

Daugavpils 16.vidusskola
NEDĒĻAS ĒDIENKARTE
(25.09.2018.-28.09.2018.) Pamatēdienu (1.-4.kl.)

| | Svars gr | Cena eur | Alerģēni | Olbalt | Tauki | Ogļh | Kcal |
|--|-----------------|-----------------|----------------------|---------------|--------------|-------------|-------------|
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| Otrdiena 25.09. | | | | | | | |
| Cūkgaļas frikadeles ar mērci | 80 | | glutēns, olas, piens | | | | |
| Vārīti rīsi | 100 | | | | | | |
| Sv. kāpostu, tomātu, paprikas salāti ar eļļu | 50 | | | | | | |
| Tēja ar cukuru | 200 | | | | | | |
| Biezpiena sieriņš | 35 | | piens | | | | |
| Rupjmaize | 25 | | glutēns | | | | |
| Persiki | 50 | | | | | | |
| | | 1.42 | | 24 | 27 | 90 | 702 |
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| Trešdiena 26.09. | | | | | | | |
| Vistas gaļas kotlete | 80 | | glutēns, olas | | | | |
| Kartupeļu biezenis | 125 | | piens | | | | |
| Biešu salāti ar eļļu | 50 | | | | | | |
| Sulas dzēriens | 200 | | | | | | |
| Rupjmaize | 10 | | glutēns | | | | |
| Cepumi | 30 | | glutēns, olas, piens | | | | |
| | | 1.42 | | 18 | 24 | 88 | 700.5 |
| | | | | | | | |
| Ceturtdiena 27.09. | | | | | | | |
| Zivju zupa ar krējumu | 200/15 | | zivis, piens | | | | |
| Cīsiņi vārīti | 60 | | | | | | |
| Kartupeļu biezenis | 125 | | piens | | | | |
| Svaigi gurķi | 30 | | | | | | |
| Ābolu kompots | 200 | | | | | | |
| Rupjmaize | 10 | | glutēns | | | | |
| | | 1.42 | | 18 | 26 | 90 | 720.4 |
| | | | | | | | |
| Piektdiena 28.09. | | | | | | | |
| Aknu kotletes | 50 | | glutēns, olas | | | | |
| Kartupeļu biezenis | 125 | | piens | | | | |
| Svaigu kāpostu salāti ar eļļu | 50 | | | | | | |
| Tēja | 200 | | | | | | |
| Rupjmaize | 20 | | glutēns | | | | |
| Sviestmaize ar sieru | 30/5/15 | | glutēns, olas, piens | | | | |
| Bumbieris | 40 | | | | | | |
| | | 1.42 | | 18 | 26 | 90 | 700 |
| | Kopā: | 5.68 | | | | | |