|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki** | **Ogļh.** | **Alergēni** |
| 1 | Omlete ar sieru | 1/110 | 0,97 | 199,52 | 13,56 | 15,24 | 2,03 | 1,7,3 |
| 2 | Tēja | 1/180 | 0,05 | 18,01 | - | - | 4,49 |  |
| 3 | Maize | 1/20 | 0,06 | 47,14 | 1,6 | 0,18 | 9,78 | 1 |
|  |  |  | **1,08** | **264,67** | **15,16** | **15,42** | **16,30** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Rauga pankūkas ar āboliem un krējumu | 150/20 | 0,58 | 394,2 | 10,15 | 13,91 | 57,11 | 1,3,7 |
| 2 | Auglis (apelsīns) | 70 | 0,23 | 26,46 | 0,63 | 0,14 | 5,67 |  |
| 3 | Sulas dzēriens | 1/180 | 0,27 | 57,58 | 0,22 | - | 14,43 |  |
|  |  |  | **1,08** | **479,23** | **11** | **14,05** | **91,26** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Mannas biezputra ar sviestu | 200/10 | 0,59 | 282,1 | 7,19 | 11,17 | 38,2 | 1,7 |
| 2 | Kakao | 1/150 | 0,19 | 62,04 | 2,54 | 2,42 | 7,51 | 7 |
| 3 | Sviestmaize ar sieru | 25/15 | 0,30 | 118,01 | 5,81 | 5,07 | 12,29 | 1,3,7 |
|  |  |  | **1,08** | **462,15** | **15,54** | **18,66** | **58,00** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Slinkās pankūkas ar krējumu | 150/20 | 1,03 | 432,9 | 17,03 | 23,19 | 39,04 | 1,3,7 |
| 2 | Tēja | 1/180 | 0,05 | 18,01 | - | - | 4,49 |  |
|  |  |  | **1,08** | **450,91** | **17,03** | **23,19** | **43,53** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Vārīti cīsii | 50 | 0,62 | 166,2 | 5,05 | 15,8 | 0,95 |  |
| 2 | Kartupeļu biezenis | 100 | 0,24 | 78,34 | 2, 7 | 1,7 | 13,59 | 7 |
| 3 | Augļu kompots | 180 | 0,16 | 33,41 | 0,23 | 0,18 | 7,71 |  |
| 4 | Maize | 20 | 0,06 | 47,14 | 1,6 | 0,18 | 9,78 | 1 |
|  |  |  | **1,08** | **325,09** | **9,58** | **17,86** | **32,03** |  |

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa

Tehnologs: S.Krasovska