

LUNES**MARTES****MIÉRCOLES****JUEVES****VIERNES****03**

ENSALADA CESAR
SALCHICHAS FRESCAS EN SALSA STROGONOF
PATATAS FRITAS CASERAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

04

ENSALADA DE LACITOS CON JAMON YORK
REVUELTO DE HUEVO, PATATA Y BACON
TOMATE FRESCO A LA PROVENZAL
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

05

ENSALADA CAPRESSE
FOGONERO AL HORNO CON SALSA MEDITERRANEA
PATATAS RISOLADAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

06

HUEVOS REVUELTOS
COSTILLAS LACADAS CON SALSA BARBACOA
PATATAS DADO
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

07

PASTA SALTEADA CON AJO, PIMENTON DUCLE Y CEBOLLA
GYROS DE MAGRO CON SALSA TZATIKI
VERDURASL REHOGADAS CON PEREJIL
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

10

ENSALADA DE QUINOA CON QUESO CROQUE MONSIEUR
PATATAS PANADERA AL HORNO
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

11

ENSALADA SANTURCE
CAZON EN ADOBO
PATATAS FRITAS CASERAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

12

ENSALADA DE LECHUGA CON APIO, MANZANA Y NUECES
HUEVOS ROTOS CON BACON Y PATATAS PIMIENTOS ASADOS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

13

ENSALADA E ARROZ CON HUEVO EMPANADA CASERA BOLOÑESA
PATATAS DADO AL AJILLO
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

14

ENSALADA ALEMANA DE PATATA Y CABALLA
TORTILLA DE PATATA Y CALABACIN
ARROS SALTEADO THAI
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

17

ENSALADA CON ATUN Y HUEVO
GALLO AL HORNO CON CRUMBLE DE CEBOLLA
PATATAS FRITAS CASERAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

18

ENSALADA CAMPERA
MAGRO DE CERDO A LA RIOJANA
COSU COUS CON HIERBABUENA FRESCA
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

19

ENSALADA TROPICAL
TORTILLA ESPAÑOLA
TOMATE FRESCO GRATINADO CON QUESO Y ESPECIAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

20

ENSALADA MIXTA
ROLLITOS DE PRIMAVERA
ARROZ TRES DELICIAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

21

ENSALADA DE ARROZ CON LECHUGA, QUESO FRESCO Y MAIZ DULCE
EMPANADA DE ATUN CASERA
PATATA ASADA
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

24

ENSALADA CAMPESINA
REVUELTO DE CHAMPIÑONES Y JAMON SERRANO
PATATAS DADO AL AJILLO
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

25

ENSALADILLA RUSA
CHULETA DE SAJONIA A LA PLANCHA
ARITOS DE CEBOLLA
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

26

ENSALADA DE PASTA CON VERDURITAS
CALAMAR A LA PLANCHA
PATATAS FRITAS CASERAS
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

27

ENSALADA CON JAMON YOR, QUESO FRESCO Y NUECES
POLLO EN SALSA DE ALMENDRAS
PURÉ DE MANZANA
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

28

ENSALADA NICOISE
FLAMENQUINES
PURE DE PATATA CASERO
FRUTA FRESCA DE TEMPORADA-YOGUR NATURAL CON TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

TODOS LOS DIAS, ADEMAS DE LOS PLATOS INDICADOS, TAMBIÉN HAY DISPONIBLE UN BUFFET DE ENSALADA COMPUESTO DE:
1 TIPO DE LECHUGA + 4 TOPPINGS A 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****03****04****05****06****07**

CAESAR SALAD
FRESH SAUSAGES IN STROGONOFF SAUCE
HOMEMADE FRENCH FRIES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

BOW TIE SALAD WITH HAM
SCRAMBLED EGGS WITH POTATOES AND BACON
FRESH PROVENÇAL-STYLE TOMATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

CAPRESE SALAD
BAKED FISH WITH MEDITERRANEAN SAUCE
ROASTED POTATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SCRAMBLED EGGS
GLAZED RIBS WITH BARBECUE SAUCE
DICED POTATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SATEED PASTA WITH GARLIC, SWEET PAPRIKA AND ONION
LEAN PORK GYROS WITH TZATZIKI SAUCE
SAUTEED VEGETABLES WITH PARSLEY
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

10**11****12****13****14**

QUINOA SALAD WITH CHEESE
CROQUE MONSIEUR
BAKED POTATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SANTURCE SALAD
MARINATED DOGFISH
HOMEMADE FRENCH FRIES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

LETTUCE SALAD WITH CELERY, APPLE AND WALNUTS
BOKED EGGS WITH BACON AND POTATOES
ROASTED PEPPERS
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RICE AND EGG SALAD
HOMEMADE BOLOGNESE EMPANADA
GARLIC DICED POTATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

GERMAN POTATO AND MACKEREL SALAD
POTATO AND ZUCCHINI OMELETTE
THAI STIR-FRIED RICE
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

17**18****19****20****21**

TUNA AND EGG SALAD
BAKED ROOSTER WITH ONION CRUMBLE
HOMEMADE FRENCH FRIES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

COUNTRY SALAD
LEAN PORK RIOJA STYLE
COUSCOUS WITH FRESH MINT
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

TROPICAL SALAD
SPANISH OMELETTE
FES TOMATO GRATIN WITH CHEESE AND SPICES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

MIXED SALAD
SPRING ROLLS
THREE DELIGHTS RICE
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RICE SALAD WITH LETTUCE, FRESH CHEESE AND SWEETCORN
HOMEMADE TUNA EMPANADA
BAKED POTATO
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

24**25****26****27****28**

COUNTRY SALAD
SCRAMBLED EGGS WITH MUSHROOMS AND SERRANO HAM
DICED POTATOES IN GARLIC SAUCE
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

RUSSIAN SALAD
GRILLED PORK CHOP
ONION RINGS
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

PASTA SALAD WITH VEGETABLES
GRILLED CALAMARI
HOMEMADE FRENCH FRIES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

SALAD WITH HAM, FRESH CHEESE AND WALNUTS
CHICKEN IN ALMOND SAUCE
APPLE PUREE
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

NICOISE SALAD
FLAMENQUINES
HOMEMADE MASHED POTATOES
FRESH FRUIT-PLAIN YOGURT WITH TOPPING
ASSORTED BREADS (WHITE, WHOLE WHEAT, OR CIABATTA)

IN ADDITION TO THE MENU, WE HAVE A SALAD BUFFET AVAILABLE EVERY DAY
THE SALAD BUFFET CONSISTS OF:
ONE TYPE OF LETTUCE AND FOUR TOPPINGS OF YOUR CHOICE

ACCORDING TO RGTO. 1169/2011
YOU CAN ASK SERUNION STAFF FOR INFORMATION ON SUBSTANCES THAT CAN CAUSE ALLERGIES OR INTOLERANCES