

# Ludzas Mūzikas pamatskolas kafejnīcas

Ēdienkarte no 2020.gada 13.01. -17.01.

| PIRMDIENA                                   |              |              |               |                |        |
|---------------------------------------------|--------------|--------------|---------------|----------------|--------|
|                                             | Svars, g     | Olbaltum.    | Tauki         | Ogļhidr.       | Kcal   |
| Biezpiena putukrējums ar ķīseli*1           | 60/120       | 0.82         | 9.62          | 27.77          | 272.60 |
| Gulašs ar griķiem, kāpostu salāti*2         | 120/60/50    | 32.57        | 36.28         | 53.90          | 445.20 |
| Maize *2                                    | 36           | 2.90         | 0.49          | 18.95          | 84.52  |
| Skolas piens*1                              | 250          | 7.50         | 5.00          | 11.75          | 123.00 |
| <b>Kopā:</b>                                | <b>43.79</b> | <b>51.39</b> | <b>112.37</b> | <b>925.32</b>  |        |
| <b>Pēc normām:</b>                          | <b>18-30</b> | <b>24-31</b> | <b>88-110</b> | <b>700-800</b> |        |
| OTRDIENA                                    |              |              |               |                |        |
| Zemnieku zupa *1*2                          | 250/20       | 7.43         | 4.50          | 18.42          | 165.75 |
| Rauga pankūkas ar ievārījumu*2*3            | 120/30       | 18.34        | 16.33         | 68.39          | 432.13 |
| Maize *2                                    | 36           | 2.90         | 0.49          | 18.95          | 84.52  |
| Dzēriens                                    | 200          | 0.20         | 0.20          | 21.70          | 88.70  |
| <b>Kopā:</b>                                | <b>31.77</b> | <b>22.01</b> | <b>146.41</b> | <b>855.62</b>  |        |
| <b>Pēc normām:</b>                          | <b>18-30</b> | <b>24-31</b> | <b>88-110</b> | <b>700-800</b> |        |
| TREŠDIENA                                   |              |              |               |                |        |
| Svaigo kāpostu zupa*1                       | 50/150       | 0.82         | 9.62          | 27.77          | 132.60 |
| Makaroni ar gaļu, biešu salāti*2            | 250/70       | 13.93        | 26.95         | 46.02          | 435.00 |
| Maize *2                                    | 36           | 2.90         | 0.49          | 18.95          | 84.52  |
| Skolas piens*1                              | 250          | 7.50         | 5.00          | 11.75          | 123.00 |
| <b>Kopā:</b>                                | <b>25.15</b> | <b>42.06</b> | <b>104.49</b> | <b>775.12</b>  |        |
| <b>Pēc normām:</b>                          | <b>18-30</b> | <b>24-31</b> | <b>88-110</b> | <b>700-800</b> |        |
| CETURTDIENA                                 |              |              |               |                |        |
| Borščs*1                                    | 250/20       | 4.53         | 10.78         | 8.45           | 167.90 |
| Vistas fileja ar rīsiem, burkānu salāti*2*3 | 60/120/70    | 31.76        | 16.75         | 48.58          | 453.76 |
| Maize *2                                    | 36           | 2.90         | 0.49          | 18.95          | 84.52  |
| Skolas piens*1                              | 250          | 7.50         | 5.00          | 11.75          | 123.00 |
| <b>Kopā:</b>                                | <b>46.69</b> | <b>33.02</b> | <b>87.73</b>  | <b>829.18</b>  |        |
| <b>Pēc normām:</b>                          | <b>18-30</b> | <b>24-31</b> | <b>88-110</b> | <b>700-800</b> |        |
| PIEKTDIENA                                  |              |              |               |                |        |
| Zirņu zupa*1*2                              | 250/20       | 11.69        | 8.63          | 27.40          | 246.88 |
| Gaļas salāti*1*3                            | 250          | 17.60        | 33.40         | 10.00          | 428.00 |
| Maize *2                                    | 36           | 2.90         | 0.49          | 18.95          | 84.52  |
| Dzēriens                                    | 200          | 0.20         | 0.20          | 21.70          | 88.70  |
| <b>Kopā:</b>                                | <b>32.39</b> | <b>42.72</b> | <b>78.05</b>  | <b>848.1</b>   |        |
| <b>Pēc normām:</b>                          | <b>18-30</b> | <b>24-31</b> | <b>88-110</b> | <b>700-800</b> |        |

Saskaņots ar direktori

Sastādīja

\*1 Piens un piena produkti

\*2 Labības produkti, kas satur kviešu līpekli (kviešu, rudzu, miežu, auzas un to produkti)

\*3 Olas

\*4 Sojas produkti

\*5 Citrusa augļi