

Menu ingredients:--

<b>Matseðill/Menu Sælukot Vika/Week 1</b>				
<b>Mánudagur/Monday</b>	<b>Þriðjudagur/Tuesday</b>	<b>Miðvikudagur/Wednesday</b>	<b>Fimmtudagur/Thursday</b>	<b>Föstudagur/Friday</b>
<b>Morgunmat/Breakfast -- Organic oat, Organic raisins and, organic oat milk</b>				
<b>Hádegismatur/Lunch</b>	<b>Hádegismatur/Lunch</b>	<b>Hádegismatur/Lunch</b>	<b>Hádegismatur/Lunch</b>	<b>Hádegismatur/Lunch</b>
Green leaves, Cucumber, Carrots, Tomatoes, Sprouts  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Carrots, Paprika  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Tomatoes, black olives  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Sprouts, carrots  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Sprouts, carrots  Salad dressing is made of Soya sauce & Olive oil
Soup (Ingredient) -- Carrot, beetroot, zucchini, broccoli, spinach potatoes & lentils  Brown Rice  Papadam	Oven baked mashed veg. (ingredient) -- Chickpeas, Zucchini, carrots, potatoes, spinach, tomato paste, cauliflower  Spices:-- hing, turmeric powder, coriander powder  Baked Tofu with soya sauce & Olive oil	Spelt Pizza (Spelt brown flower, zucchini, paprika & tomatoes, olives, turmeric powder, oregano, rosemary, & hing)	Barley meal, oat milk and Cinnamon powder with a very small amount of brown sugar	Spelt pasta (sauce is made of Carrot, cauliflower, beetroots, celery, potatoes, tomato paste.  Spices:- Hing, turmeric powder, cumin powder, and mastered seed

<b>Nesti/ Snacks</b>	<b>Nesti/ Snacks</b>	<b>Nesti/ Snacks</b>	<b>Nesti/ Snacks</b>	<b>Nesti/ Snacks</b>
Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits
<p>Different kind of crackers , Biscuits</p> <p>Peanut butter</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>	<p>Flatkökur</p> <p>Hummus (ingredient) – Chickpeas, lemon, tahini, salt</p> <p>Milk(ingredient) – Oat, almonds, banana, cold water</p>	<p>Different kind of crackers, Biscuits</p> <p>Peanut butter</p> <p>Milk(ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>	<p>Spelt bread (from Brauðhúsið í Grímsbæ - lífrænt bakarí)</p> <p>Hummus (ingredient) -- Chickpeas, lemon, tahini, salt</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>	<p>Spelt bread made by kids- Spelt flour, sunflower seed, salt, yeast and water</p> <p>Peanut butter</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>

## Menu (Matseðill) Sælukot Week (Vika) 2

Mánudagur/Monday	Þriðjudagur/Tuesday	Miðvikudagur/Wednesday	Fimmtudagur/Thursday	Föstudagur/Friday
<b>Morgunmat/Breakfast -- Organic oat, Organic raisins, and organic oat milk</b>				
Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch
Green leaves, Cucumber, Carrots, Tomatoes, Sprouts  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Carrots, Paprika, Sprouts  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Tomatoes, black olives  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Sprouts, carrots  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Sprouts, carrots  Salad dressing is made of Soya sauce & Olive oil
Spring rolls Ingredients – Spring roll paper, carrots, beetroots, cabbage, rice noodles, Soya sauce, hing, Sunflower oil  Almond milk – Ingredients – Almonds, banana, water	Potatoes, Soya meat, tomato sauce  Spices – Hing, turmeric powder, cumin seed  Brown rice	Spelt Pizza Ingredients – brown spelt flower, zucchini, paprika, tomatoes, olives  Spices - turmeric powder, oregano, rosemary, & hing)	Grænmetisbuff (Mixed veg, spelt flour or chickpea flour some spices) Brown rice, Tomato Chutney	Lasagna (Ingredient) – Lasagna sheet, tomato sauce, paprika, zucchini, broccoli, spinach  Spices – Turmeric powder, hing
Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks	Nesti/ Snacks
Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits	Mixed fruits

<p>Crackers, Biscuits, Rice crackers</p> <p>peanut butter</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water</p>	<p>Flatkökur</p> <p>Humus (ingredient) – Chickpeas, lemon, tahini, salt</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water</p>	<p>Different kind of crackers, Biscuits</p> <p>Peanut butter</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>	<p>Spelt bread (from Brauðhúsið í Grímsbæ - lífrænt bakarí)</p> <p>Hummus (ingredient) -- Chickpeas, lemon, tahini, salt</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>	<p>Spelt bread made by kids- Spelt flour, sunflower seed, salt, yeast and water</p> <p>Peanut butter</p> <p>Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor</p>
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## Menu (Matseðill) Sælukot Week (Vika) 3

Mánudagur/Monday	Þriðjudagur/Tuesday	Miðvikudagur/Wednesday	Fimmtudagur/Thursday	Föstudagur/Friday
<b>Morgunmat/Breakfast -- Organic oat, Organic raisins, and organic oat milk</b>				
Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch	Hádegismatur/Lunch
Green leaves, Cucumber, Carrots, Tomatoes, Sprouts  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Carrots, Paprika, Sprouts  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Tomatoes, black olives  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Sprouts, carrots  Salad dressing is made of Soya sauce & Olive oil	Green leaves, Cucumber, Sprouts, carrots  Salad dressing is made of Soya sauce & Olive oil
Lemon Rice – Ingredient- Brown rice, lemon juice, salt, 1 spoon sunflower oil  Soup (Ingredient) -- Carrot, beetroot, zucchini, broccoli, tomatoes, spinach potatoes & lentils  Spices -- hing, turmeric powder,  Papadam	Spelt Bread – (Ingredient) – Spelt flour, yeast, salt, oil, sesame seed,  Soup – Lentils, tomatoes, potatoes, cauliflower, carrots, celery,	Spelt Pizza (Spelt brown flower, zucchini, paprika, tomatoes, olives  Spices -- turmeric powder, oregano, rosemary, & hing)	Brown Rice  Kofta ingredients - (Cabbage, carrots, beetroots, zucchini, chickpea flour or Spelt flour  Spices -- Corriander powder, salt, cumin seed)	Spelt pasta (sauce is made of Carrot, cauliflower, beetroots, celery, potatoes, tomato paste  Spices:- Hing, turmeric powder, cumin powder, and mastered seed

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  Milk (ingredient) – Oat, almonds, banana, cold water	Flatkökur  Humus (ingredient) – Chickpeas, lemon, tahini, salt  Milk (ingredient) – Oat, almonds, banana, cold water	Different kind of crackers, Biscuits  Peanut butter  Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor	Spelt bread (from Brauðhúsið í Grímsbæ - lífrænt bakarí),  Hummus (ingredient) -- Chickpeas, lemon, tahini, salt  Milk (ingredient) – Oat, almonds, banana, cold water	Spelt bread made by kids- Spelt flour, sunflower seed, salt, yeast and water  Peanut butter  Milk (ingredient) – Oat, almonds, banana, cold water, vanilla flavor