| **Rīgas 72. vsk Februāris ( 08.02-19.02.2021) ( 1-2kl)** | Daudzums 1 bērnam dienā, g | | Uzturvielas, g | | | Enerģija, kcal | | **Daudzums (bruto), kg 10 dienām** | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| **Produkta nosaukums** | **Bruto** | **Neto** | **Olb.v.,g** | **Tauki, g** | **Ogļh., g** | **Enerģija** | | | | | |
| Makaroni, *Durum Dobeles dzirnavnieks ( gliemežvāki)* | 50 | 50 | 6.15 | 0.85 | 36.25 | 177.50 | | 0.50 | | | |
| Putraimi, grūbas | 50 | 50 | 4.65 | 0.55 | 33.45 | 165.00 | | 0.50 | | | |
| Miltu maisīj.*"Pilngraudu auzu pankūkas"* | 30 | 30 | 4.56 | 2.34 | 16.26 | 109.20 | | 0.30 | | | |
| Zemesrieksti, *blanšēti, fasēti* | 20 | 20 | 5.06 | 9.62 | 1.66 | 113.46 | | 0.20 | | | |
| Rozīnes, *fasētas* | 20 | 20 | 0.50 | 0.12 | 12.78 | 54.20 | | 0.20 | | | |
| Kartupeļi, ar mizu *fasēti* | 100 | 70 | 1.40 | 0.21 | 12.11 | 54.60 | | 1.00 | | | |
| Piens, UHT, 3,2% | 100 | 100 | 3.00 | 3.20 | 4.70 | 60.00 | | 1.00 | | | |
| Iebiezinātais piens ar cukuru | 40.0 | 39.7 | 2.78 | 3.22 | 22.27 | 129.03 | | 0.40 | | | |
| L/l gaļa, sautēta *konservēta* | 25 | 24 | 3.86 | 3.55 | 0.05 | 47.76 | | 0.25 | | | |
| Makrele, *konservēta* | 24 | 16.8 | 2.52 | 1.68 | 0.00 | 25.20 | | 0.24 | | | |
| Bietes, vārītas, *vakumā* | 50 | 50 | 0.85 | 0.10 | 5.00 | 26.50 | | 0.50 | | | |
| Burkāni, svaigi | 100 | 85 | 0.58 | 0.29 | 6.94 | 27.46 | | 1.00 | | | |
| | | | | | | | | | | | |
| **KOPĀ** | | | **35.91** | **25.73** | **151.47** | **989.90** | | **6.09** | | | |
| MK not. Nr.172 komplekso pusdienu "norma"(1 dienai) 1.-12. kl. | | | ***12-37*** | ***16-38*** | ***55-147*** | ***490-960*** | | kg | | | |
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