|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** | **Alergēni** |
| 1 | Rauga pankūkas ar iebiezinātu pienu | 150/20 | 0,57 | 362,5 | 10,99 | 10,45 | 56,11 | 1,3,7 |
| 2 | Sulas dzēriens | 200 | 0,31 | 65,08 | 0,24 | - | 16,03 |  |
| 3 | Auglis (apelsīns) | 70 | 0,20 | 26,46 | 0,63 | 0,14 | 5,67 |  |
|  |  |  | **1,08** | **454,04** | **11,86** | **10,59** | **77,81** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Rīsu biezputra ar ievārījumu | 200/15 | 0,48 | 262,1 | 6,03 | 2,96 | 52,84 | 7 |
| 2 | Karstmaize ar sieru | 25/5/15 | 0,41 | 155,4 | 5,84 | 9,20 | 12,33 | 1,7 |
| 3 | Kakao | 150 | 0,19 | 62,04 | 2,54 | 2,42 | 7,51 | 7 |
|  |  |  | **1,08** | **479,51** | **14,41** | **14,58** | **72,68** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Cūkgaļas kotlete | 50 | 0,58 | 217,20 | 7,87 | 18,77 | 4,68 |  |
| 2 | Kartupeļu biezenis | 110 | 0,27 | 86,17 | 2,39 | 1,87 | 14,95 | 7 |
| 3 | Augļu kompots | 200 | 0,17 | 37,12 | 0,26 | 0,2 | 8,57 |  |
| 4 | Maize | 20 | 0,06 | 47,14 | 1,6 | 0,18 | 9,78 | 1 |
|  |  |  | **1,08** | **388,21** | **12,12** | **21,02** | **37,97** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Auzu pārslu biezputra ar sviestu | 200/10 | 0,60 | 282,4 | 7,81 | 13,54 | 32,32 | 7 |
| 2 | Sviestmaize ar desu un sieru | 25/20/10 | 0,38 | 149,7 | 7,1 | 7,9 | 12,57 | 1,7 |
| 3 | Tēja ar citronu | 200 | 0,10 | 21,48 | 0,01 | - | 5,26 |  |
|  |  |  | **1,08** | **453,58** | **14,92** | **21,44** | **50,15** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Kartupeļu pankūkas | 150/20 | 0,67 | 309,9 | 6,72 | 15,49 | 35,91 | 1,3,7 |
| 2 | Kakao | 200 | 0,27 | 82,72 | 3,39 | 3,24 | 10,1 | 7 |
| 3 | Ābols | 60 | 0,14 | 28,8 | 0,24 | 0,48 | 5,88 |  |
|  |  |  | **1,08** | **421,42** | **10,35** | **19,21** | **51,89** |  |

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa

Tehnologs: S.Krasovska