|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** | **Alergēni** |
| 1 | Svaigu kāpostu salāti | 1/60 | 0,16 | 44.99 | 0.96 | 3.06 | 3.41 |  |
| 2 | Plovs ar sēnēm | 50/150 | 1.13 | 311.5 | 7.58 | 13.94 | 39.47 |  |
| 3 | Maize  | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 4 | Biezpiena sieriņš | 1/40 | 0,60 | 210 | 4.5 | 6 | 30.08 | 7 |
| 5 | Kakao | 1/200 | 0,27 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
| 6 | Auglis (banāns) | 1/90 | 0,28 | 81.81 | 1.35 | 0.09 | 18.9 |  |
|  |  |  | **2,60** | **825.3** | **20,98** | **26.69** | **121.43** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu un puravu salāti | 1/60 | 0,26 | 53.14 | 1 | 3.62 | 5.82 | 7 |
| 2 | Skābeņu zupa ar krējumu | 200/10 | 0.41 | 138.17 | 2.85 | 17.82 | 12.51 | 7 |
| 3 | Cepti puķkāposti rīvmaizē | 1/150 | 1.22 | 234.7 | 7.8 | 2,23 | 5,18 | 1,7,3 |
| 4 | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5 | Kakao | 1/200 | 0,27 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
| 6 | Maize | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2,60** | **818.91** | **24.48** | **35.28** | **104.31** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Vitamīnu salāti  | 1/70 | 0,22 | 69.88 | 93 | 4.12 | 4.6 |  |
| 2 | Pupiņu zupa ar krējumu | 200/10 | 0,32 | 127.2 | 5.39 | 4.86 | 15.46 | 7 |
| 3 | Pildīta paprika ar dārzeņiem | 1/150 | 1.15 | 325.76 | 8.05 | 21.69 | 19.69 | 1,7 |
| 4 | Kartupeļu biezenis | 1/150 | 0.36 | 117.7 | 3.26 | 2.60 | 20,34 | 7 |
| 5 | Maize | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Sulas dzēriens | 1/200 | 0,39 | 65.08 | 0.24 | - | 16.03 | 1,7 |
|  |  |  | **2,60** | **800** | **21,07** | **33.63** | **95.68** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Salāti Veselība | 1/70 | 0,20 | 68.20 | 1.04 | 4.74 | 5.11 |  |
| 2 | Biešu zupa ar pupiņām ar krējumu | 200/10 | 0,37 | 137.28 | 5.38 | 5.38 | 16.83 | 7 |
| 3 | Dārzeņu risoto | 250 | 1,48 | 434.90 | 13.44 | 21.42 | 46,27 | 7 |
| 4 | Tēja ar citronu | 1/200 | 0,14 | 21.66 | 0,09 | 0.01 | 5.29 |  |
| 5 | Maize | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Auglis(ābols) | 90 | 0.25 | 43.8 | 0.36 | 0.72 | 8.82 |  |
|  |  |  | **2,60** | **800.12** | **23.51** | **32.63** | **101.88** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti ar sieru | 1/70 | 0.22 | 82.08 | 2.43 | 4.50 | 5.72 |  |
| 2 | Sacepums no rīvētiem kartupeļiem ar krējumu | 200/30 | 1.18 | 391.88 | 9.77 | 22.01 | 40.11 |  |
| 3 | Želeja no sulas ar putukrējumu | 50/15 | 0.47 | 97.32 | 1.70 | 4.2 | 14.34 |  |
| 4 | Kafijas dzēriens | 200 | 0.27 | 72.54 | 2.8 | 2.5 | 9.69 |  |
| 5 | Auglis (banāns) | 120 | 0.38 | 109.08 | 1.8 | 0.12 | 25.2 |  |
| 6 | Maize  | 1/20 | 0.08 | 47.14 | 1.6 | 0.18 | 9.78 |  |
|  |  |  | **2,60** | **800.76** | **20.01** | **33.51** | **104.84** |  |

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