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|  |  | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
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|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar ābolu | 60 | 0,14 | 58,4 | 0,75 | 4,2 | 5,12 |  |
| 2 | Vārīti griķi ar šampinjoniem | 200 | 1,24 | 373,95 | 12,16 | 14,72 | 40,02 |  |
| 3 | Biezpiena sieriņš | 40 | 0,50 | 210 | 4,5 | 6 | 30,08 | 7 |
| 4 | Tēja | 200 | 0,07 | 39,97 | - | - | 9,98 |  |
| 5 | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Cepumi | 15 | 0,08 | 65,2 | 1,19 | 2,07 | 10,46 |  |
|  |  |  | **2,15** | **841,18** | **21,8** | **27,35** | **115,22** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu salāti ar āboliem | 60 | 0,14 | 51,42 | 0,75 | 3,10 | 5,12 |  |
| 2 | Borščs ar krējumu | 200/10 | 0,32 | 96,09 | 1,78 | 5,61 | 9,63 | 7 |
| 3 | Pildīta paprika ar dārzeņiem | 100 | 0,75 | 269,8 | 9,85 | 15,46 | 14,1 | 1,3,7 |
| 4 | Vārīti makaroni | 150 | 0,28 | 215,9 | 6,24 | 2,66 | 41,76 | 1 |
| 5 | Maize | 40 | 0,12 | 94,28 | 3,2 | 0,36 | 19,56 | 1 |
| 6 | Sulas dzērins | 200 | 0,32 | 77,06 | 0,24 | - | 19,05 |  |
| 7 | Auglis (banāns) | 80 | 0,22 | 72,72 | 0,37 | 0,08 | 16,83 |  |
|  |  |  | **2,15** | **877,27** | **22,43** | **27,27** | **126,05** |  |
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Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa

Tehnologs: S.Krasovska