

Matseðill/Menu Sælukot Vika/Week 1

Mánudagur/Monday	Þriðjudagur/Tuesday	Miðvikudagur/Wednesday	Fimmtudagur/Thursday	Föstudagur/Friday
Morgunmat/Breakfast -- Organic oat, Organic raisins, and organic oat milk				
Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch
Green leaves, Cucumber, Carrots, Tomatoes	Green leaves, Cucumber, Carrots, Paprika	Green leaves, Cucumber, Tomatoes, black olives	Green leaves, Cucumber, Sprouts, carrots	Green leaves, Cucumber, Sprouts, carrots
Soup (Mixed vegetable + chickpeas) Brown Rice	Oven baked mashed veg. Tofu	Spelt Pizza (zucchini, paprika & tomatoes)	Barley meal, oat milk and Cinnamon powder with a very small amount of brown sugar	Spelt pasta (sauce is made from different kind of vegetable, tomato paste, and light spices)
Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks
Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits
Crackers, Biscuits, Rice crackers, peanut butter, Oat milk	Flatkökur, peanut butter, Jam & Oat Milk	Smoothie (Banana, apple, oatmeal, & other fruits)	Spelt bread (from Brauðhúsið í Grímsbæ - lífrænt bakarí), & Hummus	Spelt bread made by kids, Sesame seed or sunflower seed paste & jam, milk

Menu (Matseðill) Sælukot Week (Vika) 2

Mánudagur/Monday	Þriðjudagur/Tuesday	Miðvikudagur/Wednesday	Fimmtudagur/Thursday	Föstudagur/Friday
Morgunmat/Breakfast -- Organic oat, Organic raisins, and organic oat milk				
Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch
Green leaves, Cucumber, Carrots, Tomatoes	Green leaves, Cucumber, Carrots, Paprika	Green leaves, Cucumber, Tomatoes, black olives	Green leaves, Cucumber, Sprouts, carrots	Green leaves, Cucumber, Sprouts, carrots
Spring rolls Ingredient – Carrot, beetroot,	Mixed vegetable with Soya nutrela Brown rice	Spelt Pizza (zucchini, paprika corn, & tomatoes)	Grænmetisbuff (Mixed veg, spelt flour or chickpea flour some spices) Brown rice, Tomato Chutney	Lasagna (all kind of veg., & tomato sauce)
Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks
Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits
Crackers, Biscuits, Rice crackers peanut butter Homemade Oat milk	Flatkökur, Peanut butter, Homemade Almond milk	Smoothie (Banana, apple, oatmeal, & other fruits)	Spelt bread (from Brauðhúsið í Grímsbæ - lífrænt bakari) Hummus	Spelt bread made by kids, Sesame seed or sunflower seed paste & jam

Menu (Matseðill) Sælukot Week (Vika) 3

Mánudagur/Monday	Þriðjudagur/Tuesday	Miðvikudagur/Wednesday	Fimmtudagur/Thursday	Föstudagur/Friday
Morgunmat/Breakfast -- Organic oat, Organic raisins, and organic oat milk				
Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch
Green leaves, Cucumber, Carrots, Tomatoes	Green leaves, Cucumber, Carrots, Paprika	Green leaves, Cucumber, Tomatoes, black olives	Green leaves, Cucumber, Sprouts, carrots	Green leaves, Cucumber, Sprouts, carrots
Lemon Brown Rice, Soup (Mixed veg., lentils, hing) Papadam	Spelt Bread Soup (Mixed veg., chickpeas, hing)	Spelt Bread Soup (Mixed veg., chickpeas, hing)	Brown Rice, Kofta (Mixed vegetables, chickpea flour or Spelt flour, Corriander powder)	Spelt pasta (sauce is made from different kind of vegetables, tomato paste, and light spices)
Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks
Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits
Crackers, Biscuits, Rice crackers, Peanut butter, Homemade Oat milk	Flatkökur, Peanut butter, Homemade Almond milk	Smoothie (Banana, apple, oatmeal, & other fruits)	Spelt bread (from Brauðhúsið í Grímsbæ - lífrænt bakarí), Hummus	Spelt bread made by kids, Sesame seed or sunflower seed paste & jam

