

| Datums             | Ēdienreize     | Ēdiena nosaukums                             | Alerģēni         | Daudzums | Olbv., g     | Tauki, g     | Ogļh., g    | Kcal.      |
|--------------------|----------------|----------------------------------------------|------------------|----------|--------------|--------------|-------------|------------|
| <b>Pirmdiena</b>   | <b>Launags</b> | Auzu pārslu biezputra ar<br>blenderētām ogām | A01,07           | 200/10   | 6.6          | 4.6          | 33.8        | 203        |
|                    |                | Kliju maize ar sviestu un sieru              | A01,A07          | 15/3/15  | 5.5          | 6.6          | 6.7         | 108        |
|                    |                | Tēja                                         |                  | 150      | 0.31         | 0.07         | 0.01        | 2          |
|                    |                | Cukurs                                       |                  | 3        | 0            | 0            | 2.99        | 12         |
| <b>Kopā:</b>       |                |                                              |                  |          | <b>12.41</b> | <b>11.27</b> | <b>43.5</b> | <b>325</b> |
| <b>Otrdiena</b>    | <b>Launags</b> | Karstmaize ar sieru un desu                  | A01,03,07,<br>10 | 60       | 8.8          | 11           | 13.7        | 189        |
|                    |                | 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         |
| <b>Kopā:</b>       |                |                                              |                  |          | <b>9.2</b>   | <b>11.3</b>  | <b>23.2</b> | <b>231</b> |
| <b>Trešdiena</b>   | <b>Launags</b> | Pasta ar rīvētu puscieto sieru               | A01,A07          | 130/20   | 10           | 5.3          | 30          | 208        |
|                    |                | Auglis                                       |                  | 70       | 0.2          | 0.4          | 9.4         | 42         |
|                    |                | Tēja                                         |                  | 150      | 0.31         | 0.07         | 0.01        | 2          |
|                    |                | Cukurs                                       |                  | 3        | 0            | 0            | 2.99        | 12         |
| <b>Kopā:</b>       |                |                                              |                  |          | <b>10.51</b> | <b>5.77</b>  | <b>42.4</b> | <b>264</b> |
| <b>Ceturtdiena</b> | <b>Launags</b> | Ābolu mīklas pankūciņas ar krējumu           | A01,07           | 150/10   | 6            | 12.3         | 41          | 299        |
|                    |                | Kakao ar pienu                               |                  | 150      | 3.1          | 2.6          | 9.6         | 74         |
| <b>Kopā:</b>       |                |                                              |                  |          | <b>9.1</b>   | <b>14.9</b>  | <b>50.6</b> | <b>373</b> |
| <b>Piektdiena</b>  | <b>Launags</b> | Piena zupa ar makaroniem                     | A01;07           | 200      | 7.9          | 3.4          | 29.1        | 179        |
|                    |                | Kliju maize ar sviestu                       | A01,07           | 18       | 1.3          | 3            | 6.7         | 59         |
|                    |                | Banāns                                       |                  | 100      | 1.2          | 0.2          | 21.8        | 94         |
| <b>Kopā:</b>       |                |                                              |                  |          | <b>10.4</b>  | <b>6.6</b>   | <b>57.6</b> | <b>331</b> |

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