|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti ar ābolu | 60 | 0,14 | 57,4 | 0,75 | 3,10 | 5,12 |  |
| 2 | Cūkgaļas gulašs | 50/50 | 0,94 | 203,7 | 15,33 | 12,76 | 6,91 | 1 |
| 3 | Vārīti griķi | 130 | 0,38 | 194,50 | 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 |
|  |  |  | **2,15** | **800** | **30,49** | **25,85** | **105,39** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Skābētu kāpostu salāti | 50 | 0,19 | 35,49 | 0,81 | 2,5 | 2,44 |  |
| 2 | Nūdeļu zupa ar kartupeļiem un 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 | 117,80 | 3,26 | 2,60 | 20,34 | 7 |
| 5 | kafijas dzēriens | 200 | 0,29 | 92,5 | 2,8 | 2,5 | 14,68 | 7 |
| 6 | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 7 | Auglis(banāns) | 80 | 0,21 | 72,72 | 0,35 | 0,08 | 16,84 |  |
|  |  |  | **2,15** | **841,29** | **22,02** | **35,03** | **106,92** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar gurķi | 60 | 0,22 | 51,55 | 0,84 | 4,56 | 4,04 |  |
| 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 | Kakao | 200 | 0,28 | 94,70 | 3,39 | 3,24 | 12,01 | 7 |
| 6 | Smalkmaize ar sieru (7) | 40 | 0,26 | 169,3 | 5,31 | 6,84 | 22,52 | 1,3,7 |
|  |  |  | **2,15** | **821,95** | **34,91** | **29,75** | **106,49** |  |
|  | **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 | Cūkgaļās 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 | Auglis (banāns) | 120 | 0,33 | 109,08 | 1,8 | 0,12 | 25,12 |  |
|  |  |  | **2,15** | **801,46** | **21,79** | **33,38** | **103,89** |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa

Tehnologs: S.Krasovska