

Daugavpils 16.vidusskola
NEDĒLAS ĒDIENKARTE
(12.11.2018. – 16.11.2018.) Launags

| Pirmdiena 12.11. | Svars gr | Cena eur | Alerģeni | Olbalt | Tauki | Ogļh | Kcal |
|-------------------------------|-----------------|-----------------|----------------------|---------------|--------------|-------------|-------------|
| Auzu pārslu biezputra | 200/15 | | piens | 7.3 | 8.1 | 27.4 | 212 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Cepumi | 20 | | glutēns, olas, piens | 1.7 | 2.2 | 14.4 | 86 |
| | | | | 9.0 | 10.3 | 50.8 | 333 |
| | | 0.71 | | | | | |
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| Otrdiena 13.11. | | | | | | | |
| Cīsiņi vārīti | 35 | | | 5.5 | 9.5 | - | 107 |
| Kartupeļu salāti ar eļļu | 50 | | olas | 3.6 | 6.2 | 12.5 | 121 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Rupjmaize | 10 | | glutēns | 0.6 | 0.1 | 4.1 | 19 |
| Āboli | 50 | | | 0.2 | 0.3 | 5.7 | 26 |
| | | 0.71 | | 9.9 | 16.1 | 31.3 | 308 |
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| Trešdiena 14.11. | | | | | | | |
| Pica ar vistas gaļu | 100 | | glutēns, olas, piens | 12.0 | 13.3 | 32.1 | 298 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Apelsīni | 20 | | | 0.1 | - | 1.6 | 10 |
| | | 0.71 | | 12.1 | 13.3 | 42.7 | 343 |
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| Ceturtdiena 15.11. | | | | | | | |
| Kartupeļu pankūkas ar krējumu | 250 | | piens | 6.4 | 17.0 | 33.8 | 232 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Baltmaize | 20 | | glutēns | 2.4 | 0.2 | 12.2 | 70 |
| | | 0.71 | | 8.8 | 17.2 | 55.0 | 337 |
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| Piektdiena 16.11. | | | | | | | |
| Dārzeņu ragu | 100 | | | 4.0 | 4.4 | 21.0 | 157 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Rupjmaize | 20 | | glutēns | 1.2 | 0.2 | 8.2 | 38 |
| Cepumi | 40 | | glutēns, olas, piens | 1.7 | 2.2 | 14.4 | 86 |
| | | 0.71 | | 6.9 | 6.8 | 52.6 | 316 |
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| | Kopā: | 3.55 | | | | | |