**4. 1 savaitė ketvirtadienis**

**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.** |  |  |  |  |  |  |  |  |  |  |  |
| Makaronai su sūriu | 66A | 150/  15 | 180/  20 | 11.95 | 15.93 | 11.15 | 14.87 | 39.87 | 53.16 | 312.38 | 374.85 |
| Bananai |  | 170 | 170 | 1.35 | 1.35 | 0.09 | 0.09 | 18.95 | 18.95 | 90.30 | 90.30 |
| Žolelių arbata |  | 150 | 200 | 2.22 | 2.22 | 1.96 | 1.96 | 9.66 | 9.66 | 34,11 | 45,48 |
| **Viso** |  |  |  | **15.52** | **19.50** | **13.2** | **16.92** | **68.48** | **81.77** | **439,79** | **513,86** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **PIETŪS 11.30 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Rūgštynių sriuba | 8 sr. | 150 | 200 | 2.54 | 2.97 | 5.51 | 6.96 | 9.83 | 13.08 | 95.22 | 121.73 |
| Duona |  | 30 | 40 | 1.50 | 2.00 | 0.36 | 0.48 | 13.00 | 17.48 | 60.00 | 80.00 |
| Kepta paukštienos file (tausojantis) | 27A | 60/15 | 80/20 | 14.27 | 19.03 | 6.39 | 8.52 | 4.62 | 6.16 | 159.57 | 176.36 |
| Biri ryžių košė |  | 40 | 50 | 1.03 | 1.29 | 1.6 | 1.99 | 11.07 | 13.84 | 60.43 | 75.54 |
| Trošk.daržovės |  | 40 | 50 | 1.17 | 1.47 | 4.32 | 5.40 | 1.65 | 2.06 | 50.05 | 62.56 |
| Sulčių gėrimas |  | 100 | 100 | - | - | - | - | 10.59 | 10.59 | 38.36 | 38.36 |
| **Viso** |  |  |  | **20.51** | **26.76** | **18.18** | **23.35** | **50.76** | **63.21** | **463.43** | **554.55** |
| **PAVAKARIAI 15.00 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Plėšomos sūrio dešrelės |  | 50 | 50 | 12.8 | 12.8 | 10.2 | 10.2 | 0.95 | 0.95 | 147.0 | 147.0 |
| Arbata su pienu |  | 150 | 200 | 3.32 | 4.42 | 2.44 | 3.25 | 16.05 | 21.34 | 99.28 | 132.05 |
| **Viso** |  |  |  | **16.12** | **17.22** | **12.62** | **13.45** | **17.0** | **22.29** | **246.28** | **279.05** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **VAKARIENĖ 16.30 val.** |  |  |  |  |  |  |  |  |  |  |  |
| Kepta žuvis | 29a | 50 | 60 | 9.8 | 11.8 | 4.69 | 5.63 | 1.88 | 2.26 | 88.66 | 106.39 |
| Ruginė duona |  | 30 | 40 | 1.50 | 2.0 | 0.36 | 0.48 | 13.00 | 17.48 | 60.00 | 80.00 |
| Burokų salotos |  | 40 | 50 | 0.60 | 0.75 | 1.63 | 2.04 | 3.64 | 4.55 | 38.38 | 47.97 |
| Arbata |  | 150 | 200 | - | - | - | - | 8.98 | 11.98 | 34.11 | 45.48 |
| **Viso** |  |  |  | **11.90** | **14.55** | **6.68** | **8.15** | **27.50** | **36.27** | **221.15** | **279.84** |
|  |  |  |  |  |  |  |  |  |  |  |  |
| **DIENOS DAVINIO ENERGETINĖ VERTĖ** |  |  |  | **63.75** | **78.03** | **50.68** | **61.87** | **163.74** | **203.54** | **1367,65** | **1627,26** |