

Fyrirtækjapjónusta Kokkanna Matseðill vikunnar 19. – 23. júlí

Mánudagur - Monday

Graskerssúpa – butternut squash soup (V)

Kjúklingur í lime- og basil marineringu ásamt ofnsteiktum kartöflum og hunangsdressingu

Chicken in a lime- and basil marinade with ovenbaked potatoes and a honey dressing

Priðjudagur - Tuesday

Brokkólíssúpa – Broccoli soup

Nautagúllas með grænmeti í brúnni sósu ásamt kartöflum (M,G)

Beef gullash with vegetables in brown sauce with potatoes (M,G)

Miðvikudagur - Wednesday

Aspassúpa – Asparagus soup (M,G)

Salat dagsins – Salad of the day: Brokkoli – Broccoli (V)

Ofnbökuð ýsa í Tandoori og kasjúhnetum með kartöflusmælki og sýrðum rjóma (M,H)

Oven baked haddock in Tandoori and cashew nuts with potatoes and sour cream (M,H)

Fimmtudagur - Thursday

Blómkálsúpa – Cauliflower soup (M,G)

Lambalæri með blönduðu grænmeti,

kartöflum og Brúni sósu (E,M)

Leg of lamb with vegetables, potatoes and Bernaise sauce (E,M)

Föstudagur - Friday

Eftirréttur – Dessert (M,G,E,H)

Salat dagsins – Salad of the day: Gulrót - carrot (V)

Mexíkóskt kjúklingalásagna með sýrðum rjóma og nachosi (M,G)

Mexican chicken lasagna with sour cream and nachos (M,G)

Í eldhúsi Kokkanna er notuð hráefni sem geta valdið ofnæmi eins og

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

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.

Innihaldslýsingar – Ingredients descriptions

Mánudagur – Monday

Súpa - soup: Vatn, grasker, kókosmjólk, grænmetiskraftur, krydd, **hveiti**, olía- water, butternut squash, coconut milk, vegetable stock, seasonings, **flour**, oil

Aðalréttur – main course: Kjúklingur, basil, lime, **hvítlaukur**, steinselja, hvítvín, ólífuoía, salt og pipar – chicken, basil, lime, **garlic**, parsley, white wine, olive oil, salt and pepper

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

Þriðjudagur - Tuesday

Súpa - soup: Vatn, brokkólí, kókosmjólk, vegan rjómi, grænmetiskraftur, krydd, **hveiti** water, broccoli, coconut milk, vegan cream, vegetable stock, seasonings, **flour**

Aðalréttur – main course: Nautakjöt, grænmeti, jurtarjómi, **laukur**, **hvítlaukur**, kartöflur, smjör, kryddBeef, vegetables, whipping with vegetable fat, **onion**, **garlic**, potatoes, butter, seasonings

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

Miðvikudagur- Wednesday

Súpa - soup: Vatn, aspas, jurtarjómi, grænmetiskraftur, kjúklingakraftur, **hveiti**, krydd Water, asparagus, whipping with vegetable fat, vegetable and chicken stock, **flour**, seasonings

Aðalréttur – main course: Ýsa, **Tandoori krydd**, **kasjúhnetur**, **hvítlaukur**, kartöflur, sýrður rjómi haddock, **Tandoori seasoning**, **cashew nuts**, **garlic**, potatoes, sour cream

Rúgbrauð -Rye bread: Rúgur, púðursykur, vatn, rúgsigtimjöl, maltextrakt, ger, salt Rye, brown sugar, water, rye **flour**, malt extract, yeast, salt

Fimmtudagur - Thursday

Súpa - soup: Vatn, blómkál, jurtarjómi, kjúklingakraftur, grænmetiskraftur, **hveiti**, olía - water, cauliflower, whipping with vegetable fat, vegetable and chicken stock, **flour**, oil

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

Sósa - sauce: Eggjarauður, smjör, nautakraftur, rjómi kjötkrafturhveiti – beef stock, cream, flour

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

Föstudagur - Friday

Aðalréttur – main course: Kjúklingur, tómatur, **rjómaostur**, jurtarjómi, **laukur**, **hvítlaukur**, **hveiti**, salt, krydd, **sýrður rjómi**- chicken, tomatoes, **cream cheese**, whipping with vegetable fat, **onion**, **garlic**, **flour**, salt, **sour cream**

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