**Ēdienkarte**

SIA Latgales Optima Veģetārās pusdienas

***27.03. – 31.03.2023.***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N.p.k.** | **Ēdiens** | **Svars** | **Cena,** Eur | **Kcal** | | **OBV** | | **Tauki** | | **Ogļh.** | **Alergēni** |
| ***Pirmdiena*** | | | | | | | | | | | |
| 1. | Svaigi tomāti | 35 | 0,20 | 0,39 | 0,07 | | 0,07 | | 1,33 | |  |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 131,7 | 11,85 | | 16,82 | | 41,44 | | 7 |
| 3. | Kartupeļu zrazas ar kāpostiem ar krējumu | 200/20 | 0,90 | 361,79 | 8,21 | | 17,97 | | 47,13 | | 7 |
| 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 (banāns) | 120 | 0,32 | 112,18 | 1,8 | | 1,2 | | 25,2 | |  |
| **Kopā** | | | **2,15** | **800** | **21,79** | | **27,46** | | **123,38** | |  |
| ***Otrdiena*** | | | | | | | | | | | |
| 1. | Vitamīnu salāti | 50 | 0,17 | 40,71 | 0,68 | | 2,18 | | 3,16 | |  |
| 2. | Kāpostu tīteņi ar dārzeņiem | 200/20 | 0,78 | 303,33 | 6,67 | | 15,49 | | 34,92 | |  |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,6 | | 20,34 | | 7 |
| 4. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,1 | | 9,78 | | 1 |
| 5. | Kakao | 200 | 0,28 | 90,71 | 3,39 | | 3,24 | | 12,01 | | 7 |
| 6. | Biezpiena sieriņš | 40 | 0,50 | 210 | 4,5 | | 6 | | 30,08 | | 7 |
| **Kopā** | | | **2,15** | **809,69** | **20,10** | | **29,61** | | **110,29** | |  |
| ***Trešdiena*** | | | | | | | | | | | |
| 1. | Burkānu salāti ar saulespuķu sēklām | 60 | 0,14 | 71,6 | 1,08 | | 3,62 | | 5,28 | |  |
| 2. | Risoto ar sēnēm | 50/150 | 1,26 | 395,1 | 12,81 | | 14,49 | | 36,25 | |  |
| 3. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 4. | Smalkmaizīte ar sieru | 40 | 0,26 | 169,3 | 5,31 | | 6.84 | | 22,52 | | 1,3,7 |
| 5. | Jogurts | 150 | 0,37 | 70,2 | 5,4 | | 2,4 | | 6,75 | | 7 |
| **Kopā** | | | **2,15** | **800,48** | **27,8** | | **28,17** | | **90,36** | |  |
| ***Ceturtdiena*** | | | | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar gurķi | 50 | 0,13 | 37.49 | 0,80 | | 2,55 | | 2,84 | |  |
| 2. | Cepti puķu kāposti olā | 150 | 0,93 | 274,2 | 8,86 | | 19,24 | | 16,41 | | 3 |
| 3. | Kartupeļu biezenis | 150 | 0,36 | 117,8 | 3,26 | | 2,60 | | 20,34 | | 7 |
| 4. | Biešu zupa ar krējumu | 200/10 | 0,33 | 99,49 | 2 | | 4,61 | | 12,51 | | 7 |
| 5. | Maize | 20 | 0,06 | 47,14 | 1,6 | | 0,1 | | 9,78 | | 1 |
| 6. | Smalkmaize | 40 | 0,20 | 188,2 | 4,5 | | 5,99 | | 19,88 | | 1,3,7 |
| 7. | Ābolu kompots | 200 | 0,14 | 59,12 | 0,26 | | 0,2 | | 13,56 | |  |
| **Kopā** | | | **2,15** | **823,44** | **21,28** | | **35,29** | | **95,32** | |  |
| ***Piektdiena*** | | | | | | | | | | | |
| 1. | Burkānu salāti “Mozaika" | 40 | 0,16 | 35,10 | 0,58 | | 2,10 | | 3,46 | |  |
| 2. | Zaļas lēcas biezputra ar dārzeņiem | 150/150 | 1,10 | 359,4 | 9,44 | | 14 | | 48,41 | |  |
| 3. | Maize | 40 | 0,12 | 94,28 | 3,2 | | 0,36 | | 19,56 | | 1 |
| 4. | Smalkmaize ar sieru | 40 | 0,26 | 169,3 | 5,31 | | 6,84 | | 22,52 | | 1,3,7 |
| 5. | Kakao | 200 | 0,28 | 90,70 | 3,39 | | 3,24 | | 12,01 | | 7 |
| 6. | Auglis (banāns) | 80 | 0,23 | 72,72 | 1,2 | | 0,08 | | 16,80 | |  |
| **Kopā** | | | **2,15** | **821,50** | **23,21** | | **27,19** | | **121,96** | |  |

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 produkt