

Fyrirtækjapjónusta Kokkanna
Matseðill vikunnar 03. – 07. Maí 2021

Mánudagur – Monday

tómatsúpa – tomato soup (V)

Salat dagsins – Salad of the day: Nípa– parsnip (V)

Fiskibollur að hætti mömmu með brúnni sósu og soðnum kartöflum (M,G,E)

Fish balls with brown sauce and boiled potatoes

Þriðjudagur - Tuesday

Aspassúpa – Asparagus soup (M,G)

Hakk og spaghattí með rifnum osti og hvítlauksbrauði (M,G)

Spaghetti “Bolognese” with shredded cheese and garlic bread (M,G)

Miðvikudagur – Wednesday

Brokkolísúpa – Broccoli soup (M,G)

Salat dagsins - Salad of the day: Blómkál – Cauliflower (V)

Steiktur þorskur með steiktu grænmeti, kartöflum og kaldri dressing (G,M)

Fried cod with fried vegetables, potatoes and cold sauce (G,M)

Fimmtudagur - Thursday

Paprikusúpa – Pepper soup (V)

Nautasnitset með steiktum kartöflum, gulum baunum og sveppasósu (M,G)

Beef schnitzel with fried potatoes, sweet corn and mushroom sauce (M,G)

Föstudagur - Friday

Eftirréttur – Dessert (M,G,E,H)

Salat dagsins - Salad of the day: Sellerýrótt – Celeriac (V)

Langtímaeldað lamb “Shawarma” með steiktum hrísgrjónum,

jógúrtsósu og Naan brauði (M,G)

Slow cooked lamb “Shawarma” with fried rice, yogurt sauce and Naan bread (M,G)

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, tómatur, grænmetiskraftur, sterkja, krydd
Water, tomatoes, vegetable stock, starch, seasonings

Aðalréttur – main course: Ýsa, kartöflumjöl, laukur, hvítlaukur, **hveiti**, jurtarjóni, olía, kartöflur, krydd
Haddock, potato starch, onion, garlic, **flour**, whipping with vegetable fat, oil, potatoes, seasonings

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

Þriðjudagur - Tuesday

Súpa- soup: Vatn, aspás, **jurtarjóni**, kjúklingakraftur, grænmetiskraftur, **hveiti**, olía, krydd
Water, asparagus, **whipping with vegetable fat**, chicken stock, vegetable stock, **flour**, oil, seasonings

Aðalréttur - main course: Hakk, tómatur, krydd, **hvítlaukur**, **hveiti**, grænmeti, ostur
beef, tomatoes, seasonings, **garlic**, **flour**, vegetables, cheese

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

Miðvikudagur - Wednesday

Súpa- soup: Vatn, brokkoli, **jurtarjóni**, kjúklingakraftur, grænmetiskraftur, **hveiti**, olía, krydd
Water, broccoli, **whipping with vegetable fat**, chicken stock, vegetable stock, **flour**, oil, seasonings

Aðalréttur – main course: Þorskur, kartöflur, grænmeti, hveiti, olía, majónes, krydd, sýrður rjóni- cod,
potatoes, vegetables, flour, oil, mayonnaise, spices, sour crème

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

Fimmtudagur - Thursday

Súpa - soup: Vatn, paprika, tómatur, kókosmjólk, grænmetiskraftur, krydd, **hvítlaukur**, sterkja – water,
pepper, tomato, coconut milk, vegetablestock, spices, **garlic**, starch

Aðalréttur – main course: Nautakjöt, kartöflur, grænmeti, gular baunir, **hveiti**, **brauðraspur**, **egg**, **mjólk**,
nautakraftur, **hvítlaukur**, olía – beef, potatoes, vegetables, sweet corn, **flour**, **breadcrumbs**, **eggs**, milk,
beef stock, **garlic**, oil

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

Föstudagur - Friday

Aðalréttur – main course: Lambakjöt, krydd, **hvítlaukur**, grænmeti, hrísgrjón, jógúrt – lamb, seasonings,
garlic, vegetables, rice, yogurt

Naan brauð – Naan bread: **Hveiti**, vatn, ger, salt, - **flour**, water, yeast, salt