



## Ēdienkarte Launags

1.nedēļa

Ēdienkarte derīga līdz nomaīnai

| Datums             | Ēdienreize     | Ēdiena nosaukums                           | Piezīmes     | Daudzums | Olbv., g    | Tauki, g     | Ogļh., g    | Kcal.      |
|--------------------|----------------|--------------------------------------------|--------------|----------|-------------|--------------|-------------|------------|
| <b>Pirmdiena</b>   | <b>Launags</b> | Kukurūzas biezputra ar<br>blenderētām ogām | *A01,07      | 200/10   | 5.9         | 3            | 31.1        | 175        |
|                    |                | Kliju maize ar sviestu                     | *A01,A07     | 15/3     | 1.3         | 3            | 6.7         | 59         |
|                    |                | Tēja                                       |              | 150      | 0.31        | 0.07         | 0.01        | 2          |
|                    |                | Cukurs                                     |              | 3        | 0           | 0            | 2.99        | 12         |
|                    |                | Auglis(apelsīns)                           |              | 100      | 0.8         | 0.3          | 8.1         | 38         |
| Kopā:              |                |                                            |              |          | <b>8.31</b> | <b>6.37</b>  | <b>48.9</b> | <b>286</b> |
| <b>Otrdiena</b>    | <b>Launags</b> | Omlete                                     | *A03,A07     | 100      | 8.9         | 9.6          | 2.2         | 131        |
|                    |                | Kliju maize ar sviestu un tomātu           | *A01,A07     | 15/4/20  | 1.5         | 3.8          | 7.2         | 69         |
|                    |                | Tēja                                       |              | 150      | 0.31        | 0.07         | 0.01        | 2          |
|                    |                | Cukurs                                     |              | 3        | 0           | 0            | 2.99        | 12         |
| Kopā:              |                |                                            |              |          | <b>10.4</b> | <b>13.4</b>  | <b>9.4</b>  | <b>200</b> |
| <b>Trešdiena</b>   | <b>Launags</b> | Ābolu plātsmaize                           | *A01,A03,A07 | 100      | 4.2         | 11.9         | 35.4        | 266        |
|                    |                | Auglis                                     |              | 70       | 0.2         | 0.4          | 9.4         | 42         |
|                    |                | Kakao ar pienu                             |              | 150      | 3.1         | 2.6          | 9.6         | 74         |
| Kopā:              |                |                                            |              |          | <b>7.5</b>  | <b>14.9</b>  | <b>54.4</b> | <b>382</b> |
| <b>Ceturtdiena</b> | <b>Launags</b> | Zemnieku brokastis ar krējumu              | *A07         | 150/10   | 7           | 13.5         | 17.7        | 232        |
|                    |                | Auglis                                     |              | 100      | 0.4         | 0.3          | 9.5         | 42         |
|                    |                | Tēja                                       |              | 150      | 0.31        | 0.07         | 0.01        | 2          |
|                    |                | Cukurs                                     |              | 3        | 0           | 0            | 2.99        | 12         |
| Kopā:              |                |                                            |              |          | <b>7.71</b> | <b>13.87</b> | <b>30.2</b> | <b>288</b> |
| <b>Piektdiena</b>  | <b>Launags</b> | Graudaugu pārslas ar pienu                 | *A01;07      | 30/150   | 6.4         | 4.5          | 27.1        | 175        |
|                    |                | Banāns                                     |              | 100      | 1.2         | 0.2          | 21.8        | 94         |
| Kopā:              |                |                                            |              |          | <b>7.6</b>  | <b>4.7</b>   | <b>48.9</b> | <b>268</b> |

**ĒDIENKARTE VAR TIKT MAINĪTA SASKANĀ AR IZMAIŅAM PRODUKTU PIEGĀDĒ UN PIEEJAMĪBU TIRGŪ.**