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|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
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|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti | 60 | 0,16 | 44,99 | 0,96 | 3,06 | 3,41 |  |
| 2 | Plovs ar cūkgaļu | 50/150 | 1,05 | 364,55 | 17,41 | 17,30 | 34,80 |  |
| 3 | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 4 | Kakao | 200 | 0,28 | 90,71 | 3,39 | 3,24 | 12 | 7 |
| 5 | Smalkmaize ar kanēliem | 40 | 0,20 | 156,97 | 3,67 | 4,16 | 26,20 | 1,3,7 |
| 6 | Auglis(banāns) | 120 | 0,34 | 109,08 | 1,8 | 0,12 | 25,2 |  |
|  |  |  | **2,15** | **860,58** | **30,43** | **28,24** | **121,17** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Svaigu kāpostu salāti ar burkāniem | 60 | 0,14 | 51,67 | 0,91 | 3,56 | 4,01 |  |
| 2 | Vistas gaļas nūjiņas | 80 | 0,86 | 269,7 | 12,63 | 18,91 | 12,83 | 1,3 |
| 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 | Kakao | 200 | 0,28 | 90,71 | 3,39 | 3,24 | 12 | 7 |
| 6 | Cepumi | 30 | 0,15 | 130,4 | 2,37 | 4,14 | 20,91 | 1,3,7 |
| 7 | Auglis(ābols) | 100 | 0,24 | 48 | 0,4 | 0,8 | 9,8 |  |
|  |  |  | **2,15** | **802,57** | **26,16** | **33,61** | **99,45** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti ar gurķi | 50 | 0,15 | 43,54 | 0,71 | 2,55 | 4,44 |  |
| 2 | Svaigu kāpostu zupa ar krējumu | 200/10 | 0,29 | 92,81 | 1,83 | 5,39 | 9,23 | 7 |
| 3 | Vārītas sardeles | 90 | 1,12 | 299,20 | 9,09 | 25,84 | 1,71 |  |
| 4 | Vārīti makaroni | 150 | 0,28 | 215,9 | 6,24 | 2,66 | 41,76 | 1 |
| 5 | Augļu kompots | 200 | 0,19 | 57,08 | 0,26 | 0,2 | 13,56 |  |
| 6 | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
|  |  |  | **2,15** | **802,81** | **21,33** | **37** | **90,26** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar ābolu | 60 | 0,13 | 50,16 | 0,72 | 3,07 | 4,94 |  |
| 2 | Cepta vistas fileja | 65 | 0,99 | 196,52 | 15,93 | 12,09 | 6,6 | 1,3 |
| 3 | Vārīti rīsi | 150 | 0,26 | 200,4 | 3,8 | 3,43 | 38,58 | 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 |
| 7 | Cepumi | 15 | 0,08 | 65,2 | 1,19 | 2,07 | 10,46 | 1 |
|  |  |  | **2,15** | **816,56** | **29,35** | **27,02** | **120,20** |  |

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa

Tehnologs: S.Krasovska