

Daugavpils 16.vidusskola
NEDĒĻAS ĒDIENKARTE
(29.01.2018.-02.02.2018.) Launags

| Pirmdiena 29.01. | Svars gr | Cena eur | Alerģēni | Olbalt | Tauki | Ogļh | Kcal |
|-----------------------------|-----------------|-----------------|---------------------------|---------------|--------------|-------------|-------------|
| Rīsu biezputra/sviests | 200/15 | | sviests, piens | | | | |
| Tēja | 200 | | | | | | |
| Vafeles | 30 | | kvieši, olas | | | | |
| | | 0.71 | | 12 | 13,2 | 59,8 | 252,6 |
| | | | | | | | |
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| Otrdiena 30.01. | | | | | | | |
| Pankūkas ar krējumu | 200/35 | | kvieši,piens,olas,krējums | | | | |
| Tēja | 200 | | | | | | |
| Augļi | 80 | | | | | | |
| | | 0.71 | | 21 | 25 | 68 | 291 |
| | | | | | | | |
| | | | | | | | |
| Trešdiena 31.01. | | | | | | | |
| Gaļas salāti ar vistu | 100 | | olas, krējums | | | | |
| Tēja "Impra" | 200 | | | | | | |
| | | 0.71 | | 24 | 27.5 | 90.3 | 720.8 |
| | | | | | | | |
| | | | | | | | |
| Ceturtdiena 01.02. | | | | | | | |
| Biezpiena sieriņš "Mazulis" | 1gab. | | | | | | |
| Tēja | 200 | | | | | | |
| Apelsīns | 150 | | | | | | |
| | | 0.71 | | 20 | 22 | 60 | 235 |
| | | | | | | | |
| | | | | | | | |
| Piektdiena 02.02. | | | | | | | |
| Omelete ar zaļiem zirnīšiem | 65 | | olas, piens, kvieši | | | | |
| Ķefīrs | 100 | | | | | | |
| Maize | 10 | | kvieši, rudzi | | | | |
| Apelsīns | 100 | | | | | | |
| | | 0.71 | | 20 | 22 | 90 | 235 |
| | | | | | | | |
| | | | | | | | |
| | Kopā: | 3.55 | | | | | |