

Daugavpils 16.vidusskola
NEDĒĻAS ĒDIENKARTE
(18.02.2019. – 22.02.2019.) Pamatēdienu (5.-9.kl.)

| Pirmdiena 18.02. | Svars gr | Cena eur | Alerģēni | Olbalt | Tauki | Ogļh | Kcal |
|-------------------------------------|---------------------|---------------------|----------------------|---------------|--------------|-------------|-------------|
| Ceptas sardeles | 70 | | | 11.0 | 12.0 | 20.1 | 285 |
| Vārīti makaroni | 100 | | glutēns, olas | 5.9 | 5.5 | 32.7 | 208 |
| Burkānu salāti | 50 | | | 0.5 | 4.9 | 4.0 | 54 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Sviestmaizes ar sieru | 30/5/15 | | glutēns, olas, piens | 4.6 | 7.3 | 12.5 | 130 |
| Rupjmaize | 20 | | glutēns | 0.6 | 0.1 | 4.1 | 38 |
| Āboli | 100 | | | 0.3 | 0.6 | 11.4 | 52 |
| <i>Bez maksas piens</i> | 250 | 1.42 | piens | 5.3 | 5.0 | 8.8 | 101 |
| | | | | 28.2 | 35.4 | 102.6 | 903 |
| Otrdiena 19.02. | | | | | | | |
| Zirņu zupa ar krējumu | 200 | | piens | 9.8 | 4.5 | 23.1 | 172 |
| Cepta vistas gaļa | 75 | | | 12.7 | 16.0 | 13.3 | 295 |
| Vārīti rīsi | 100 | | | 3.5 | 4.8 | 33.1 | 187 |
| Skābo kāpostu salāti | 50 | | | 0.9 | 4.9 | 3.7 | 53 |
| Ābolu kompots | 200 | | | 0.2 | 0.5 | 15.7 | 68 |
| Rupjmaize | 50 | | glutēns | 3.0 | 0.5 | 20.5 | 98 |
| Cepumi | 20 | | glutēns, olas, piens | 1.7 | 2.2 | 14.4 | 86 |
| | | 1.42 | | 31.8 | 33.4 | 123.8 | 959 |
| Trešdiena 20.02. | | | | | | | |
| Cūkgaļas kotletes | 50 | | glutēns, olas, piens | 12.2 | 7.6 | 14.8 | 299 |
| Kartupeļu biezenis | 125 | | piens | 2.3 | 4.4 | 17.0 | 115 |
| Biešu salāti ar eļļu | 50 | | | 0.7 | 2.9 | 5.9 | 52 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Rupjmaize | 25 | | glutēns | 1.5 | 0.3 | 10.3 | 49 |
| Smalkmaizītes ar biezpienu | 40 | | | 3.0 | 5.0 | 22.1 | 198 |
| Bumbieri | 100 | | | 0.5 | 0.3 | 12.4 | 54 |
| <i>Bez maksas piens</i> | 250 | 1.42 | piens | 5.3 | 5.0 | 8.8 | 101 |
| | | | | 25.5 | 25.5 | 100.3 | 903 |
| Ceturtdiena 21.02. | | | | | | | |
| Sautējums ar cūkgaļu | 100/50 | | glutēns | 13.6 | 12.4 | 4.4 | 296 |
| Salāti "veselība" | 50 | | | 0.5 | 2.2 | 2.2 | 31 |
| Kakao | 200 | | piens | 2.1 | 2.0 | 17.2 | 94 |
| Rupjmaize | 20 | | glutēns | 1.2 | 0.2 | 8.2 | 39 |
| Smalkmaizītes | 40 | | glutēns, olas, piens | 7.5 | 10.3 | 44.2 | 260 |
| Banāni | 100 | | | 1.5 | - | 21.0 | 90 |
| | | 1.42 | | 26.4 | 27.1 | 97.2 | 810 |
| Piektdiena 22.02. | | | | | | | |
| Rīsu zupa ar vistas gaļu un krējumu | 200/10/5 | | piens | 3.4 | 6.9 | 5.8 | 167 |
| Zivju kotletes | 50 | | glutēns, olas, piens | 15.1 | 8.8 | 14.4 | 201 |
| Kartupeļu biezenis | 125 | | piens | 2.3 | 4.4 | 17.0 | 115 |
| Svaigu kāpostu salāti ar eļļu | 35 | | | 3.6 | 4.9 | 19.1 | 136 |
| Rozīņu kompots | 200 | | | 0.6 | - | 21.2 | 88 |
| Rupjmaize | 20 | | glutēns | 1.2 | 0.2 | 8.2 | 39 |
| Mājas cepumi | 15 | | glutēns, olas, piens | 1.3 | 1.7 | 10.8 | 64 |
| <i>Bez maksas piens</i> | 250 | 1.42 | piens | 5.3 | 5.0 | 8.8 | 101 |
| | | | | 32.8 | 31.9 | 105.3 | 911 |
| | Kopā: | 7.10 | | | | | |