**Ēdienkarte**

SIA Latgales Optima 10. – 12.klases

***05.12.2022. – 09.12.2022.***

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | **OBV** | | **Tauki** | | | **Ogļh.** | **Alergēni** | |
| ***Pirmdiena*** | | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti | | 60 | 0,16 | 44,99 | 0,96 | | 3,06 | | | 3,41 | |  |
| 2. | Kartupeļu zupa ar makaroniem, krējumu | | 200 / 10 | 0,33 | 150,4 | 3,53 | | 4,88 | | | 21,96 | | 1; 7 |
| 3. | Plovs ar cūkgaļu | | 50 / 150 | 1,05 | 364,55 | 17,41 | | 17,30 | | | 34,80 | |  |
| 4. | Maize | | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | | 19,56 | | 1 |
| 5. | Tēja | | 200 | 0,07 | 39,97 | - | | - | | | 9,98 | |  |
| 6. | Banāns | | 80 | 0,21 | 72,72 | 1,2 | | 0,08 | | | 16,8 | |  |
| **Kopā** | | | | **2,15** | **817,65** | **26,96** | | **28,92** | | | **108,53** | |  |
| ***Otrdiena*** | | | | | | | | | | | | | |
| 1. | Biešu salāti ar gurķi | | 70 | 0,23 | 66,36 | 0,99 | 3,37 | | | 6,22 | |  | |
| 2. | Skābētu kāpostu zupa ar krējumu | | 200 / 10 | 0,31 | 82,29 | 1,65 | 5,34 | | | 6,91 | | 7 | |
| 3. | Vārīti cīsiņi | | 75 | 0,92 | 249,3 | 7,56 | 23,7 | | | 1,43 | |  | |
| 4. | Vārīti makaroni | | 150 | 0,28 | 215,9 | 6,24 | 2,66 | | | 41,76 | | 1 | |
| 5. | Kafijas dzēriens | | 200 | 0,29 | 92,5 | 2,8 | 2,5 | | | 14,68 | |  | |
| 6. | Maize | | 40 | 0,12 | 94,28 | 3,2 | 0,36 | | | 19,56 | | 1 | |
| **Kopā** | | | | **2,15** | **800,63** | **22,44** | **35,43** | | | **90,56** | |  | |
| ***Trešdiena*** | | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar burkāniem | | 60 | 0,14 | 51,67 | 0,91 | 3,56 | | 4,01 | | |  | |
| 2. | Vistas gaļas nūjiņas | | 80 | 0,86 | 269,7 | 12,63 | 18,91 | | 12,83 | | | 1; 3 | |
| 3. | Kartupeļu biezenis | | 150 | 0,36 | 117,8 | 3,26 | 2,60 | | 20,34 | | | 7 | |
| 4. | Maize | | 40 | 0,12 | 94,28 | 3,20 | 0,36 | | 19,56 | | | 1 | |
| 5. | Kakao | | 200 | 0,28 | 90,7 | 3,39 | 3,24 | | 12,01 | | | 7 | |
| 6. | Cepumi | | 30 | 0,15 | 130,4 | 2,37 | 4,14 | | 20,91 | | | 1; 3; 7 | |
| 7. | Ābols | | 100 | 0,24 | 48 | 0,4 | 0,8 | | 9,8 | | |  | |
| **Kopā** | | | | **2,15** | **802,57** | **26,16** | **33,61** | | **99,45** | | |  | |
| ***Ceturtdiena*** | | | | | | | | | | | | | |
| 1. | Svaigi tomāti | | 45 | 0,26 | 9,63 | 0,50 | 0,09 | | | 1,71 | |  | |
| 2. | Mājas soļanka | | 200 / 10 | 0,70 | 170,25 | 5,50 | 12,97 | | | 7,88 | | 7 | |
| 3. | Makaroni ar sieru | | 160/7/25 | 0,80 | 388,4 | 13,88 | 14,64 | | | 50,27 | | 1; 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. | Smalkmaize ar kanēli | | 40 | 0,20 | 156,97 | 3,67 | 4,16 | | | 26,20 | | 1; 3; 7 | |
| **Kopā** | | | | **2,15** | **859,50** | **256,75** | **32,22** | | | **115,60** | |  | |
| ***Piektdiena*** | | | | | | | | | | | | | |
| 1. | Burkānu salāti ar āboliem | | 50 | 0,15 | 51,42 | 0,75 | 3,56 | | | 5,12 | |  | |
| 2. | Dabīgā cūkgaļas šnicele | | 70 | 0,95 | 198,2 | 12,71 | 13,76 | | | 6,61 | | 1; 3; 7 | |
| 3. | Kartupeļu biezenis | | 150 | 0,36 | 117,81 | 3,26 | 2,6 | | | 20,34 | | 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 | | 20 | 0,06 | 47,14 | 1,6 | 0,18 | | | 9,78 | | 1 | |
| 7. | Banāns | | 70 | 0,16 | 63,63 | 1,05 | 0,07 | | | 14,7 | |  | |
| **Kopā** | | | | **2,15** | **810,76** | **24,41** | **27** | | | **114,85** | |  | |

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