

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

15

FARFALLE BOLOGNESE
LASAGNE
BAKED POLLOCK WITH MEDITERRANEAN
SALUCE
FISH (CAZÓN) IN MARINADE
ROASTED PUMPKIN
FRESH FRUIT
WHOLEMALE-BREAD

22

MEAT CANNELLONI
MACARONI NAPOLETANA
SCRAMBLE EGGS WITH BACON
COURGETTE OMELETTE
SAUTÉED MIXED VEGETABLES
CUSTARD
WHOLEMALE-BREAD

29

WOK WITH PASTA, VEGETABLES AND BACON
PASTA SPINACH AND SUN-DRIED TOMATO
PESTO
TUNA PASTIES
BAKED TUNA WITH CARAMELISED ONION
SAUTÉED VEGETABLES
FRESH FRUIT
WHOLEMALE-BREAD

16

RICE WITH CURRY AND RAISINS
BLACK RICE WITH PRAWNS AND ALIOLI
SAUCE
POTATO AND ONION SPANISH OMELETTE
SCRAMBLED EGGS WITH SERRANO HAM
MIXED SALAD
FRESH FRUIT
BREAD

23

BEANS SALAD
SPINACH WITH CHICKPEAS
SAUSAGES WITH PEPPERS
SAUSAGES WITH BBQ SAUCE
MIXED SALAD
FRESH FRUIT
BREAD

30

SPINACH GRATIN WITH BECHAMEL SAUCE
CHICKPEA STEW WITH VEGETABLES
CHEESEBURGER
BURGER WITH WHOLEGRAIN MUSTARD
SAUCE
LETTUCE, CORN AND CARROTS SALAD
FRESH FRUIT
BREAD

10

LA MANCHA-STYLE RATATOUILLE WITH EGGS
VEGETABLE TACO WITH SPICY TOMATO
ROAST CHICKEN IN RAISIN SAUCE
BBQ CHICKEN WINGS
MIXED SALAD
FRESH FRUIT
BREAD

17

LENTILS STEW
SAUTÉED PEAS WITH COOKED HAM
CHICKEN MEATBALLS COOKED WITH RED
PEPPERS
GRILLED CHICKEN WITH LEMON
FRIED POTATOES
YOGHURT
BREAD

24

MIXED PAELLA
SPECIAL FRIED RICE
TURKEY IN SAUCE
ROAST TURKEY WITH APPLE SAUCE
CHIPS
FRESH FRUIT
BREAD

11

SPECIAL FRIED RICE
RICE SALAD
BATTERED COD
GRATIN COD
KIMNCHI-STYLE CABBAGE
FRESH FRUIT
BREAD

18

SALMOREJO
CORN AND TOMATO STEW
ANDALUSIAN-STYLE REDFISH
FRIED REDFISH
SEAFOOD SALAD
FRESH FRUIT
BREAD

25

GAZPACHO
POTATO SALAD WITH APPLE AND CHICKEN
COD WITH GARLIC MOUSSE
BATTERED COD IN A GARLIC SAUCE
ROASTED COURGETTE
NATURAL YOGHURT WITH TOPPING
BREAD

12

SALMOREJO
SAUTÉED PEAS WITH MUSHROOMS AND
EGGS
FRENCH OMELETTE
POTATO OMELETTE
SAUTÉED CAULIFLOWER
VAINILLA FLAN
BREAD

19

SOUP WITH PASTA STARS
CHICKPEAS SALAD
ROAST CHICKEN
GRILLED PORK TENDERLOIN FILLETS
GREEN BEANS, CARROTS AND CORN
SALAD
FRESH FRUIT
BREAD

26
MEXICAN DAY


According to Rgto. 1169/2011 you can ask
SERUNION staff for information
on substances that can cause allergies
or intolerances