**2.**

**1 savaitė antradienis**

**L/D darbo laikas 7.00-17.30 val.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **SVORIS**  **(g.)** | | **BALTYMAI (g.)** | | **RIEBALAI**  **(g.)** | | **ANGLIAVAND.**  **(g.)** | | **KALORINGUMAS**  **(kcal)** | |
| **GRUPĖS** |  | **L** | **D** | **L** | **D** | **L** | **D** | **L** | **D** | **L** | **D** |
| **PUSRYČIAI 8.00 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Omletas | 88a | 80 | 100 | 7.73 | 9.67 | 12.04 | 15.06 | 4.39 | 5.49 | 156.77 | 195.96 |
| Žali žirneliai | 34s | 50 | 50 | 2.45 | 2.45 | 0.10 | 0.10 | 7.90 | 7.90 | 32.00 | 32.00 |
| Duona |  | 23 | 23 | 1.20 | 1.20 | 0.18 | 0.18 | 12.20 | 12.20 | 51.98 | 51.98 |
| Sausainiai |  | 20 | 30 | 1.50 | 2.25 | 2.36 | 3.54 | 14.88 | 22.32 | 83.40 | 125.10 |
| Kakava |  | 150 | 200 | 2.55 | 3.40 | 1.88 | 2.55 | 11.70 | 14.88 | 71.65 | 95.52 |
| **Viso** |  |  |  | **15.43** | **18.97** | **16.56** | **21.43** | **51.07** | **62.79** | **395.80** | **500.46** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **PIETŪS 11.30val.** |  |  |  |  |  |  |  |  |  |  |  |
| Pupelių sr. |  | 150 | 200 | 3.44 | 4.47 | 3.87 | 5.16 | 15.23 | 20.33 | 111.30 | 148.41 |
| Duona |  | 30 | 40 | 1.68 | 2.24 | 0.33 | 0.44 | 13.02 | 17.32 | 60.00 | 80.00 |
| Žuvies kepsniukas (tausojantis) |  | 50 | 75 | 9.32 | 14.06 | 9.1 | 13.65 | 4.67 | 7.0 | 145.11 | 218.11 |
| Burokėlių salotos |  | 40 | 50 | 0.6 | 0.75 | 1.63 | 2.04 | 3.64 | 4.55 | 38.38 | 47.97 |
| Sulčių gėrimas |  | 100 | 150 | - | - | - | - | 10.59 | 15.89 | 38.36 | 57.54 |
| Obuolys |  | 100 | 100 | 0.40 | 0.40 | 0.40 | 0.40 | 13.00 | 13.00 | 53.00 | 53.00 |
| **Viso** |  |  |  | **15.44** | **21.92** | **15.33** | **21.69** | **88.40** | **109.77** | **519.41** | **605.03** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **PAVAKARIAI 15.00 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Geriamas jogurtas 2.5% |  | 150 | 180 | 2.83 | 3.44 | 2.09 | 3.05 | 12.45 | 15.14 | 83.32 | 101.35 |
| Vaisių asorti |  | 100 | 150 | 0.54 | 0.79 | 0.19 | 0.27 | 9.05 | 12.84 | 43.98 | 60.85 |
| **Viso** |  |  |  | **3.37** | **4.23** | **2.28** | **3.32** | **21.50** | **27.98** | **127.30** | **162.20** |
| **VAKARIENĖ 16.30 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Makaronai su troškintos mėsos ir grietinės padažu |  | 105/ 45 | 125/ 75 | 8.5 | 12.02 | 6.36 | 8.26 | 26.61 | 30.45 | 193.04 | 242.63 |
| Arbata |  | 150 | 200 | - | - | - | - | 8.98 | 11.98 | 34.11 | 45.48 |
| **Viso** |  |  |  | **8.5** | **12.02** | **6.36** | **8.26** | **35.59** | **42.43** | **227.15** | **288.11** |
| **DIENOS DAVINIO ENERGETINĖ VERTĖ** |  |  |  | **42.74** | **57.14** | **39.53** | **54.70** | **196.56** | **242.97** | **1269.66** | **1555.80** |