

| Datums             | Ēdienreize     | Ēdiena nosaukums                          | Piezīmes   | Daudzum | Olbv., g | Tauki, g     | Ogļh., g    | Kcal.       |
|--------------------|----------------|---|------------|---------|----------|--------------|-------------|-------------|
| <b>Pirmdiena</b>   | <b>Launags</b> | četrgraudu pārslu biezputra ar ievārījumu | *A01;A07   | 200/10  | 6.2      | 5.8          | 42.8        | 248         |
|                    |                |   | *A01;A07   | 35      | 1.8      | 4.4          | 9.9         | 86          |
|                    |                |   |            | 200     | 0.3      | 0.1          | 10          | 42          |
|                    |                |   |            |         |          | <b>Kopā:</b> | <b>8.3</b>  | <b>10.3</b> |
| <b>Otrdiena</b>    | <b>Launags</b> | Biezpiena-ābolu sacepums ar krējumu       | *A01,A03,A | 100/10  | 13.6     | 10.4         | 27.9        | 260         |
|                    |                |   |            | 200     | 0.2      | 0            | 8.5         | 35          |
|                    |                |   |            |         |          | <b>Kopā:</b> | <b>13.8</b> | <b>10.4</b> |
| <b>Trešdiena</b>   | <b>Launags</b> | Ābolu-ķirbju pankūkas ar krējumu          | *A03,A07   | 150/10  | 6.4      | 14.4         | 37.5        | 305         |
|                    |                |   |            | 200     | 0.3      | 0.1          | 10          | 42          |
|                    |                |   |            |         |          | <b>Kopā:</b> | <b>6.7</b>  | <b>14.5</b> |
| <b>Ceturtdiena</b> | <b>Launags</b> | Makaroni ar sieru                         | *A01,A07   | 100/20  | 5.7      | 5.8          | 23.1        | 167         |
|                    |                |   |            | 30      | 0.2      | 0.4          | 4.9         | 24          |
|                    |                |   |            | 200     | 0.3      | 0.1          | 10          | 42          |
|                    |                |   |            |         |          | <b>Kopā:</b> | <b>6.2</b>  | <b>6.3</b>  |
| <b>Piektdiena</b>  | <b>Launags</b> | Karstmaize ar sieru un desu               | *A01,A03,A | 70      | 9.8      | 15.2         | 15.7        | 239         |
|                    |                |   |            | 50      | 0.2      | 0.2          | 4.8         | 24          |
|                    |                |   |            | 200     | 0.2      | 0            | 8.5         | 35          |
|                    |                |   |            |         |          | <b>Kopā:</b> | <b>10.2</b> | <b>15.4</b> |