

Daugavpils Draudzīgā aicinājuma vidusskola (Aveņu iela 40, Valmieras iela 5)

Ēdienkarte

09.12. – 13.12.2024.

1. – 4. klases

| | | Svars | Cena EUR | Kcal. | Olbalt. | Tauki | Ogļh. | |
|--------------------|-----------------------------------|--------|-------------|---------------|--------------|--------------|--------------|-------|
| Pirmdiena | | | | | | | | |
| 1. | Svaigi tomāti | 1/60 | 0.36 | 12.84 | 0.66 | 0.12 | 2.28 | |
| 2. | Dārzeņu zupa ar krējumu | 200/10 | 0.32 | 90.3 | 1.94 | 5.9 | 8.06 | |
| 3. | Malta dabīgas cūkgaļas kotlete | 1/70 | 0.85 | 217.85 | 13.09 | 16.06 | 5.8 | |
| 4. | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | |
| 5. | Maize | 1/30 | 0,12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6. | Sulas dzēriens | 1/180 | 0,27 | 58.57 | 0.22 | - | 14.43 | |
| | | | 2.20 | 689.74 | 25.35 | 25.10 | 91.89 | |
| Otrdiena | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar tomātiem | 1/50 | 0.15 | 33.72 | 0.75 | 2.06 | 3.06 | |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0,30 | 127.2 | 5.39 | 4.86 | 15.46 | 1 |
| 3. | Cūkgaļas stroganovs | 40/50 | 0.86 | 210.9 | 11.9 | 15.02 | 5.14 | 1 |
| 4. | Vārīti griķi | 1/120 | 0.35 | 180.88 | 4.90 | 3.80 | 8.32 | 1 |
| 5. | Kakao | 1/180 | 0.24 | 74.54 | 3.05 | 2.91 | 9.01 | 7 |
| 6. | Maize | 1/15 | 0.06 | 47.16 | 1.6 | 0.18 | 9.78 | 1 |
| 7. | Auglis (bumbieris) | 90 | 0.24 | 38.07 | 0.36 | 0.1 | 8.55 | |
| | | | 2.20 | 712.47 | 27.95 | 28.93 | 59.32 | |
| Trešdiena | | | | | | | | |
| 1. | Biešu salāti ar gurķi | 1/60 | 0.18 | 46.41 | 0.78 | 2.56 | 5.08 | |
| 2. | Cepta vistas fileja omletē | 1/70 | 1.06 | 216.3 | 18.01 | 12.92 | 7.05 | 1,7,3 |
| 3. | Vārīti kartupeļi | 1/130 | 0.30 | 94.47 | 2.77 | 0.14 | 21.39 | |
| 4. | Saldētu ogu kompots | 1/180 | 0,27 | 29.48 | 0,29 | 0.14 | 6.76 | |
| 5. | Smalkmaizīte | 1/40 | 0.33 | 174.6 | 3.9 | 5.6 | 27.15 | 1,3,7 |
| 6. | Maize | 1/15 | 0,06 | 47,16 | 1,6 | 0,18 | 9,78 | 1 |
| | | | 2.20 | 608.42 | 27.35 | 21.54 | 77.12 | |
| Ceturtdiena | | | | | | | | |
| 1. | Svaigi gurķi | 1/30 | 0.19 | 3.39 | 0.21 | 0.03 | 0.57 | |
| 2. | Borščs ar krējumu | 200/10 | 0,32 | 96.09 | 1.78 | 5.61 | 9.63 | 7 |
| 3. | Plovs ar cūkgaļu | 50/150 | 1.15 | 402.33 | 17.41 | 17.3 | 37.40 | |
| 4. | Kakao | 1/180 | 0,24 | 74.54 | 3.05 | 2.91 | 9.01 | 7 |
| 5. | Maize | 1/15 | 0.06 | 47.16 | 1.6 | 0.18 | 9.78 | 1 |
| 6. | Auglis (ābols) | 100 | 0,24 | 48 | 0,4 | 0,8 | 9,8 | |
| | | | 2.20 | 671.51 | 24.05 | 26.93 | 76.19 | |
| Piektdiena | | | | | | | | |
| 1. | Svaigi tomāti | 1/60 | 0.36 | 12.84 | 0.66 | 0.12 | 2.88 | |
| 2. | Vistas gaļas malta šnicele | 1/65 | 0.80 | 230.7 | 12.08 | 17.8 | 6.13 | 1.3 |
| 3. | Kartupeļu biezenis | 1/150 | 0.36 | 117.81 | 3.26 | 2.60 | 20.37 | 7 |
| 4. | Jogurta krēms ar persikiem | 1/60 | 0.38 | 86.74 | 2.4 | 4.86 | 9.63 | 7 |
| 5. | Maize | 1/40 | 0,12 | 94.28 | 3.2 | 0,36 | 19.56 | 1 |
| 6. | Kakao | 1/180 | 0,24 | 74.54 | 3.05 | 2.91 | 9.01 | 7 |
| | | | 2.20 | 569.68 | 23.05 | 28.47 | 57.8 | |

Skolas piens 750 ml

Skolas auglis 300 g

Alerģēni:

A01 Graudaugi, kas satur lipekli (glutenu)

A04 Zivis un to produkti

A07 Piens un tā produkti

A03 Olas un to produkti

A05 Zemesrieksti un to produkti

A08 Rieksti un to produkti

Daugavpils Draudzīgā aicinājuma vidusskola (Aveņu iela 40, Valmieras iela 5)

Ēdienkarte

09.12. – 13.12.2024.

5. – 12. klases

| | | Svars | Cena EUR | Kcal. | Olbalt. | Tauki | Ogļh. | |
|------------------|--|--------|-------------|---------------|--------------|--------------|---------------|-------|
| Pirmdiena | | | | | | | | |
| 1. | Burkānu un kukurūzas salāti | 1/70 | 0.21 | 66.82 | 1.17 | 3.71 | 7.18 | |
| 2. | Dārzeņu zupa ar krējumu | 200/10 | 0.32 | 90.3 | 1.94 | 5.9 | 8.06 | |
| 3. | Malta dabīgas cūkgaļas kotlete | 1/80 | 0.96 | 268.2 | 15 | 19.23 | 6.68 | |
| 4. | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | |
| 5. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6. | Sulas dzēriens | 1/200 | 0.31 | 65.08 | 0.24 | - | 16.03 | |
| | | | 2.20 | 800.58 | 27.79 | 31.88 | 99.21 | |
| 1. | Svaigu kāpostu, burkānu un paprikas salāti | 1/60 | 0.18 | 45.02 | 0.89 | 3.05 | 3.80 | |
| 2. | Siera zupa | 200/10 | 0.42 | 142.8 | 5.42 | 8.67 | 10.86 | 7 |
| 3. | Vistas gaļas gulašs | 50/50 | 0.94 | 244.66 | 14.36 | 17.54 | 7.34 | 1 |
| 4. | Vārīti rīsi | 1/150 | 0.27 | 204.13 | 3.80 | 3.34 | 38.59 | 7 |
| 5. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6. | Kakao | 1/200 | 0.27 | 82.72 | 3.39 | 3.24 | 10.01 | 7 |
| | | | 2.20 | 813.61 | 31.06 | 36.20 | 90.16 | |
| Otrdiena | | | | | | | | |
| 1. | Burkānu salāti ar sēkliņām | 1/60 | 0.17 | 72.20 | 1.08 | 3.62 | 4.02 | |
| 2. | Pupiņu zupa ar krējumu | 200/10 | 0.30 | 127.2 | 5.39 | 4.86 | 15.46 | 7 |
| 3. | Cūkgaļas stroganovs | 50/60 | 1.10 | 264.6 | 15.11 | 19.87 | 6.34 | 1.7 |
| 4. | Vārīti griķi | 1/150 | 0.44 | 226.10 | 7.42 | 5.1 | 39.64 | |
| 5. | Tēja | 1/200 | 0.07 | 20.01 | - | - | 4.99 | |
| 6. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| | | | 2.20 | 804.39 | 32.20 | 33.81 | 90 | |
| 1. | Svaigu kāpostu salāti ar gurķi | 1/70 | 0.22 | 49.83 | 0.99 | 3.07 | 4.57 | |
| 2. | Piena zupa ar rīsiem | 1/200 | 0.28 | 108.9 | 3.85 | 2.65 | 17.41 | 7 |
| 3. | Cepts vistas šķiņķis | 1/70 | 1.15 | 304.65 | 17.78 | 21.85 | 3.73 | |
| 4. | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5. | Ābolu komposts | 1/200 | 0.15 | 39.16 | 0.16 | 0.32 | 8.81 | |
| 6. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| | | | 2.20 | 812.72 | 32.22 | 30.91 | 95.84 | |
| Trešdiena | | | | | | | | |
| 1. | Svaigu kāpostu salāti ar burkāniem | 1/60 | 0.15 | 46.33 | 0.92 | 3.06 | 3.79 | |
| 2. | Cepta vistas fileja omletē | 1/70 | 1.06 | 216.3 | 18.01 | 12.92 | 7.05 | 1,7,3 |
| 3. | Vārīti rīsi | 1/150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 | 7 |
| 4. | Kakao | 1/200 | 0.27 | 82.72 | 3.9 | 3.24 | 10.01 | |
| 5. | Smalkmaizīte | 1/40 | 0.33 | 174.6 | 3.9 | 5.6 | 27.15 | 1,3,7 |
| 6. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| | | | 2.20 | 818.33 | 33.73 | 29.02 | 106.15 | |
| 1. | Biešu salāti | 1/60 | 0.13 | 64.2 | 0.84 | 3.91 | 6.16 | |
| 2. | Cūkgaļas cepetis | 50/20 | 1.- | 230.9 | 14.41 | 13.86 | 4.66 | |
| 3. | Vārīti kartupeļi | 1/150 | 0.34 | 109 | 3.2 | 0.16 | 24.68 | |
| 4. | Kukurūzas pārslas ar putukrējumu | 20/50 | 0.54 | 281.7 | 3.33 | 16.99 | 26.39 | 7 |
| 5. | Tēja | 1/200 | 0.07 | 20.01 | - | - | 4.99 | |
| 6. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| | | | 2.20 | 800.09 | 24.98 | 35.28 | 121.72 | |

Alerģēni:

A01 Graudaugi, kas satur lipekli (glutenu)

A04 Zivis un to produkti

A07 Piens un tā produkti

A03 Olas un to produkti

A05 Zemesrieksti un to produkti

A08 Rieksti un to produkti

Daugavpils Draudzīgā aicinājuma vidusskola
(Aveņu iela 40, Valmieras iela 5)

Ēdienkarte

09.12. – 13.12.2024.

| | | Svars | Cena EUR | Kcal. | Olbalt. | Tauki | Ogļh. | |
|--------------------|----------------------------|--------|-------------|---------------|--------------|--------------|---------------|-------|
| Ceturtdiena | | | | | | | | |
| 1. | Vitamīnu salāti | 1/70 | 0.22 | 69.88 | 0.93 | 4.12 | 4.6 | |
| 2. | Zirņu zupa ar krējumu | 200/10 | 0.30 | 142.53 | 4.96 | 6.27 | 14.01 | 1 |
| 3. | Plovs ar cūkgaļu | 50/150 | 1.15 | 402.33 | 17.41 | 17.3 | 37.40 | |
| 4. | Augļu kompots | 1/200 | 0.17 | 37.12 | 0.26 | 0.2 | 8.57 | |
| 5. | Maize | 1/15 | 0.06 | 47.16 | 1.6 | 0.18 | 9.78 | 1 |
| 6. | Auglis (banāns) | 110 | 0.30 | 100.9 | 1.65 | 0.11 | 23.1 | |
| | | | 2.20 | 800 | 26.81 | 28.18 | 97.46 | |
| 1. | Salāti "Mozaīka" | 1/60 | 0.23 | 53.14 | 0.88 | 3.16 | 5.30 | |
| 2. | Borščs ar krējumu | 200/10 | 0.32 | 96.09 | 1.78 | 5.61 | 9.63 | 7 |
| 3. | Vistas gaļas kotlete | 1/80 | 0.83 | 275.03 | 12.80 | 18.93 | 14.09 | 1 |
| 4. | Vārīti makaroni | 1/150 | 0.28 | 215.9 | 6.24 | 2.66 | 41.76 | 1 |
| 5. | Tēja karkadē | 1/200 | 0.12 | 20.01 | - | - | 4.99 | |
| 6. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 7. | Auglis (banāns) | 110 | 0.30 | 100.9 | 1.65 | 0.11 | 23.1 | |
| | | | 2.20 | 855.35 | 26.50 | 30.90 | 118.43 | |
| Piektdiena | | | | | | | | |
| 1. | Burkānu un ābolu salāti | 1/70 | 0.17 | 57.47 | 0.81 | 3.63 | 5.41 | |
| 2. | Kotlete "Jahnija" | 1/80 | 0.94 | 337 | 13.95 | 26.2 | 10.92 | 1,3 |
| 3. | Kartupeļu biezenis | 1/150 | 0.36 | 117.81 | 3.26 | 2.60 | 20.37 | 7 |
| 4. | Cepumi | 1/30 | 0.22 | 130.4 | 2.37 | 4.14 | 20.91 | 1,3,7 |
| 5. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6. | Ķiršu ķīselis | 1/180 | 0.39 | 70.38 | 0.58 | 0.007 | 17 | |
| | | | 2.20 | 807.34 | 24.17 | 36.94 | 94.17 | |
| 1. | Svaigu kāpostu salāti | 1/60 | 0.16 | 53.1 | 0.96 | 3.6 | 3.4 | |
| 2. | Vistas gaļas malta šnicele | 1/80 | 1.00 | 280.1 | 14.98 | 21.1 | 7.18 | 1,3 |
| 3. | Vārīti rīsi | 1/150 | 0.27 | 204.1 | 3.8 | 3.84 | 38.59 | 7 |
| 4. | Jogurta krēms ar persikiem | 1/60 | 0.38 | 86.74 | 2.4 | 4.86 | 9.63 | 7 |
| 5. | Maize | 1/30 | 0.12 | 94.28 | 3.2 | 0.36 | 19.56 | 1 |
| 6. | Kakao | 1/200 | 0.27 | 82.72 | 3.39 | 3.24 | 38.59 | 7 |
| | | | 2.20 | 801.04 | 28.72 | 37 | 116.95 | |

Skolas piens 750 ml

Skolas auglis 300 g

Alerģēni:

A01 Graudaugi, kas satur lipekli (glutenu)

A04 Zivis un to produkti

A07 Piens un tā produkti

A03 Olas un to produkti

A05 Zemesrieksti un to produkti

A08 Rieksti un to produkti