

Linda Brūvere 

Med. māta Bīta

Nedēļas Ēdienkarte

Grupa

10.-12.klase

| | Svars (g) | Enerģētiskā vērtība (kcal) | Olbaltum | | | Sāls | Cukurs | Šķiedrvi- las | Alerģēni |
|------------------------------|-----------|----------------------------------|---------------|---------------|----------------|--------------|--------------|------------------|----------|
| | | | vielas | Tauki | Ogļhidrāti | | | | |
| pirmdienā, 11.marts | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 53805 | 250 | 123 | 6.0766 | 1.9111 | 20.0921 | 0.0005 | 0 | 2.2929 | 1,3 |
| 51750 | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| 51536 | 220 | 517 | 16.8617 | 26.3685 | 52.9445 | 0.0002 | 0 | 2.609 | |
| 50627 | 70 | 30 | 0.9632 | 1.9705 | 2.0156 | 0.0001 | 0 | 1.3146 | 7 |
| 51626 | 200 | 96 | 6. | 4. | 9. | 0 | 0 | 0 | 7 |
| 55804 | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| <i>Kopā:</i> | | <i>879.474</i> | <i>33.472</i> | <i>35.81</i> | <i>104.267</i> | <i>0.001</i> | <i>0</i> | <i>8.417</i> | |
| <i>Diena kopā :</i> | | <i>879.474</i> | <i>33.472</i> | <i>35.81</i> | <i>104.267</i> | <i>0.001</i> | <i>0</i> | <i>8.417</i> | |
| otrdiena, 12.marts | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 56778 | 250 | 267 | 11.6332 | 19.4355 | 11.0932 | 0.0002 | 0.0002 | 1.4388 | 1,7 |
| 51750 | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| 50667 | 200 | 392 | 12.3 | 6.8 | 69.9 | 0.0002 | 0 | 3.4 | 1 |
| 50393 | 50 | 81 | 3.3035 | 6.3818 | 2.4653 | 0.0002 | 0 | 0.0473 | 7,9 |
| 51030 | 100 | 67 | 1.321 | 2.8445 | 8.9041 | 0.0002 | 0.0002 | 2.028 | 7 |
| 53514 | 200 | 14 | 0.138 | 0.1 | 3.03 | 0 | 0.001 | 0.692 | |
| 55804 | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| <i>Kopā:</i> | | <i>935.534</i> | <i>32.266</i> | <i>37.122</i> | <i>115.608</i> | <i>0.001</i> | <i>0.001</i> | <i>9.806</i> | |
| <i>Diena kopā :</i> | | <i>935.534</i> | <i>32.266</i> | <i>37.122</i> | <i>115.608</i> | <i>0.001</i> | <i>0.001</i> | <i>9.806</i> | |
| trešdiena, 13.marts | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 54008 | 70 | 212 | 12.3242 | 16.9662 | 2.261 | 0.0003 | 0 | 0.2776 | 1,3 |
| 50219 | 220 | 164 | 4.664 | 0.2332 | 34.5136 | 0.0002 | 0 | 4.8972 | |
| 52346 | 50 | 52 | 0.3999 | 4.7392 | 1.9141 | 0 | 0 | 0.0307 | 1,7 |
| 51669 | 100 | 148 | 2.299 | 12.796 | 5.815 | 0.0003 | 0.0015 | 3.501 | |
| 55871 | 200 | 157 | 6. | 3.28 | 25.33 | 0 | 0.01 | 0.8 | 7 |
| 55804 | 40 | 104 | 3.44 | 0.56 | 20.08 | 0 | 0 | 2.2 | 1 |
| 55934 | 200 | 4 | 0.07 | 0.06 | 0.32 | 0 | 0 | 0 | |
| <i>Kopā:</i> | | <i>839.58</i> | <i>29.197</i> | <i>38.635</i> | <i>90.234</i> | <i>0.001</i> | <i>0.012</i> | <i>11.707</i> | |
| <i>Diena kopā :</i> | | <i>839.58</i> | <i>29.197</i> | <i>38.635</i> | <i>90.234</i> | <i>0.001</i> | <i>0.012</i> | <i>11.707</i> | |
| ceturtdiena, 14.marts | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 53791 | 250 | 80 | 7.3928 | 1.0644 | 9.947 | 0.0002 | 0 | 3.2581 | 4,9 |
| 51750 | 20 | 40 | 0.52 | 4. | 0.54 | 0 | 0 | 0 | 7 |
| 56617 | 110 | 217 | 12.2134 | 17.5255 | 2.4472 | 0.0001 | 0 | 1.2926 | 1,7 |
| 51195 | 230 | 254 | 5.6925 | 1.2144 | 55.1034 | 0.0002 | 0 | 2.4288 | |
| 55864 | 100 | 58 | 1.388 | 3.188 | 5.784 | 0.0007 | 0.002 | 2.646 | |
| 51820 | 60 | 128 | 3.48 | 0.66 | 27. | 0 | 0 | 2.82 | 1 |
| 53343 | 200 | 32 | 0.1782 | 0.3516 | 6.8308 | 0 | 0.0002 | 1.16 | |
| <i>Kopā:</i> | | <i>809.296</i> | <i>30.865</i> | <i>28.004</i> | <i>107.652</i> | <i>0.001</i> | <i>0.002</i> | <i>13.606</i> | |
| <i>Diena kopā :</i> | | <i>809.296</i> | <i>30.865</i> | <i>28.004</i> | <i>107.652</i> | <i>0.001</i> | <i>0.002</i> | <i>13.606</i> | |
| piektdiena, 15.marts | | | | | | | | | |
| Pusdienas | | | | | | | | | |
| 53915 | 250 | 179 | 3.402 | 14.3725 | 8.9155 | 0.0002 | 0.0002 | 3.1383 | |
| 51750 | 5 | 10 | 0.13 | 1. | 0.135 | 0 | 0 | 0 | 7 |
| 53590 | 70 | 183 | 15.4728 | 13.1635 | 0.399 | 0.0001 | 0 | 0 | 10,3,7 |
| 53925 | 200 | 169 | 5.414 | 1.905 | 31.624 | 0.0002 | 0 | 4.2 | 7 |
| 52350 | 100 | 36 | 1.2424 | 2.4719 | 2.5361 | 0 | 0.0001 | 1.2107 | |
| 55526 | 200 | 84 | 0.155 | 0.245 | 20.018 | 0 | 0.016 | 1.345 | |
| 55804 | 60 | 155 | 5.16 | 0.84 | 30.12 | 0 | 0 | 3.3 | 1 |
| <i>Kopā:</i> | | <i>816.503</i> | <i>30.976</i> | <i>33.998</i> | <i>93.748</i> | <i>0.001</i> | <i>0.016</i> | <i>13.194</i> | |
| <i>Diena kopā :</i> | | <i>816.503</i> | <i>30.976</i> | <i>33.998</i> | <i>93.748</i> | <i>0.001</i> | <i>0.016</i> | <i>13.194</i> | |