

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

RICE WITH TOMATO SAUCE
STIR-FRIED CHICKEN WITH
MANGO AND SOY SAUCE
FRIED SPICED POTATO
FRESH FRUIT
BREAD

GAZPACHO
FRENCH OMELETTE
TOMATO SALAD
FRESH FRUIT
BREAD

VEGETABLES SOUP WITH NOODLES
TURKEY WITH PLUMS SAUCE
COUSCOUS
NATURAL YOGHURT WITH TOPPING
BREAD

06
ELBOWS CARBONARA SAUCE
Salmon with Soy Sauce
SAUTEED Vegetable
FRESH FRUIT
WHOLEMALE-BREAD

07
SALMOREJO
MEATBALLS WITH TOMATO SAUCE
ROASTED PUMPKIN
NATURAL YOGHURT WITH TOPPING
BREAD

08
BEAN STEW
TURKEY IN SAUCE
MIXED SALAD
FRESH FRUIT
BREAD

09
PAELLA
HAKE LOIN IN AMERICAN SAUCE
SAUTEED ZUCCHINI
FRESH FRUIT
BREAD

10
CREAM OF VEGETABLE SOUP
SCRAMBLED POTATOES WITH
SERRANO HAM
SAUTÉED MUSHROOMS WITH
GARLIC AND PARSLEY
FRESH FRUIT
BREAD

13
MACARONI WITH TOMATO SAUCE
FOGONERO WITH VINAIGRETTE
SAUCE
SAUTEED GREEN BEANS WITH GARLIC
FRESH FRUIT
WHOLEMALE-BREAD

14
LENTILS STEW
GRILLED CHICKEN WITH LEMON
CORN SALAD WITH OLIVES
FRESH FRUIT
BREAD

15
CREAM OF ZUCCHINI SOUP
BEEF STEW
BAKE POTATOES
YOGHURT
BREAD

16
THREE DELIGHTS RICE
MACKEREL IN TOMATO SAUCE
SAUTEED VEGETABLES
FRESH FRUIT
BREAD

17
YELLOW PEAS WITH HAM
ROAST EGGS WITH TOMATO
MIXED SALAD
FRESH FRUIT
BREAD

20
ELBOW MACARONI BOLOGNESE
CODFISH CROQUETTES
SAUTÉED CAULIFLOWER
NATURAL YOGHURT WITH TOPPING
WHOLEMALE-BREAD

21
BEANS WITH SWISS CHARD
CHICKEN TIKA MASALA
MIXED SALAD
FRESH FRUIT
BREAD

22
GRATIN SPINACH WITH BÉCHAMEL
SAUCE
LOIN STEAKS IN SAUCE
ROASTED POTATOES
FRESH FRUIT
BREAD

23
SEAFOOD RICE
BAKE COD FILLET
TOMATO SALAD
NATURAL YOGHURT WITH TOPPING
BREAD

24
CREAM OF LEEK AND POTATO SOUP
SCRAMBLED EGGS WITH ASPARAGUS
SAUTÉED BABY CARROTS
FRESH FRUIT
BREAD

27
AGLIO-OLIO SPIRALS WITH TURKEY AND
CHALOTE
MEDITERRANEAN ROOSTER
COLESLAW
NATURAL YOGHURT WITH TOPPING
WHOLEMALE-BREAD

28
CHICKPEA CASSEROLE
CHICKEN STEW
ROASTED PUMPKIN
FRESH FRUIT
BREAD

29
RICE WITH TOMATO SAUCE
STEAK LOIN WITH APPLE AND ONION
CHUTNEY
ROASTED COURGETTE
FRESH FRUIT
BREAD

30
MARINERA-STYLE POTATOES
TUNA WITH ONIONS
TOMATO SALAD
FRESH FRUIT
BREAD

31
LENTILS WITH CARROTS AND PEPPER
ZUCCHINI OMELETTE
SAUTEED RICE
FRESH FRUIT
BREAD