

**Daugavpils 16.vidusskola**  
**NEDĒLAS ĒDIENKARTE**  
**(01.04.2019. – 05.04.2019.) Launags**

| <b>Pirmdiena 01.04.</b>           | <b>Svars gr</b> | <b>Cena eur</b> | <b>Alerģēni</b>      | <b>Olbalt</b> | <b>Tauki</b> | <b>Ogļh</b> | <b>Kcal</b> |
|-----------------------------------|-----------------|-----------------|----------------------|---------------|--------------|-------------|-------------|
| Biezpiena sacepums                | 100             |                 | piens                | 20.7          | 14.6         | 20.7        | 215         |
| Tēja                              | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Cepumi                            | 13              |                 | glutēns, olas, piens | 1.3           | 1.7          | 10.8        | 64          |
|                                   |                 | <b>0.71</b>     |                      | 22.0          | 16.3         | 40.5        | <b>314</b>  |
|                                   |                 |                 |                      |               |              |             |             |
|                                   |                 |                 |                      |               |              |             |             |
| <b>Otrdiena 02.04.</b>            |                 |                 |                      |               |              |             |             |
| Auzu pārslas biezputra ar sviestu | 200/15          |                 | piens                | 7.3           | 8.1          | 27.4        | 212         |
| Tēja                              | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Baltmaize                         | 20              |                 | glutēns, olas, piens | 0.7           | 0.1          | 4.2         | 20          |
| Cepumi                            | 12              |                 | glutēns, olas, piens | 1.3           | 1.7          | 10.8        | 64          |
|                                   |                 | <b>0.71</b>     |                      | 9.3           | 9.9          | 51.4        | <b>331</b>  |
|                                   |                 |                 |                      |               |              |             |             |
|                                   |                 |                 |                      |               |              |             |             |
| <b>Trešdiena 03.04.</b>           |                 |                 |                      |               |              |             |             |
| Cisiņas vārītas                   | 48              |                 |                      | 5.5           | 9.5          | -           | 107         |
| Kartupeļu salāti ar krējumu       | 100             |                 | piens                | 8.8           | 16.7         | 9.0         | 214         |
| Tēja                              | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Rupjmaize                         | 10              |                 | glutēns              | 0.6           | 0.1          | 4.1         | 19          |
|                                   |                 | <b>0.71</b>     |                      | 14.9          | 26.3         | 22.1        | <b>375</b>  |
|                                   |                 |                 |                      |               |              |             |             |
|                                   |                 |                 |                      |               |              |             |             |
| <b>Ceturtdiena 04.04.</b>         |                 |                 |                      |               |              |             |             |
| Pankūkas ar krējumu               | 50              |                 | glutēns, olas, piens | 5.5           | 5.4          | 34.5        | 313         |
| Tēja                              | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Bumbieri                          | 50              |                 |                      | 0.2           | 0.3          | 5.7         | 27          |
|                                   |                 | <b>0.71</b>     |                      | 5.7           | 5.7          | 49.2        | <b>375</b>  |
|                                   |                 |                 |                      |               |              |             |             |
| <b>Piektdiena 05.04.</b>          |                 |                 |                      |               |              |             |             |
| Pica ar vistas gaļu               | 100             |                 | glutēns, olas, piens | 12.0          | 13.3         | 32.1        | 298         |
| Tēja                              | 200             |                 |                      | -             | -            | 9.0         | 35          |
|                                   |                 | <b>0.71</b>     |                      | 12.0          | 13.3         | 41.1        | <b>333</b>  |
|                                   |                 |                 |                      |               |              |             |             |
|                                   |                 |                 |                      |               |              |             |             |
|                                   | <b>Kopā:</b>    | <b>3.55</b>     |                      |               |              |             |             |