

## Trešdiena

| Ēdiena nosaukums (Alerģēni)                  | Porcijas         |             |                                    | Uzturvielas (g) |        |        | Energija (kcal) |
|--|------------------|-------------|------------------------------------|-----------------|--------|--------|-----------------|
|  | svars (g) +/-10% | cena (EUR)  | pusporc. (EUR) 60% no pilnas cenas | Olb.v.          | Tauki  | Ogļh.  |                 |
| <b>ZUPAS:</b>                                |                  |             |                                    |                 |        |        |                 |
| <b>Sēņu zupa (A07)</b>                       | 300              | <b>1.00</b> | <b>0.70</b>                        | 6.157           | 12.115 | 18.259 | 209.787         |
| <b>PAMATĒDIENI:</b>                          |                  |             |                                    |                 |        |        |                 |
| <b>Karbonāde (A03,A01)</b>                   | 90               | <b>1.60</b> |                                    | 16.395          | 11.285 | 10.405 | 211.845         |
| <b>Gaļas-dārzeņu kotlete</b>                 | 200              | <b>1.60</b> |                                    | 10.92           | 9.85   | 7.28   | 160.55          |
| <b>Mājas sautējums</b>                       | 300              | <b>2.00</b> | <b>1.20</b>                        | 13.3            | 23     | 34.6   | 402             |
| <b>Cepta vista( A03,A10)</b>                 | 120              | <b>1.60</b> |                                    | 10.92           | 19.85  | 7.28   | 160.55          |
| <b>PIEDEVAS:</b>                             |                  |             |                                    |                 |        |        |                 |
| <b>Kartupeļi</b>                             | 200              | <b>0.70</b> | <b>0.45</b>                        | 4.8             | 0.24   | 35.52  | 168.48          |
| <b>Griķi</b>                                 | 200              | <b>0.70</b> | <b>0.45</b>                        | 7.12            | 1.2    | 58.08  | 275.2           |
| <b>Rīsi</b>                                  | 200              | <b>0.70</b> | <b>0.45</b>                        | 6               | 2.4    | 60.08  | 283.2           |
| <b>MĒRCES:</b>                               |                  |             |                                    |                 |        |        |                 |
| <b>Baltā mērce(A01,A07)</b>                  | 50               | <b>0.25</b> |                                    | 0.775           | 2.555  | 3.715  | 40.955          |
| <b>Krējums(A07)</b>                          | 50               | <b>0.25</b> |                                    | 1.3             | 12.5   | 1.35   | 123.1           |
| <b>SALĀTI:</b>                               |                  |             |                                    |                 |        |        |                 |
| <b>Biešu salāti(A03)</b>                     | 100              | <b>0.80</b> | <b>0.50</b>                        | 1.25            | 2      | 9.46   | 66.95           |
| <b>Burkānu salāti(A03)</b>                   | 100              | <b>0.80</b> | <b>0.50</b>                        | 0.83            | 7.15   | 8.02   | 101.63          |
| <b>Kāpostu salāti</b>                        | 100              | <b>0.80</b> | <b>0.50</b>                        | 0.8             | 5.16   | 4.43   | 74.47           |
| <b>Dārzeņu salāti</b>                        | 100              | <b>0.80</b> | <b>0.50</b>                        | 1.939           | 4.324  | 8.091  | 79.414          |
| <b>Seleriju salāti(A09,A03,A07)</b>          | 100              | <b>0.80</b> | <b>0.50</b>                        | 0.99            | 0.98   | 6.82   | 45.15           |
| <b>SALDIE:</b>                               |                  |             |                                    |                 |        |        |                 |
| <b>Krēms ar ķīseli(A07)</b>                  | 150              | <b>1.00</b> |                                    | 5.01            | 11.46  | 28.29  | 242.84          |
| <b>Zemeņu zupa ar putukr. (A07)</b>          | 150              | <b>1.00</b> |                                    | 1.48            | 11.59  | 16.99  | 178.2           |
| <b>Maizes zupa ar putukr. (A01,A07)</b>      | 150              | <b>1.00</b> |                                    | 3.0253          | 9.2    | 47.058 | 286.982         |
| <b>Biezp.masa ar ķīseli(A07)</b>             | 150              | <b>1.00</b> |                                    | 7.16            | 7.35   | 24.706 | 193.604         |
| <b>DZĒRIENI:</b>                             |                  |             |                                    |                 |        |        |                 |
| <b>Morss</b>                                 | 200              | <b>0.35</b> |                                    | 0.0023          | 0      | 17.64  | 70.79           |
| <b>Kefīrs(A07)</b>                           | 200              | <b>0.50</b> |                                    | 6               | 0.1    | 7.6    | 60              |
| <b>Sula apelsīnu</b>                         | 200              | <b>0.50</b> |                                    | 0               | 0      | 18     | 72              |
| <b>Sula ābolu</b>                            | 200              | <b>0.50</b> |                                    | 0               | 0      | 22     | 88              |
| <b>MAIZE:</b>                                |                  |             |                                    |                 |        |        |                 |
| <b>Maize(A01)</b>                            | 20               | <b>0.05</b> |                                    | 1.32            | 0.24   | 6.84   | 34.8            |
| <b>Skolas cepumi(A01,A07,A03)</b>            | 10               | <b>0.05</b> |                                    | 0.7             | 0.74   | 2      | 47.6            |
| <b>Mafini (A01,A03,A07,A08,A05)</b>          | 50               | <b>0.50</b> |                                    | 3.6             | 7.4    | 34     | 218             |
| <b>KONDITOREJA:</b>                          |                  |             |                                    |                 |        |        |                 |
| <b>Austiņas (A01,A03,A07)</b>                | 50               | <b>0.70</b> |                                    | 2.23            | 6.91   | 21.99  | 179             |
| <b>Biezpiena apaļā bulciņa(A01,A03,A07)</b>  | 75               | <b>0.70</b> |                                    | 5.46            | 7.31   | 34.99  | 248             |
| <b>Karameļu bulciņa(A01,A03,A07)</b>         | 75               | <b>0.70</b> |                                    | 5.44            | 7.19   | 34.57  | 355             |
| <b>Karameļu pīnīte(A01,A03,A07)</b>          | 75               | <b>0.70</b> |                                    | 3.35            | 13.49  | 27.98  | 270             |
| <b>Riekstu bulciņa (A01,A03,A07,A08,A05)</b> | 75               | <b>0.70</b> |                                    | 6.68            | 5.58   | 28.77  | 245             |
| <b>Magoņu bulciņa(A01,A03,A07)</b>           | 75               | <b>0.70</b> |                                    | 4.07            | 7.43   | 29.87  | 212             |
| <b>Biezpiena stūrītis (A01,A03,A07)</b>      | 75               | <b>0.70</b> |                                    | 5.16            | 10.19  | 51.06  | 328             |
| <b>Siera radziņš (A01,A03,A07)</b>           | 75               | <b>0.70</b> |                                    | 5.03            | 10.39  | 51.14  | 246             |
| <b>Kanēļa bulciņa(A01,A03,A07)</b>           | 75               | <b>0.70</b> |                                    | 24.48           | 5.063  | 35.09  | 202             |
| <b>Rožu bulciņa(A01,A03,A07)</b>             | 75               | <b>0.70</b> |                                    | 3.8             | 4.51   | 32.09  | 189.83          |