

LUNES**MARTES****MIÉRCOLES****JUEVES****VIERNES****01**

ENSALADA DE LECHUGA CON APIO,
MANZANA Y NUECES
BOLITAS DE POLLO COREANO
CON MIEL Y SOJA
REPOLLO ESTILO KIMCHI
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

02

ENSALADA SANTURCE
SERRANITO
PATATAS FRITAS CASERAS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

03

ENSALADA DE ARROZ CON HUEVO,
ACEITUNAS, YORK Y MAIZ
CROQUETAS DE JAMÓN
GUISANTES SALTEADOS CON CEBOLLA
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

04

ENSALADA MIXTA CON ESPARRÁGOS
Y ATÚN
TORTILLA ESPAÑOLA
SALTEADO MEDITERRANEO
FRUTA FRESCA-YOGUR NATURAL
C/TOPPING
SURTIDO DE PANES (PAN BLANCO,
INTEGRAL O CHAPATA)

05

ENSALADA DE PATATA CON HUEVO
GALLO EN ADOBO DE LIMÓN FRITO
COUS COUS DE CILANTRO
FRUTA FRESCA-YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO,
INTEGRAL O CHAPATA)

08

ENSALADA COLESLAW
TORTILLA FRANCESA CON QUESO
ARROZ SALTEADO
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

09

ENSALADA DE PASTA TRICOLOR
SALCHICHAS BRATWURST
COL SALTEADA Y PURÉ DE PATATAS CASERO
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

10

ENSALADA DE PATATA Y POLLO CON VINAGRETA DE
MIEL
BACALADILLA A LA ANDALUZA
CHAMPIÑONES SALTEADOS CON AJO Y PEREJIL
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

11

ENSALADA TROPICAL
ESTOFADO DE MAGRO CON VERDURITAS
BONIATOS AL HORNO
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

12

ENSALADA DE GARBANZOS ÁRABE
POLLO A LA PARMIGIANA
ZANAHORIA BABY SALTEADA
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

15

ENSALADA DE LECHUGA CON APIO Y NUECES
CHULETA DE SAJONIA A LA PLANCHA
PATATAS FRITAS CASERAS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

16

ENSALADA MIXTA
DUELOS Y QUEBRANTOS
BERENJENAS REBOZADAS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

17

ENSALADA DE ARROZ CON HUEVO, ACEITUNAS,
YORK Y MAIZ
CAZON EN ABOBO
ASADILLO DE PIMIENTOS ROJOS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

18

ENSALADA CAMPERA
POLLO EN SALSA DE NARANJA
SALTEADO DE VERDURAS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

19

ENSALADA SANTURCE
FISH AND CHIPS
CALABACÍN AL GRILL
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O
CHAPATA)

22

VACACIONES DE NAVIDAD

23

VACACIONES DE NAVIDAD

24

VACACIONES DE NAVIDAD

25

VACACIONES DE NAVIDAD

26

VACACIONES DE NAVIDAD

29

VACACIONES DE NAVIDAD

30

VACACIONES DE NAVIDAD

31

**TODOS LOS DIAS, ADEMÁS DE LOS PLATOS
INDICADOS, TAMBIÉN HAY DISPONIBLE UN
BUFFET DE ENSALADA
COMPUESTO DE:
✓ 1 TIPO DE LECHUGA
✓ 4 TOPPING PARA ELEGIR**

Atendiendo al Rgto. 1169/2011
pueden solicitar al personal de
SERUNION la información de sustancias
que pueden causar alergias o intolerancias

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
01 LETTUCE SALAD WITH CELERY, APPLE, AND WALNUTS KOREAN CHICKEN BALLS WITH HONEY AND SOY SAUCE KIMCHI-STYLE CABBAGE FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	02 SANTURCE SALAD SERRANITO SANDWICH HOMEMADE POTATOES FRIES FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	03 RICE SALAD WITH EGG, OLIVES, HAM AND CORN HAM CROQUETTES SAUTÉED PEAS WITH ONION FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	04 MIXED SALAD WITH ASPARAGUS AND TUNA SPANISH OMELET MEDITERRANEAN STIR-FRY FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	05 POTATO SALAD WITH EGG FRIED FISH (GALLO) IN LEMON MARINADE CILANTRO COUSCOUS FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)
08 COLESLAW FRENCH OMELET WITH CHEESE STIR-FRIED RICE FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	09 TRICOLOR PASTA SALAD BRATWURT SAUSAGES SAUSAGE-ROASTED CABBAGE AND HOMEMADE MASHED POTATOES FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	10 POTATO AND CHICKEN SALAD WITH HONEY VINAIGRETTE ANDALUSIAN-STYLE WHITING SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	11 TROPICAL SALAD LEAN PORK STEW WITH VEGETABLES BAKED SWEET POTATOES FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	12 SPICY CHICKPEA SALAD CHICKEN PARMESAN SAUTÉED BABY CARROTS FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)
15 LETTUCE SALAD WITH CELERY AND WALNUTS GRILLED CHOP SAJONIA STYLE HOMEMADE FRIES FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	16 MIXED SALAD DUELOS Y QUEBRANTOS BREADED EGGPLANT FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	17 RICE SALAD WITH EGG, OLIVES, HAM AND CORN FISH (CAZÓN) IN MARINADE ROASTED RED PEPPERS FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	18 POTATO SALAD CHICKEN IN ORANGE SAUCE SAUTÉED VEGETABLES FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)	19 SANTURCE SALAD FISH AND CHIPS GRILLED ZUCCHINI FRESH FRUIT-PLAIN YOGURT WITH TOPPING ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)
22 CHRISTMAS HOLIDAYS	23 CHRISTMAS HOLIDAYS	24 CHRISTMAS HOLIDAYS	25 CHRISTMAS HOLIDAYS	26 CHRISTMAS HOLIDAYS
29 CHRISTMAS HOLIDAYS	30 CHRISTMAS HOLIDAYS	31 CHRISTMAS HOLIDAYS	IN ADDITON TO THE MENU, WE HAVE A SALAD BUFFET AVAILABLE EVERY DAY. THE SALAD BUFFET CONSIST OF: ✓1 TYPE OF LETTUCE ✓4 TOPPINGS OF YOUR CHOICE	According to Rgto. 1169/2011 you can ask SERUNION staff for information on substances that can cause allergies or intolerances