krējumu | | 200/10 | 0,33 | 150,4 | 3,53 | 4,88 | | | 21,96 | | 1; 7 | |
| 3. | Cūkgaļas tefteļi | | 70 | 0,65 | 278,1 | 8,07 | 22,38 | | | 11,1 | | 1 | |
| 4. | Kartupeļu biezenis | | 150 | 0,36 | 117,8 | 3,26 | 2,60 | | | 20,34 | | 7 | |
| 5. | Kakao | | 200 | 0,28 | 90,71 | 3,39 | 3,24 | | | 42,01 | | 7 | |
| 6. | Maize | | 40 | 0,12 | 94,28 | 3,2 | 0,36 | | | 19,56 | | 1 | |
| 7. | Banāns | | 70 | 0,18 | 63,63 | 0,32 | 0,07 | | | 14,73 | |  | |
| **Kopā** | | | | **2,15** | **809,98** | **22,62** | **36,68** | | | **96,23** | |  | |
| ***Trešdiena*** | | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | | 60 | 0,21 | 50,67 | 0,89 | 3,57 | | 3,75 | | |  | |
| 2. | Cepta vistas fileja | | 65 | 0,99 | 196,52 | 15,93 | 12,09 | | 6,6 | | | 1; 3; 7 | |
| 3. | Vārīti makaroni | | 150 | 0,28 | 215,9 | 6,24 | 2,66 | | 41,76 | | | 1 | |
| 4. | Maize | | 40 | 0,12 | 94,28 | 3,2 | 0,36 | | 19,56 | | | 1 | |
| 5. | Kafijas dzēriens | | 200 | 0,29 | 92,5 | 2,8 | 2,5 | | 14,68 | | | 7 | |
| 6. | Maizīte ar sieru | | 40 | 0,26 | 169,3 | 5,31 | 6,84 | | 22,52 | | | 1; 3; 7 | |
| **Kopā** | | | | **2,15** | **811,16** | **21,87** | **33,09** | | **105,75** | | |  | |
| ***Ceturtdiena*** | | | | | | | | | | | | | |
| 1. | Burkānu salāti ar kukurūzu | | 50 | 0,15 | 50,69 | 0,94 | 2,69 | | | 5,68 | |  | |
| 2. | Borščs ar krējumu | | 200/10 | 0,32 | 96,09 | 1,78 | 5,61 | | | 9,63 | | 7 | |
| 3. | Cūkgaļas kotlete | | 70 | 0,68 | 286,13 | 10,53 | 21,51 | | | 11,86 | | 1; 3; 7 | |
| 4. | Kartupeļu biezenis | | 150 | 0,36 | 117,81 | 3,26 | 2,60 | | | 20,34 | | 7 | |
| 5. | Maize | | 40 | 0,12 | 94,28 | 3,2 | 0,36 | | | 19,56 | | 1 | |
| 6. | Augļu kompots | | 200 | 0,19 | 57,08 | 0,26 | 0,2 | | | 13,56 | |  | |
| 7. | Ābols | | 120 | 0,33 | 48 | 0,4 | 0,6 | | | 9,8 | |  | |
| **Kopā** | | | | **2,15** | **811,16** | **21,87** | **33,09** | | | **105,75** | |  | |
| ***Piektdiena*** | | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti | | 60 | 0,16 | 44,99 | 0,96 | 3,06 | | | 3,41 | |  | |
| 2. | Kartupeļu zupa ar šampinjoniem, krējumu | | 200/10 | 0,44 | 101,5 | 2,88 | 5,46 | | | 10,21 | | 7 | |
| 3. | Sautēta cūkgaļa saldskābā mērcē | | 50/50 | 0,98 | 229,42 | 14,61 | 16,37 | | | 5,92 | | 1; 7 | |
| 4. | Vārīti rīsi | | 150 | 0,26 | 200,40 | 3,80 | 3,43 | | | 38,58 | | 7 | |
| 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 | |
| 7. | Maize | | 40 | 0,12 | 94,28 | 3,20 | 0,36 | | | 19,56 | | 1 | |
| **Kopā** | | | | **2,15** | **840,96** | **27,2** | **32,82** | | | **108,57** | |  | |

**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