**MARIJAMPOLĖS VAIKŲ LOPŠELIS-DARŽELIS „RŪTA“**

PATVIRTINTA

L/d „Rūta” direktoriaus

2014 m……………….d.

įsakymu Nr. V

**15 DIENŲ VALGIARAŠČIAI**

**SU PATIEKALŲ ENERGETINE VERTE**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DIENA** | **BALTYMAI** | | **RIEBALAI** | | **ANGLIAVAND.** | | **KALORINGUMAS (kcal)** | |
|  | **LOPŠ.** | **DARŽ.** | **LOPŠ.** | **DARŽ.** | **LOPŠ.** | **DARŽ.** | **LOPŠ.** | **DARŽ.** |
| **1** | 57.99 | 73.81 | 47.69 | 60.30 | 192.11 | 226.61 | 1403,85 | 1750,79 |
| **2** | 42.74 | 57.14 | 39.53 | 54.70 | 196.56 | 242.97 | 1269.66 | 1555.80 |
| **3** | 42.86 | 53.47 | 53.04 | 66.91 | 201.62 | 252.59 | 1374,99 | 1728,51 |
| **4** | 63.75 | 78.03 | 50.68 | 61.87 | 163.74 | 203.54 | 1367,65 | 1627,26 |
| **5** | 41.98 | 53.87 | 52.01 | 65.19 | 184.96 | 238.70 | 1402.66 | 1700.33 |
| **6** | 40.16 | 51.21 | 58.80 | 79.75 | 193.34 | 245.88 | 1451.69 | 1869.74 |
| **7** | 39.77 | 52.44 | 75.06 | 93.16 | 161.49 | 211.30 | 1426,90 | 1766,65 |
| **8** | 42.33 | 56.72 | 45.69 | 64.02 | 151.25 | 188.01 | 1202.36 | 1536.10 |
| **9** | 45.79 | 52.05 | 49.43 | 62.81 | 175.62 | 221.44 | 1343.18 | 1652.09 |
| **10** | 40.17 | 51.84 | 45.12 | 55.40 | 194.53 | 247.53 | 1342.76 | 1690.84 |
| **11** | 52.31 | 66.27 | 54.49 | 69.28 | 178.40 | 219.76 | 1387,93 | 1649,30 |
| **12** | 64.56 | 73.60 | 63.76 | 61.49 | 169.55 | 229.94 | 1340,05 | 1623,27 |
| **13** | 44.88 | 57.15 | 51.27 | 66.76 | 166.13 | 208.55 | 1376.57 | 1660.02 |
| **14** | 44.01 | 49.33 | 48.85 | 62.40 | 175.43 | 224.91 | 1351.53 | 1671.20 |
| **15** | 46.96 | 51.00 | 44.58 | 58.16 | 201.96 | 255.45 | 1401.57 | 1768.99 |
| **VISO PER**  **15 D.** | **710.26** | **877.93** | **780.00** | **982.20** | **2706.69** | **3417.18** | **20368.39** | **25551.17** |
| **VIDUTIN. PER 1 D.** | **47.35** | **58.53** | **52.00** | **65.48** | **180.45** | **227.81** | **1357.89** | **1703.41** |