

| Tehnoloģ.kart. NR | Pirmdiena | alergēni | svars gr | Uzturvielas, g | | | Energija kcal |
|----------------------|-----------------------------|----------|----------|----------------|--------|----------|------------------|
| | | | | Olbalt.v. | Tauki | Ogļhidr. | |
| II -11/2 | Maltā gaļa mērcē | 1;7;9 | 41/59 | 11.77 | 16.13 | 6.6 | 219.12 |
| IV 3 | Vārīti makaroni | 1; | 150 | 6.3 | 1.59 | 44.1 | 223.98 |
| V 67/2 | Burkānu seklinu salāti | | 50 | 1.57 | 5.70 | 4.53 | 75.71 |
| VI 16 | Saldskābmaize | 1 | 38 | 2.92 | 0.87 | 20.52 | 105.34 |
| | Abolu sulas dzēriens | | 150 | 0.64 | 1.13 | 29.05 | 128.98 |
| | | | | | | | |
| | Otrdiena | | | 23.20 | 25.42 | 104.80 | 753.13 |
| IV 49 | Cūkgaļas sautējums | | 48/152 | 19.16 | 12.50 | 27.01 | 297.67 |
| II 30 | Krējums 20% | 7 | 25 | 0.75 | 5.00 | 0.77 | 52.00 |
| V 55 | Arābu salāti | | 50 | 0.68 | 4.66 | 3.41 | 58.24 |
| VI 17/3 | Rupjmaize "Druvienas" | 1; | 38 | 2.83 | 0.50 | 21.67 | 106.98 |
| | Plūmju kompots | | 200 | 0.70 | 0.20 | 30.46 | 126.50 |
| | Abols (bruto 134gr) | | 120 | 0.41 | 0.72 | 13.66 | 62.74 |
| | | | | | | | |
| | Trešdiena | | | 24.53 | 23.58 | 96.98 | 704.13 |
| I 17/1 | Buljona zupa ar mak.dārz. | | 200 | 5.83 | 2.41 | 14.05 | 101.20 |
| | Cūkas gaļa vārīta | 9 | 20 | 5.12 | 8.35 | 0.06 | 95.81 |
| | Krējums 20% | 7; | 20 | 0.60 | 4.00 | 0.62 | 41.60 |
| III 46/2 | Rupjmaize "Druvienas" | 1; | 38 | 2.83 | 0.50 | 21.67 | 106.98 |
| | Biezpiena deserts | 7 | 100 | 9.74 | 11.58 | 22.28 | 232.86 |
| | Ķīselis dzērveņu(šķ) | | 200 | 0.53 | 0.57 | 37.15 | 153.97 |
| III 26 | | | | | | | |
| | Ceturtdiena | | | 24.65 | 27.41 | 95.83 | 732.42 |
| II -21 | Plovs | 9 | 41/159 | 14.46 | 19.92 | 41.00 | 401.06 |
| V 73/2 | Marinētu -svaigu gurķu sal. | | 50 | 0.60 | 4.67 | 4.16 | 61.00 |
| | Rupjmaize "Druvienas" | 1; | 38 | 2.83 | 0.50 | 21.67 | 106.98 |
| | Kefīrs 2.5% | 7 | 200 | 5.60 | 5.00 | 8.20 | 104.00 |
| | Banāns(bruto 89.gr) | | 60 | 0.72 | 0.12 | 11.94 | 51.72 |
| | | | | | 24.21 | 30.21 | 86.97 |
| | Piektdiena | | | | | | |
| II 44/2 | Cūkgaļa burkānu mērcē | 1;9 | 47/73 | 14.03 | 10.07 | 6.72 | 173.59 |
| IV 4 | Vārīti kartupeļi | | 200 | 4.14 | 0.21 | 30.63 | 140.93 |
| V 79 | Skābētu kāpostu salāti | | 50 | 0.63 | 6.93 | 4.59 | 83.20 |
| VI 16 | Saldskābmaize | 1; | 38 | 2.92 | 0.87 | 20.52 | 105.34 |
| | Abolu sulas dzēriens | | 200 | 0.86 | 1.51 | 38.75 | 172.06 |
| | Bumbieris (bruto 78.gr) | | 70 | 0.35 | 0.21 | 8.71 | 38.16 |
| | | | | | | | |
| | | | | 22.93 | 19.80 | 109.92 | 713.28 |
| | | | | 119.52 | 126.42 | 494.50 | 3627.72 |
| | | | | 23.90 | 25.28 | 98.90 | 725.54 |

alergēni 1- kvieši,rudzi,mieži,auzas un to produkti;3-olas un to produkt

4-zivis un to produkti 6-sojas pupas un pr 7-piens un to produkti

8-rieksti 9- Selerijas un to produkti 11-sezama sēkl.

Sastādīja

I.Kupše