

Ceturtdiena

| Ēdiena nosaukums (Alerģēni) | Porcijas | | | Uzturvielas (g) | | | Energija (kcal) |
|----------------------------------|---------------------|------------|---------------------------------------|-----------------|--------|--------|-----------------|
| | svars (g) +/-10% | cena (EUR) | pusporc. (EUR) 60% no pilnas cenas | Olb.v. | Tauki | Oglh. | |
| ZUPAS: | | | | | | | |
| Zaļo zirnišu zupa | 300 | 1.00 | 0.70 | 6.157 | 12.115 | 18.259 | 209.787 |
| PAMATĒDIENI: | | | | | | | |
| Karbonāde (A03,A01) | 90 | 1.90 | | 16.395 | 11.285 | 10.405 | 211.845 |
| Cepta zivis(A01,A03,A04) | 120 | 2.20 | | 13.15 | 38.535 | 16.729 | 468.381 |
| Maltas gaļa mērce (A1,A7) | 120 | 1.80 | 1.00 | 14.76 | 18.12 | 5.16 | 249.6 |
| Vistas gaļas kotlete(A03,A01) | 100 | 1.80 | 1.10 | 16.29 | 19.19 | 7.93 | 271.58 |
| Tvaicēti dārzeņi | 200 | 1.20 | 0.70 | 10.92 | 9.85 | 7.28 | 160.55 |
| PIEDEVAS: | | | | | | | |
| 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 |
| MĒRCES: | | | | | | | |
| 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 |
| SALĀTI: | | | | | | | |
| 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 |
| SALDIE: | | | | | | | |
| 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 |
| DZĒRIENI: | | | | | | | |
| 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 |
| MAIZE: | | | | | | | |
| 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 |