**Ēdienkarte**

SIA Latgales Optima 7. – 9.klases

***27.02. – 03.03.2023.***

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| **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 | 131,70 | 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. | Kakao | 200 | 0,28 | 90,71 | 3,39 | | 3,24 | | 12 | | 7 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 6. | Auglis (apelsīns) | 80 | 0,26 | 24,44 | 0,72 | | - | | 0,84 | |  |
| **Kopā** | | | **2,15** | **795,08** | **28,89** | | **32,22** | | **92,80** | |  |
| ***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 | 117,81 | 3,26 | | 2,6 | | 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. | Auglis (apelsīns) | 100 | 0,26 | 30,24 | 0,72 | | 0,16 | | 6,48 | |  |
| **Kopā** | | | **2,15** | **820,07** | **23,17** | | **34,1** | | **132,03** | |  |
| ***Trešdiena*** | | | | | | | | | | | |
| 1. | Gurķu un burkānu salāti | 40 | 0,23 | 21,75 | 0,35 | | 1,64 | | 1,4 | |  |
| 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. | Jogurts | 150 | 0,37 | 70,2 | 5,4 | | 2,4 | | 6,75 | | 7 |
| 6. | Mājas maizīte | 40 | 0,20 | 145,3 | 3,70 | | 4,75 | | 24,19 | | 1; 3; 7 |
| **Kopā** | | | **2,15** | **748,53** | **31,77** | | **26,84** | | **109,48** | |  |
| ***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 | | 2,66 | | 20,34 | | 7 |
| 5. | Ābols kompots | 200 | 0,14 | 59,12 | 0,26 | | 0,2 | | 13,56 | |  |
| 6. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 7. | Auglis (banāns) | 90 | 0,26 | 81,81 | 1,35 | | 0,09 | | 18,90 | |  |
| **Kopā** | | | **2,15** | **749,05** | **21,90** | | **26,89** | | **109,69** | |  |
| ***Piektdiena*** | | | | | | | | | | | |
| 1. | Burkānu salāti “Mozaika” | 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 | | 19,36 | | 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 | | 12 | | 7 |
| 7. | Auglis (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