

Fyrirtækjapjónusta Kokkanna Matseðill vikunnar 26. – 30. Október 2020

Mánudagur – Monday

Villisveppasúpa – wild mushroom soup

Salat dagsins – Salad of the day: Bragðmikið blómkál – cauliflower (V)

Pönnusteikt langa í engifer og hvítlauk með pikkludum sinnepsfræjum, kartöflusmælki, kaldri dressing og salati (M)

Panfried ling in ginger and garlic with pickled mustard seeds, potatoes, a cold sauce and salad (M)

Þriðjudagur – Tuesday

Graskerssúpa – pumpkin soup

Kjötbollur í brúnni sósu með kartöflumús og sultu (M,G,E)

Meat balls in brown sauce with mashed potatoes and jam (M,G,E)

Miðvikudagur - Wednesday

Tómat-kókossúpa – Tomato and coconut soup (V)

Salat dagsins – Salad of the day: Sætar kartöflur – sweet potatoes (V)

Gratineraður plokkfiskur með Bearnaisesósu og salati (M,G,E)

Fish stew “Au Gratin” with Bearnaise sauce and salad (M,G,E)

Fimmtudagur - Thursday

Gulrótarsúpa – Carrot soup

Langtímaeldað lambalæri með blönduðu grænmeti, bakaðri kartöflu og kryddjurtasósu (M,G)

Slowly cooked leg of lamb with vegetables, baked potato and herb sauce (M,G)

Föstudagur - Friday

Eftirréttur – Dessert (M,G,E,H)

Salat dagsins – Salad of the day: Rófur - beets (V)

Kjúklingaleggir með kartöflusalati, pik nik og kokteilsósa.

Chicken drumsticks with potato salad, pik nik and cocktailsauce.

(S) Soya - (M) - Mjólk (G) - Glúten (E) – Egg (H) – Hnetur - (V) - Vegan

Innihaldslýsingar – Ingredients descriptions

Í eldhúsi Kokkana er notuð hráefni sem geta valdið ofnæmi eins og hnetur, mjólk, egg, baunir og ýmiskonar fræ.

Allir kraftar sem eru notaðir eru án MSG.

In our kitchen we use products that can cause allergy such as peanuts, milk products, eggs, beans and seeds. All our stocks are MSG free.

Mánudagur – Monday

Súpa - soup: Vatn, villisveppir, jurtarjómi, grænmetiskraftur, kjúklingakraftur, **hveiti**, olía, krydd water, mushrooms, whipping with vegetable fat, vegetable and chicken stock, **flour**, oil, seasonings

Aðalréttur – main course: Langa, kartöflur, **engifer**, **hvítlaukur**, salt, pipar, sinnepfræ, eplaedik, **majones**, sýrður rjómi, krydd – Ling, potatoes, **ginger**, **garlic**, salt, pepper, mustard seeds, apple cider vinegar, **mayonnaise**, sour cream, spices

Brauð - bread: **Hveiti**, vatn, ger, salt- **flour**, water, yeast, salt

Þriðjudagur – Tuesday

Súpa - soup: Vatn, grasker, grænmetiskraftur, kjúklingakraftur, krydd, maizenamjöl, jurtarjómi water, pumpkin, vegetable and chicken stock, seasonings, corn starch, whipping with vegetable fat

Aðalréttur – main course: Nautahakk, **brauðraspur**, **egg**, **hvítlaukur**, kartöflur, jurtarjómi, kjötkraftur, **hveiti**, krydd – ground beef, **bread crumbs**, **eggs**, **garlic**, potatoes, whipping with vegetable fat, lamb stock, **flour**, seasonings

Brauð - bread: **Hveiti**, vatn, ger, salt- **flour**, water, yeast, salt

Miðvikudagur - Wednesday

Súpa - soup: Vatn, kókosmjólk, grænmeti, tómatur, grænmetiskraftur, krydd water, coconut milk, vegetables, tomatoes, vegetable stock, seasonings

Aðalréttur – main course: Ýsa, þorskur, mjólk, laukur, **hveiti**, ostur- Haddock, cod, milk, onion, flour, chese. Bearnaisesósa- Bearnaise sauce: Smjör, **egg**, bearnaise essens, fáfnisgras – Butter, **eggs**, Bearnaise essens, estragon

Brauð - bread: **Hveiti**, vatn, ger, salt- **flour**, water, yeast, salt

Fimmtudagur - Thursday

Súpa - soup: Vatn, gulrætur, jurtarjómi, kókosmjólk, kjúklingakraftur, grænmetiskraftur, maizenamjöl water, carrots, whipping with vegetable fat, coconut milk, vegetable and chicken stock, corn starch

Aðalréttur – main course: Lambalæri, olía, grænmeti, kartöflur, krydd leg of lamb, oil, vegetables, potatoes, seasonings

Sósa - sauce: Vatn, nautakraftur, krydd, **hveiti**, olía – water, beef stock, seasonings, **flour**, oil

Brauð - bread: **Hveiti**, vatn, ger, salt- **flour**, water, yeast, salt

Föstudagur - Friday

Aðalréttur – main course: Kjúklingaleggir, krydd, kartöflur, mæjónes, **laukur**, sýrður rjómi, paprika, súrar gúrkur, **sætt sinnep**, **hvítlaukur**- chicken drumsticks, seasonings, potatoes, mayonnaise, **onion**, sour cream, paprika, pickles, **sweet mustard**, **garlic**

Brauð - bread: **Hveiti**, vatn, ger, salt- **flour**, water, yeast, salt