|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pirmdiena** | **Svars** | **Cena EUR** | **Kcal.** | **Olbalt.** | **Tauki**  | **Ogļh.** | **Alergēni** |
| 1 | Burkānu salāti Mozaika | 1/70 | 0.27 | 61.59 | 1.03 | 3.68 | 6.08 |  |
| 2 | Piena zupa ar nūdelēm | 1/200 | 0.31 | 119.87 | 4.67 | 2.7 | 19.22 | 1,7 |
| 3 | Cepti puķkāposti olā | 150 | 1.18 | 267.9 | 8.35 | 18.78 | 16.38 | 3 |
| 4 | Vārīti rīsi | 150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 |  |
| 5 | Maize  | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Tēja  | 1/200 | 0.08 | 20.01 | - | - | 4.99 |  |
| 7 | Auglis (ābols) | 1/120 | 0.33 | 57.60 | 0.48 | 0.96 | 11.76 |  |
|  |  |  | **2,60** | **825.35** | **21.58** | **30.32** | **116.58** |  |
|  | **Otrdiena** |  |  |  |  |  |  |  |
| 1 | Skābu kāpostu salāti  | 1/70 | 0.33 | 46.27 | 1.15 | 3.2 | 3.22 |  |
| 2 | Dārzeņu sautējums | 1/300 | 1.19 | 331.93 | 8.86 | 17.84 | 35.4 |  |
| 3 | Smalkmaizīte | 1/50 | 0.41 | 218.25 | 4.88 | 7 | 33.39 | 1,7,3 |
| 4 | Maize | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 5 | Tēja (karkadē) | 1/200 | 0.13 | 20.01 | - | - | 4.99 |  |
| 6 | Auglis (banāns) | 130 | 0.41 | 118.17 | 1.95 | 0.13 | 27.3 |  |
|  |  |  | **2,60** | **828.91** | **20.04** | **28.53** | **123.86** |  |
|  | **Trešdiena** |  |  |  |  |  |  |  |
| 1 | Salāti Veselība | 1/60 | 0,16 | 57.98 | 0.89 | 4.06 | 4.38 |  |
| 2 | Pupiņu zupa ar krējumu | 200/10 | 0.32 | 127.2 | 5.39 | 4.86 | 15.46 | 7 |
| 3 | Griķi ar šampinjoniem | 1/200 | 1.35 | 364.42 | 12.16 | 17.38 | 39.85 |  |
| 4 | Sulas dzēriens | 1/200 | 0.39 | 65.08 | 0.24 | - | 16.03 |  |
| 5 | Maize | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6 | Cepumi | 1/30 | 0.22 | 130.4 | 2.37 | 4.14 | 20.91 | 1,7,3 |
|  |  |  | **2,60** | **839.36** | **24.25** | **30.8** | **116.91** |  |
|  | **Ceturtdiena** |  |  |  |  |  |  |  |
| 1 | Burkānu un puravu salāti | 1/60 | 0.23 | 53.14 | 1 | 3.62 | 5.82 |  |
| 2 | Zirņu zupa ar krējumu | 200/10 | 0.34 | 142.53 | 4.96 | 6.27 | 14.01 | 7 |
| 3 | Dārzeņu kāpostu tīteņi ar krējumu | 200/20 | 1.26 | 318.33 | 6.67 | 16.49 | 34.92 | 7 |
| 4 | Vārīti kartupeļi | 150 | 0.34 | 109 | 3.2 | 0.16 | 23.68 |  |
| 5 | Kakao | 200 | 0.27 | 82.72 | 3.39 | 3.24 | 10.01 |  |
| 6 | Maize | 1/40 | 0.16 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
|  |  |  | **2.60** | **800** | **22.42** | **30.14** | **108** |  |
|  | **Piektdiena** |  |  |  |  |  |  |  |
| 1 | Biešu salāti ar sieru | 1/80 | 0,22 | 82.08 | 2.43 | 4.50 | 5.72 | 7 |
| 2 | Krāsnī cepti dārzeņi | 150 | 1.28 | 213.83 | 7.6 | 10.23 | 11.74 |  |
| 3 | Vārīti rīsi | 150 | 0.27 | 204.13 | 3.80 | 3.84 | 38.59 | 7 |
| 4 | Tēja  | 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 | Šokolādes krēms ar putukrējumu | 50/15 | 0.53 | 184.02 | 2.91 | 14.52 | 11.58 | 1 |
|  |  |  | **2.60** | **800** | **20.03** | **33.46** | **92.48** |  |

Apstiprinu: D.Mazaļevska Saskaņots: skolas medmāsa