**Ēdienkarte**

SIA Latgales Optima 7. – 9.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. | | Cepumi | | | | 30 | | 0,15 | 130,4 | 2,37 | 4,14 | 20,91 | 1; 3; 7 |
| 7. | | Bumbieris | | | | 100 | | 0,27 | 42,3 | 0,4 | 0,3 | 9,5 |  |
| **Kopā** | | | | | | | | **2,15** | **866,89** | **27,87** | **30,04** | **120,12** |  |
| ***Otrdiena*** | | | | | | | | | | | | | |
| 1. | | | Biešu salāti ar gurķi | | | 50 | | 0,15 | 43,54 | 0,71 | 2,55 | 4,44 |  |
| 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. | | | 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. | | | Ābols | | | 80 | | 0,18 | 38,94 | 0,32 | 0,64 | 7,84 |  |
| **Kopā** | | | | | | | | **2,15** | **780,64** | **19,94** | **35,45** | **95,5** |  |
| ***Trešdiena*** | | | | | | | | | | | | | |
| 1. | | Vitamīnu salāti | | | | 50 | | 0,17 | 34,56 | 0,68 | 2,09 | 3,26 |  |
| 2. | | Vistas gaļas nūjiņas | | | | 80 | | 0,86 | 269,7 | 12,63 | 18,91 | 12,83 | 1; 3 |
| 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 | 90,7 | 3,39 | 3,24 | 12,01 | 7 |
| 6. | | Smalkmaize ar kanēli | | | | 40 | | 0,20 | 156,97 | 3,67 | 4,16 | 26,20 | 1; 3; 7 |
| 7. | | Banāns | | | | 100 | | 0,27 | 90,9 | 1,5 | 0,1 | 21 |  |
| **Kopā** | | | | | | | | **2,15** | **789,61** | **26,43** | **31,26** | **101,21** |  |
| ***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 | | | | | 150/7/25 | 0,75 | 348,78 | 12,63 | 14,51 | 41,92 | 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 | - | 19,05 |  |
| **Kopā** | | | | | | | | **2,15** | **700** | **22,07** | **27,93** | **90,09** |  |
| ***Piektdiena*** | | | | | | | | | | | | | |
| 1. | Burkānu salāti ar kukurūzu | | | | 50 | | | 0,15 | 50,69 | 0,94 | 2,69 | 5,68 |  |
| 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 | | | | 40 | | | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| **Kopā** | | | | | | | | **2,15** | **710,95** | **24,61** | **25,47** | **92,25** |  |

**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