

**Daugavpils 16.vidusskola**  
**NEDĒLAS ĒDIENKARTE**  
**(18.02.2019. – 22.02.2019.) Launags**

| <b>Pirmdiena 18.02.</b>       | <b>Svars gr</b> | <b>Cena eur</b> | <b>Alerģēni</b>      | <b>Olbalt</b> | <b>Tauki</b> | <b>Ogļh</b> | <b>Kcal</b> |
|-------------------------------|-----------------|-----------------|----------------------|---------------|--------------|-------------|-------------|
| Dārzeņu ragu                  | 200             |                 |                      | 4.7           | 5.1          | 24.7        | 257         |
| Tēja                          | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Banāni                        | 50              |                 |                      | 0.8           | -            | 10.5        | 45          |
|                               |                 | <b>0.71</b>     |                      | 5.5           | 5.1          | 44.2        | <b>337</b>  |
|                               |                 |                 |                      |               |              |             |             |
|                               |                 |                 |                      |               |              |             |             |
| <b>Otrdiena 19.02.</b>        |                 |                 |                      |               |              |             |             |
| Rauga pankūkas ar krējumu     | 200/15          |                 | glutēns, olas, piens | 8.1           | 17.1         | 43.7        | 324         |
| Tēja                          | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Bumbieri                      | 50              |                 |                      | 0.3           | 0.2          | 6.2         | 27          |
|                               |                 | <b>0.71</b>     |                      | 8.4           | 17.1         | 58.9        | <b>386</b>  |
|                               |                 |                 |                      |               |              |             |             |
|                               |                 |                 |                      |               |              |             |             |
| <b>Trešdiena 20.02.</b>       |                 |                 |                      |               |              |             |             |
| Kukurūza biezputra ar sviestu | 200/10          |                 | piens                | 6.6           | 6.4          | 32.4        | 208         |
| Tēja                          | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Cepumi                        | 12              |                 | glutēns, olas, piens | 1.3           | 1.7          | 10.8        | 64          |
|                               |                 | <b>0.71</b>     |                      | 7.9           | 8.1          | 52.2        | <b>307</b>  |
|                               |                 |                 |                      |               |              |             |             |
|                               |                 |                 |                      |               |              |             |             |
| <b>Ceturtdiena 21.02.</b>     |                 |                 |                      |               |              |             |             |
| Vinegrets                     | 100             |                 |                      | 1.8           | 3.5          | 10.2        | 81          |
| Kafijas dzēriens              | 200             |                 | piens                | 6.9           | 4.9          | 19.2        | 142         |
| Sviestmaize ar džemu          | 30/5/20         |                 | glutēns, olas        | 2.4           | 0.2          | 26.4        | 127         |
| Rupjmaize                     | 10              |                 | glutēns              | 0.6           | 0.1          | 4.1         | 19          |
|                               |                 | <b>0.71</b>     |                      | 11.7          | 8.7          | 59.9        | <b>369</b>  |
|                               |                 |                 |                      |               |              |             |             |
|                               |                 |                 |                      |               |              |             |             |
| <b>Piektdiena 22.02.</b>      |                 |                 |                      |               |              |             |             |
| Biezpiena sieriņi             | 90              |                 | piens                | 7.2           | 16.7         | 27.9        | 291         |
| Tēja                          | 200             |                 |                      | -             | -            | 9.0         | 35          |
| Baltmaize                     | 20              |                 | glutēns, olas, piens | 1.3           | 0.2          | 8.4         | 40          |
|                               |                 | <b>0.71</b>     |                      | 8.5           | 16.9         | 45.3        | <b>366</b>  |
|                               |                 |                 |                      |               |              |             |             |
|                               |                 |                 |                      |               |              |             |             |
|                               | <b>Kopā:</b>    | <b>3.55</b>     |                      |               |              |             |             |