

Daugavpils 16.vidusskola
NEDĒLAS ĒDIENKARTE
(25.02.2019. – 01.03.2019.) Launags

| Pirmdiena 25.02. | Svars gr | Cena eur | Alerģēni | Olbalt | Tauki | Ogļh | Kcal |
|----------------------------------|-----------------|-----------------|----------------------|---------------|--------------|-------------|-------------|
| Rīsu biezputra ar sviestu | 200/5 | | piens | 10.1 | 5.4 | 24.8 | 188 |
| Kafijas dzēriens | 200 | | piens | 6.9 | 4.9 | 19.2 | 142 |
| Baltmaize | 10 | | glutēns, olas, piens | 1.3 | 1.7 | 10.8 | 54 |
| Āboli | 50 | | | 0.2 | 0.3 | 5.7 | 16 |
| | | 0.71 | | 18.5 | 12.3 | 60.5 | 401 |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Otrdiena 26.02. | | | | | | | |
| Salāti ar vistas gaļu un krējumu | 100 | | piens | 8.8 | 16.7 | 9.0 | 214 |
| Ābolu kompots | 200 | | | - | - | 9.0 | 35 |
| Rupjmaize | 10 | | glutēns, olas, piens | 0.6 | 0.1 | 4.1 | 14 |
| | | 0.71 | | 9.4 | 16.8 | 22.1 | 268 |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Trešdiena 27.02. | | | | | | | |
| Biezpiena sacepums ar krējumu | 50/20 | | piens | 20.7 | 14.6 | 20.7 | 315 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Mandarīni | 60 | | | 0.5 | 0.3 | 12.4 | 54 |
| | | | | 21.2 | 14.9 | 42.1 | 404 |
| | | 0.71 | | | | | |
| | | | | | | | |
| | | | | | | | |
| Ceturtdiena 28.02. | | | | | | | |
| Mannas uzpūtenis ar ķīseli | 75/150 | | | 7.0 | 3.8 | 50.7 | 266 |
| Smalkmaizīte | 25 | | glutēns, olas, piens | 4.6 | 3.3 | 27.6 | 135 |
| | | 0.71 | | 11.6 | 7.1 | 78.3 | 398 |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| Piektdiena 01.03. | | | | | | | |
| Pica ar vistas gaļu | 65 | | glutēns, piens, olas | 12.0 | 13.3 | 32.1 | 298 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| | | 0.71 | | 12.0 | 13.3 | 41.0 | 333 |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | Kopā: | 3.55 | | | | | |