

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

06

GLUTEN-FREE PASTA WITH NATURAL TOMATO SAUCE, BASIL, AND BLACK OLIVES
BAKED/GRILLED SALMON
CAULIFLOWER WITH BOILED CARROTS AND PEAS
FRESH FRUIT
GLUTEN-FREE BREAD

13

GLUTEN-FREE MACARONI WITH TOMATO SAUCE
FIREPLACE WITH WHITE WINE VINAIGRETTE
SAUTEED GREEN BEANS
FRESH FRUIT
GLUTEN-FREE BREAD

20

GLUTEN-FREE ELBOW WITH TOMATO SAUCE
COD WITH GARLIC AND PAPRIKA
SAUTEED CAULIFLOWER
FRESH FRUIT
GLUTEN-FREE BREAD

27

GLUTEN-FREE PASTA SAUTEED WITH GARLIC AND PAPRIKA
MEDITERRANEAN ROOSTER
COLESLAW
FRESH FRUIT
GLUTEN-FREE BREAD

07

CHICKEN SOUP
LEAN PORK WITH TOMATO SAUCE
BAKED PUMPKIN
FRESH FRUIT
GLUTEN-FREE BREAD

14

SAUTEED MUSHROOMS WITH GARLIC AND PARSLEY
GRILLED CHICKEN WITH LEMON LETUCCE, CORN AND OLIVE SALAD
FRESH FRUIT
GLUTEN-FREE BREAD

21

WHITE BEANS WITH SWISS CHARD
GRILLED CHICKEN
LETTUCE, TOMATO, TUNA, CORN, AND EGG SALAD
FRESH FRUIT
GLUTEN-FREE BREAD

28

CREAM OF ZUCCHINI SOUP
GRILLED CHICKEN
OVEN BAKED PUMPKIN
FRESH FRUIT
GLUTEN-FREE BREAD

01

RICE WITH TOMATO SAUCE
BAKED CHICKEN THIGH
FRENCH FRIES
FRESH FRUIT
GLUTEN-FREE BREAD

08

WHITE BEANS WITH VEGETABLES
BAKED TURKEY BREAST
LETTUCE, TOMATO, TUNA, CORN, AND EGG SALAD
FRESH FRUIT
GLUTEN-FREE BREAD

15

CREAM OF ZUCHINNI SOUP
SCRAMBLED EGGS
BAKED POTATOES WITH GARLIC AND THYME
FRESH FRUIT
GLUTEN-FREE BREAD

22

SAUTEED SPINACH
GRILLED SIRLOIN STEAKS
ROASTED POTATOES
FRESH FRUIT
GLUTEN-FREE BREAD

29

RICE WITH TOMATO SAUCE
LOIN WITH APPLE AND ONION CHUTNEY
BAKED ZUCCHINI
FRESH FRUIT
GLUTEN-FREE BREAD

02

GREEN BEANS WITH POTATOES AND SERRANO HAM IN TOMATO SAUCE
HOMEMADE FRENCH OMELETTE
DRESSED TOMATO
FRESH FRUIT
GLUTEN-FREE BREAD

09

MIXED PAELLA
BAKED HAKE LOIN WITH GARLIC AND PARSLEY
SAUTEED ZUCCHINI
FRESH FRUIT
GLUTEN-FREE BREAD

16

SAUTEED RICE WITH CARROTS, PEAS AND EGG
MACKEREL IN TOMATO SAUCE
SAUTEED VEGETABLES
FRESH FRUIT
GLUTEN-FREE BREAD

23

RICE WITH TOMATO SAUCE
BAKED HAKE LOIN
DRESSED TOMATO
FRESH FRUIT
GLUTEN-FREE BREAD

30

POTATOES WITH SQUID AND MUSSELS
TUNA WITH ONION
TOMATO SALAD
FRESH FRUIT
GLUTEN-FREE BREAD

03

VEGETABLE SOUP WITH GLUTEN-FREE PASTA
TURKEY IN PLUM SAUCE
WHITE RICE
FRESH FRUIT
GLUTEN-FREE BREAD

10

CREAM OF SWISS CHARD, GREEN BEANS, ZUCHINNI, SQUASH AND CARROT
SCRAMBLED POTATOES WITH SERRANO HAM
SAUTEED MUSHROOMS WITH GARLIC AND PARSLEY
FRESH FRUIT

17

SAUTEED PEAS WITH HAM
BAKED EGGS WITH TOMATO
LETTUCE SALAD, CORN AND OLIVE
FRESH FRUIT
GLUTEN-FREE BREAD

24

CREAM OF LEEK SOUP
SCRAMBLED EGGS WITH ASPARAGUS
SAUTEED BABY CARROTS
FRESH FRUIT
GLUTEN-FREE BREAD

31

SAUTEED PEAS WITH ONION
HOMEMADE ZUCCHINI OMELETTE
PLAIN RICE
FRESH FRUIT
GLUTEN-FREE BREAD