**Ēdienkarte**

SIA Latgales Optima 10. – 12.klases

***27.03. – 31.03.2023.***

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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 | 131,7 | 5,39 | | 5,36 | | | 15,48 | | 7 |
| 3. | Varīti makaroni ar gaļu | 150/40 | 0,93 | 445,2 | 15,75 | | 23,18 | | | 43,4 | | 1 |
| 4. | Kafijas dzēriens | 200 | 0,29 | 92,5 | 2,8 | | 2,5 | | | 14,68 | | 7 |
| 5. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | | 19,56 | | 1 |
| 6. | Auglis (bumbieris) | 100 | 0,25 | 42,3 | 0,4 | | 0,3 | | | 9,5 | |  |
| **Kopā** | | | **2,15** | **814,54** | **27,98** | | **31,78** | | | **104,14** | |  |
| ***Otrdiena*** | | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | 50 | 0,17 | 41,68 | 0,96 | | 2,47 | | | 3,73 | |  |
| 2. | Cūkgaļas plācenīši | 70 | 0,67 | 286,1 | 10,53 | | 22,51 | | | 41,86 | | 1;7 |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,60 | | | 20,34 | | 7 |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,1 | | | 9,78 | | 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 (banāns) | 110 | 0,32 | 99,99 | 1,65 | | 0,11 | | | 23,1 | |  |
| **Kopā** | | | **2,15** | **842,68** | **22,5** | | **33,79** | | | **138,87** | |  |
| ***Trešdiena*** | | | | | | | | | | | | |
| 1. | Burkānu salāti ar saulespuķu sēkļiņām | 60 | 0,14 | 71,6 | 1,08 | | 3,62 | | 5,28 | | |  |
| 2. | Sautēta cūkgaļa tomātu mērcē | 50/50 | 0,97 | 216,6 | 15,32 | | 14,26 | | 6,73 | | |  |
| 3. | Varīti rīsi | 150 | 0,26 | 200,4 | 3,8 | | 3,43 | | 38,58 | | |  |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,18 | | 9,78 | | | 1 |
| 5. | Jogurts | 150 | 0,37 | 70,2 | 5,4 | | 2,4 | | 6,75 | | | 7 |
| 6. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | | 4,14 | | 20,91 | | | 1; 3; 7 |
| 7. | Auglis (banāns) | 70 | 0,20 | 63,63 | 1,05 | | 0,07 | | 14,7 | | |  |
| **Kopā** | | | **2,15** | **800** | **30,62** | | **27,84** | | **102,73** | | |  |
| ***Ceturtdiena*** | | | | | | | | | | | | |
| 1. | Svaigi kāpostu salāti | 60 | 0,16 | 44,99 | 0,96 | | 3,06 | | | 3,41 | |  |
| 2. | Biešu zupa ar krējumu | 200 / 10 | 0,33 | 99,49 | 2,00 | | 4,61 | | | 12,51 | | 7 |
| 3. | Vistas gaļas kotlete | 80 | 0,84 | 281,1 | 12,55 | | 19,75 | | | 14,03 | | 1 |
| 4. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,60 | | | 20,34 | | 7 |
| 5. | Ābolu 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. | Smalkmaize | 40 | 0,20 | 188,2 | 4,5 | | 5,99 | | | 19,88 | | 1;3;7 |
| **Kopā** | | | **2,15** | **884,98** | **26,73** | | **36,57** | | | **103,29** | |  |
| ***Piektdiena*** | | | | | | | | | | | | |
| 1. | Burkānu salāti “Mozaika” | 40 | 0,16 | 35,10 | 0,58 | | 2,10 | | | 3,46 | |  |
| 2. | Cepta karbonāde | 70 | 0,95 | 198,2 | 12,71 | | 13,76 | | | 6,61 | | 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. | Cepumi | 30 | 0,15 | 130,4 | 2,37 | | 4,14 | | | 20,91 | | 1;3;7 |
| 6. | Kakao | 200 | 0,28 | 90,7 | 3,39 | | 3,24 | | | 12,01 | | 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