

## Trešdiena

| Ēdiena nosaukums (Alerģēni)           | Porcijas            |            |                                       | Uzturvielas (g) |        |        | Energija (kcal) |
|---------------------------------------|---------------------|------------|---------------------------------------|-----------------|--------|--------|-----------------|
|                                       | svars (g)<br>+/-10% | cena (EUR) | pusporc. (EUR)<br>60% no pilnas cenas | Olb.v.          | Tauki  | Oglh.  |                 |
| <b>ZUPAS:</b>                         |                     |            |                                       |                 |        |        |                 |
| Škelto zirniņu zupa (A07)             | 300                 | 1.00       | 0.70                                  | 6.157           | 12.115 | 18.259 | 209.787         |
| <b>PAMATĒDIENI:</b>                   |                     |            |                                       |                 |        |        |                 |
| Karbonāde (A03,A01)                   | 90                  | 1.60       |                                       | 16.395          | 11.285 | 10.405 | 211.845         |
| Gaļas-dārzeņu kotlete                 | 120                 | 1.60       | 0.95                                  | 22.04           | 17.19  | 11.49  | 218.42          |
| Cepta vista (A03,A10)                 | 120                 | 2.00       |                                       | 23.76           | 18.46  | 0.96   | 269.12          |
| Plovs (A07)                           | 300                 | 2.00       | 1.20                                  | 16.33           | 14.6   | 47.96  | 395.1           |
| <b>PIEDEVAS:</b>                      |                     |            |                                       |                 |        |        |                 |
| Kartupeļi                             | 200                 | 0.70       | 0.45                                  | 4.8             | 0.24   | 35.52  | 168.48          |
| Rīsi                                  | 200                 | 0.70       | 0.45                                  | 6               | 2.4    | 60.08  | 283.2           |
| <b>MĒRCES:</b>                        |                     |            |                                       |                 |        |        |                 |
| Baltā mērce(A01,A07)                  | 50                  | 0.25       |                                       | 0.775           | 2.555  | 3.715  | 40.955          |
| Krējums(A07)                          | 50                  | 0.25       |                                       | 1.3             | 12.5   | 1.35   | 123.1           |
| <b>SALĀTI:</b>                        |                     |            |                                       |                 |        |        |                 |
| Biešu salāti(A03)                     | 100                 | 0.80       | 0.50                                  | 1.25            | 2      | 9.46   | 66.95           |
| Burkānu salāti(A03)                   | 100                 | 0.80       | 0.50                                  | 0.83            | 7.15   | 8.02   | 101.63          |
| Kāpostu salāti                        | 100                 | 0.80       | 0.50                                  | 0.8             | 5.16   | 4.43   | 74.47           |
| Dārzeņu salāti                        | 100                 | 0.80       | 0.50                                  | 1.939           | 4.324  | 8.091  | 79.414          |
| Seleriju salāti(A09,A03,A07)          | 100                 | 0.80       | 0.50                                  | 0.99            | 0.98   | 6.82   | 45.15           |
| <b>SALDIE:</b>                        |                     |            |                                       |                 |        |        |                 |
| Krēms ar ķīseli(A07)                  | 150                 | 1.00       |                                       | 5.01            | 11.46  | 28.29  | 242.84          |
| Zemeņu zupa ar putukr. (A07)          | 150                 | 1.00       |                                       | 1.48            | 11.59  | 16.99  | 178.2           |
| Maizes zupa ar putukr. (A01,A07)      | 150                 | 1.00       |                                       | 3.0253          | 9.2    | 47.058 | 286.982         |
| Biezp.masa ar ķīseli(A07)             | 150                 | 1.00       |                                       | 7.16            | 7.35   | 24.706 | 193.604         |
| <b>DZĒRIENI:</b>                      |                     |            |                                       |                 |        |        |                 |
| Morss                                 | 200                 | 0.35       |                                       | 0.0023          | 0      | 17.64  | 70.79           |
| Kefīrs(A07)                           | 200                 | 0.50       |                                       | 6               | 0.1    | 7.6    | 60              |
| Sula apelsīnu                         | 200                 | 0.50       |                                       | 0               | 0      | 18     | 72              |
| Sula ābolu                            | 200                 | 0.50       |                                       | 0               | 0      | 22     | 88              |
| <b>MAIZE:</b>                         |                     |            |                                       |                 |        |        |                 |
| Maize(A01)                            | 20                  | 0.05       |                                       | 1.32            | 0.24   | 6.84   | 34.8            |
| Skolas cepumi(A01,A07,A03)            | 10                  | 0.05       |                                       | 0.7             | 0.74   | 2      | 47.6            |
| Mafini (A01,A03,A07,A08,A05)          | 50                  | 0.50       |                                       | 3.6             | 7.4    | 34     | 218             |
| <b>KONDITOREJA:</b>                   |                     |            |                                       |                 |        |        |                 |
| Austiņas (A01,A03,A07)                | 50                  | 0.70       |                                       | 2.23            | 6.91   | 21.99  | 179             |
| Biezpiena apaļā bulciņa(A01,A03,A07)  | 75                  | 0.70       |                                       | 5.46            | 7.31   | 34.99  | 248             |
| Karamelu bulciņa(A01,A03,A07)         | 75                  | 0.70       |                                       | 5.44            | 7.19   | 34.57  | 355             |
| Karamelu pīnīte(A01,A03,A07)          | 75                  | 0.70       |                                       | 3.35            | 13.49  | 27.98  | 270             |
| Riekstu bulciņa (A01,A03,A07,A08,A05) | 75                  | 0.70       |                                       | 6.68            | 5.58   | 28.77  | 245             |
| Magoņu bulciņa(A01,A03,A07)           | 75                  | 0.70       |                                       | 4.07            | 7.43   | 29.87  | 212             |
| Biezpiena stūrītis (A01,A03,A07)      | 75                  | 0.70       |                                       | 5.16            | 10.19  | 51.06  | 328             |
| Siera radziņš (A01,A03,A07)           | 75                  | 0.70       |                                       | 5.03            | 10.39  | 51.14  | 246             |
| Kanēļa bulciņa(A01,A03,A07)           | 75                  | 0.70       |                                       | 24.48           | 5.063  | 35.09  | 202             |
| Rožu bulciņa(A01,A03,A07)             | 75                  | 0.70       |                                       | 3.8             | 4.51   | 32.09  | 189.83          |