

Daugavpils 16.vidusskola
NEDĒĻAS ĒDIENKARTE
(28.01.2019. – 01.02.2019.) Launags

| Pirmdiena 28.01. | Svars gr | Cena eur | Alerģēni | Olbalt | Tauki | Ogļh | Kcal |
|-------------------------------|-----------------|-----------------|----------------------|---------------|--------------|-------------|-------------|
| Kukurūzas biežputra | 200/15 | | piens | 0.6 | 6.4 | 32.4 | 208 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Cepumi | 15 | | glutēns, olas, piens | 1.3 | 1.7 | 10.8 | 64 |
| | | 0.71 | | 7.9 | 8.1 | 52.2 | 307 |
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| Otrdiena 29.01. | | | | | | | |
| Makaroni ar sieru | 150/25 | | glutēns, olas, piens | 7.5 | 6.6 | 34.8 | 229 |
| Kakao | 200 | | piens | 2.1 | 2.0 | 17.2 | 94 |
| Cepumi | 35 | | glutēns, olas, piens | 2.6 | 3.4 | 21.8 | 79 |
| | | 0.71 | | 12.2 | 12.0 | 78.8 | 402 |
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| Trešdiena 30.01. | | | | | | | |
| Biezpiena sacepums ar krējumu | 100 | | piens | 20.7 | 14.6 | 20.7 | 315 |
| Sulas dzēriens | 200 | | | 0.1 | - | 21.7 | 88 |
| | | 0.71 | | 20.8 | 14.6 | 42.4 | 403 |
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| Ceturtdiena 31.01. | | | | | | | |
| Vārīta vistas gaļa | 50 | | | 14.2 | 6.7 | - | 170 |
| Vinegrets | 100 | | | 1.8 | 3.5 | 10.2 | 91 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| | | 0.71 | | 16.0 | 10.2 | 19.0 | 296 |
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| Piektdiena 01.02. | | | | | | | |
| Biezpiena sieriņš | 90 | | piens | 7.2 | 16.7 | 27.9 | 271 |
| Tēja | 200 | | | - | - | 9.0 | 35 |
| Baltmaize | 25 | | glutēns, olas, piens | 1.3 | 0.2 | 8.4 | 40 |
| Bumbieri | 100 | | | 0.5 | 0.3 | 12.4 | 54 |
| | | 0.71 | | 9.0 | 17.2 | 57.7 | 400 |
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| | Kopā: | 3.55 | | | | | |