**Ēdienkarte**

SIA Latgales Optima 7. – 9.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. | Kakao | | | | 200 | 0,28 | 90,9 | 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 | 117,8 | 3,26 | 2,60 | 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 (mandarīns) | | | 80 | 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. | Mājās maizīte | | | | 40 | 0,20 | 145,3 | 3,70 | 4,75 | 24,19 |  |
| **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 | 117,8 | 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. | 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 | 3,2 | 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. | | | 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