**3. 1 savaitė trečiadienis**

**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.** |  |  |  |  |  |  |  |  |  |  |  |
| Manų košė su uogiene |  | 150/  20 | 200/  25 | 4.79 | 6.50 | 6.48 | 8.13 | 47.36 | 63.23 | 262.53 | 346.16 |
| Sumuštinis su daktariška dešra |  | 20/4/15 | 30/5/22 | 2.24 | 3.27 | 7.02 | 9.26 | 7.44 | 10.40 | 103.94 | 141.06 |
| Arbata |  | 150 | 200 | 2.55 | 3.40 | 1.88 | 2.55 | 11.70 | 14.88 | 34,11 | 45,48 |
| **Viso** |  |  |  | **9.58** | **13.17** | **15.38** | **19.94** | **66.50** | **88.51** | **400,58** | **532,7** |
| **PIETŪS 11.30 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Kriaušės |  | 100 | 150 | 0.5 | 0.66 | 0.5 | 0.66 | 15.0 | 19.95 | 60.0 | 79.80 |
| Žied. kopūstų sr. | 19 sr. | 150 | 200 | 1.46 | 1.94 | 4.26 | 5.67 | 8.20 | 10.94 | 72.13 | 96.17 |
| Duona | 1Š | 45 | 45 | 2.39 | 2.39 | 0.36 | 0.36 | 24.39 | 24.39 | 103.95 | 103.95 |
| Trošk. paukštiena (tausojantis) | 21a | 50/  20 | 60/  40 | 13.78 | 16.78 | 8.79 | 11.54 | 1.78 | 3.39 | 139.85 | 182.07 |
| Makaronai | 3  Gar | 40 | 50 | 1.03 | 1.29 | 1.60 | 1.99 | 11.07 | 13.84 | 60.43 | 75.54 |
| Morkų-obuolių-porų sal.su griet. | 13S | 50 | 60 | 0.63 | 0.76 | 3.11 | 3.73 | 4.23 | 5.08 | 44.40 | 53.28 |
| Šald.uogų kompotas | 18G | 160 | 200 | 0.34 | 0.41 | 0.19 | 0.23 | 15.63 | 19.07 | 61.22 | 74.69 |
| **Viso** |  |  |  | **20.39** | **24.33** | **18.61** | **23.82** | **79.24** | **90.64** | **537.98** | **721.50** |
| **PAVAKARIAI 15.00 v al.** |  |  |  |  |  |  |  |  |  |  |  |
| Vafliai |  | 30 | 40 | 0.35 | 0.52 | 2.79 | 4.18 | 4.13 | 6.19 | 43.05 | 64.58 |
| Pienas 2,5% |  | 150 | 200 | 4.20 | 5.60 | 3.75 | 5.00 | 7.05 | 9.40 | 78.00 | 104.00 |
| **Viso** |  |  |  | **4.55** | **6.12** | **6.54** | **9.18** | **11.18** | **15.59** | **21.05** | **168.58** |
| **VAKARIENĖ 16.30 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Varškės spygliukai | 86a | 100 | 150 | 12.00 | 18.02 | 6.69 | 10.04 | 21.07 | 31.60 | 193.09 | 289.63 |
| Griet.padažas | 3p | 15 | 15 | 0.27 | 0.27 | 2.88 | 2.88 | 0.80 | 0.80 | 30.38 | 30.38 |
| Sulčių gėrimas |  | 100 | 15 0 | 0.02 | 0.04 | - | - | 5.10 | 10.21 | 20.25 | 40.50 |
| **Viso** |  |  |  | **12.29** | **18.33** | **9.57** | **12.92** | **26.98** | **42.61** | **243.72** | **360.51** |
| **DIENOS DAVINIO ENERGETINĖ VERTĖ** |  |  |  | **42.86** | **53.47** | **53.04** | **66.91** | **201.62** | **252.59** | **1374,99** | **1728,51** |