

Daugavpils 16.vidusskola
NEDĒĻAS ĒDIENKARTE
(08.04.2019. – 12.04.2019.) Pamatēdienu (5.-9.kl.)

| Pirmdiena 08.04. | Svars gr | Cena eur | Alerģēni | Olbalt | Tauki | Ogļh | Kcal |
|--------------------------------|-----------------|-----------------|----------------------|---------------|--------------|--------------|-------------|
| Mājas desiņas | 80 | | | 22.7 | 16.3 | 15.2 | 307 |
| Kartupeļu biezenis | 125 | | piens | 2.3 | 4.4 | 17.0 | 115 |
| Burkānu salāti ar eļļu | 50 | | | 0.5 | 4.9 | 4.0 | 54 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Kūka ar krēmu | 35 | | glutēns, olas, piens | 2.1 | 4.3 | 29.9 | 163 |
| Rupjmaize | 25 | | glutēns | 1.5 | 0.3 | 10.3 | 49 |
| Banāni | 100 | | | 1.5 | - | 21.0 | 90 |
| | | 1.42 | | 30.6 | 30.2 | 106.4 | 813 |
| Otrdiena 09.04. | | | | | | | |
| Svaigu kāpostu zupa ar krējumu | 200/15 | | piens | 4.1 | 3.0 | 10.3 | 102 |
| Cepta vistas gaļa | 75 | | | 17.7 | 16.0 | 13.3 | 237 |
| Vārīti rīsi | 100 | | | 3.5 | 4.8 | 33.1 | 187 |
| Biešu salāti ar eļļu | 50 | | | 0.7 | 2.9 | 5.9 | 52 |
| Ābolu kompots | 200 | | | 0.2 | 0.5 | 15.7 | 68 |
| Smalkmaizīte ar biezpienu | 40 | | glutēns, olas, piens | 3.0 | 5.0 | 12.1 | 1066 |
| Rupjmaize | 10 | | glutēns | 0.6 | 0.1 | 4.1 | 19 |
| Apelsīni | 100 | | | 0.7 | - | 8.1 | 36 |
| | | 1.42 | | 30.5 | 32.3 | 102.6 | 807 |
| Trešdiena 10.04. | | | | | | | |
| Sautēti cūkgaļas teftēļi | 70 | | glutēns, olas | 10.4 | 13.6 | 16.1 | 209 |
| Vārīti makaroni | 100 | | glutēns, olas, piens | 5.9 | 5.5 | 32.7 | 208 |
| Marinēti gurķi | 15 | | | 0.3 | - | 2.1 | 9 |
| Kakao ar pienu | 200 | | pienu | 5.7 | 5.2 | 18.6 | 144 |
| Medus rausis | 30 | | glutēns, olas, piens | 2.5 | 2.2 | 28.2 | 134 |
| Rupjmaize | 25 | | glutēns | 1.5 | 0.3 | 10.3 | 49 |
| Āboli | 100 | | | 0.3 | 0.6 | 11.4 | 52 |
| | | 1.42 | | 26.6 | 27.4 | 119.4 | 805 |
| Ceturtdiena 11.04. | | | | | | | |
| Zivju zupa ar krējumu | 200/15 | | piens, zivis | 7.8 | 3.3 | 13.0 | 132 |
| Kartupeļu pankūkas ar gaļu | 150/25/15 | | glutēns, olas, piens | 14.4 | 17.5 | 30.8 | 344 |
| Svaigu kāpostu salāti | 50 | | | 0.9 | 4.9 | 5.7 | 53 |
| Ābolu kompots | 200 | | | 0.2 | 0.5 | 15.7 | 68 |
| Smalkmaizīte | 40 | | glutēns, olas, piens | 7.5 | 5.3 | 44.2 | 260 |
| Rupjmaize | 20 | | glutēns | 1.2 | 0.2 | 8.2 | 39 |
| Bumbieri | 100 | | | 0.5 | 0.3 | 12.4 | 54 |
| | | 1.42 | | 32.5 | 32.0 | 128.0 | 950 |
| Piektdiena 12.04. | | | | | | | |
| Sautējums ar cūkgaļu | 100/50 | | glutēns | 20.5 | 18.1 | 76.6 | 428 |
| Salāti "veselība" | 50 | | | 0.5 | 2.2 | 2.2 | 31 |
| Kafijas dzēriens ar pienu | 200 | | piens | 6.9 | 4.9 | 19.2 | 142 |
| Rupjmaize | 10 | | glutēns | 0.6 | 0.1 | 4.1 | 19 |
| Sviestmaize ar sieru | 30/5/15 | | glutēns, olas, piens | 4.6 | 7.3 | 12.5 | 130 |
| Āboli | 100 | | | 0.3 | 0.6 | 11.4 | 52 |
| | | 1.42 | | 33.4 | 33.2 | 126.0 | 802 |
| | Kopā: | 7.10 | | | | | |