

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

ATENDIENDO AL RGTO. 1169/2011
PUEDEN SOLICITAR AL PERSONAL DE
SERUNION LA INFORMACIÓN
DE SUSTANCIAS QUE PUEDEN
CAUSAR ALERGIAS O INTOLERANCIAS

03

CODITOS SIN GLUTEN CON SALSA DE TOMATE
PECHUGA DE POLLO AL HORNO/PLANCHA
ENSALADA DE LECHUGA, REMOLACHA
RALLADA Y MAÍZ
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

04

CREMA DE JUDÍAS VERDES, CALABACÍN,
CALABAZA Y ACELGAS
MAGRO DE CERDO CON TOMATE
PATATAS PANADERA AL HORNO
YOGUR NATURAL
PAN SIN GLUTEN Y SIN ALÉRGENOS

05

ARROZ CON SALSA DE TOMATE
TORTILLA DE PATATAS
ENSALADA DE COL Y ZANAHORIA RALLADA
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

06

PATATAS CON ARROZ
SALMON AL HORNO CON AJO Y PEREJIL
ESPIRALES SIN GLUTEN SALTEADOS CON
AJO Y PIMENTÓN
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

07

GARBANZOS SALTEADOS CON CEBOLLA Y
BACON
ALITAS DE POLLO AL HORNO
ARROZ PILAF
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

10

PASTA SIN GLUTEN CON SALSA DE TOMATE
CINTA DE LOMO HORNO/PLANCHA
CALABAZA ASADA
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

11

CREMA DE JUDIAS VERDES, CALABACÍN,
CALABAZA Y ACELGAS
REVUELTO DE JAMÓN Y PATATAS
ZANAHORIA SALTEADA
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

12

ALUBIAS PATATAS Y VERDURAS
MERLUZA CON TOMATE, ALBAHACA Y
ACEITUNAS
PATATAS COCIDAS
YOGUR NATURAL
PAN SIN GLUTEN Y SIN ALÉRGENOS

13

ARROZ CON SALSA DE TOMATE CASERA
CONTRAMUSLO DE POLLO AL LIMÓN
ENSALADA DE MAÍZ Y REMOLACHA
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

14

SOPA CASERA DE AVE CON FIDEOS SIN
GLUTEN
POLLO ASADO EN SU JUGO
PATATAS FRITAS
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

17

ARROZ CON SALSA DE TOMATE CASERA
HUEVOS FRITOS
ENSALADA DE LECHUGA, TOMATE, MAÍZ,
ZANAHORIA Y ESPÁRRAGOS
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

18

ALUBIAS PINTAS CON PATATAS Y VERDURAS
POLLO A LA FINAS HIERBAS
TOMATE FRESCO ALIÑADO
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

19

CREMA DE BONIATO, CALABAZA Y PUERRO
BACALAO AL HORNO CON AJO Y PEREJIL
PATATAS A LO POBRE
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

20

SOPA DE VERDURAS
LOMO AL HORNO O A LA PLANCHA
CALABACIN ASADO
YOGUR NATURAL
PAN SIN GLUTEN Y SIN ALÉRGENOS

21

PASTA SIN GLUTEN CON SALSA DE
TOMATE CASERA Y OREGANO
CONTRAMUSLO DE POLLO A LA PLANCHA
CALABAZA ASADA
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

24

GARBANZOS CON VERDURAS, TOMATE Y AJO
CINTA DE LOMO AL HORNO A LA PLANCHA
ENSALADA DE LECHUGA, MAÍZ Y ZANAHORIA
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

25

PASTA SIN GLUTEN CON SALSA DE TOMATE
CABALLA EN SALSA DE TOMATE
VERDURITAS SALTEADAS CON CEBOLLA Y
AJO
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

26

CREMA DE JUDIAS VERDES, CALABACÍN,
CALABAZA Y ACELGAS
CONTRAMUSLO DE POLLO AL HORNO O A LA
PLANCHA CON AJO
ARROZ EN BLANCO SALTEADO
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

27

PAELLA DE VERDURITAS
TORTILLA FRANCESA
TOMATE ALIÑADO CON ORÉGANO
FRUTA FRESCA
PAN SIN GLUTEN Y SIN ALÉRGENOS

28

SOPA CASERA DE VERDURAS CON FIDEOS
SIN GLUTEN
CINTA DE LOMO AL HORNO/PLANCHA
PATATAS FRITAS
YOGUR NATURAL
PAN SIN GLUTEN Y SIN ALÉRGENOS

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

03

GLUTEN-FREE PASTA WITH TOMATO SAUCE
ROASTED OR GRILLED CHICKEN
LETTUCE, BEETROOT, AND CORN SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

10

GLUTEN-FREE PASTA WITH TOMATO SAUCE
ROASTED OR GRILLED PORK LOIN
BAKED PUMPKIN
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

17

RICE WITH HOMEMADE TOMATO SAUCE
FRIED EGGS
LETTUCE, TOMATO, CORN, CARROT, AND
ASPARAGUS SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

24

CHICKPEAS WITH VEGETABLES, TOMATO, AND
GARLIC
ROASTED OR GRILLED PORK LOIN
LETTUCE, CORN, AND CARROT SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

04

CREAM OF GREEN BEANS, ZUCCHINI,
PUMPKIN, AND SWISS CHARD
PORK LOIN WITH TOMATO SAUCE
BAKED POTATO
YOGURT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

11

CREAM OF GREEN BEANS, ZUCCHINI,
PUMPKIN, AND SWISS CHARD
SCRAMBLED EGGS WITH HAM AND
POTATOES
SAUTÉED CARROTS
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

18

BEANS WITH POTATOES AND VEGETABLES
HERB-STYLED CHICKEN
TOMATO SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

25

GLUTEN-FREE PASTA WITH TOMATO SAUCE
FISH (MACKEREL) IN TOMATO SAUCE
SAUTÉED VEGETABLES WITH ONION AND
GARLIC
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

05

RICE WITH HOMEMADE TOMATO SAUCE
POTATO OMELETTE
CABBAGE AND CARROT SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

12

BEANS WITH POTATOES AND VEGETABLES
HAKE WITH TOMATO, BASIL, AND OLIVES
BOILED POTATOES
YOGURT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

19

SWEET POTATO, PUMPKIN, AND LEEK CREAM
BAKED COD WITH GARLIC AND PARSLEY
POTATOES
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

26

CREAM OF GREEN BEANS, ZUCCHINI,
PUMPKIN, AND SWISS CHARD
ROASTED OR GRILLED CHICKEN WITH GARLIC
STIR-FRIED RICE
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

06

POTATO STEW WITH RICE
GRILLED SALMON WITH GARLIC AND
PARSLEY
GLUTEN-FREE PASTA SAUTÉED WITH GARLIC
AND PAPRIKA
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

13

RICE WITH HOMEMADE TOMATO SAUCE
GRILLED CHICKEN WITH LEMON SAUCE
CORN AND BEETROOT SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

20

VEGETABLES SOUP
ROASTED OR GRILLED PORK LOIN
GRILLED ZUCCHINI
YOGURT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

27

VEGETABLE PAELLA
FRENCH OMELETTE
TOMATO SALAD WITH OREGANO
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

07

CHICKPEAS SAUTÉED WITH ONION AND
BACON
ROASTED CHICKEN WINGS
RICE PILAF
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE
BREAD

14

HOMEMADE CHICKEN SOUP WITH
GLUTEN-FREE NOODLES
ROASTED CHICKEN
FRIED POTATOES
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE
BREAD

21

GLUTEN-FREE PASTA WITH HOMEMADE
TOMATO SAUCE AND OREGANO
ROASTED OR GRILLED CHICKEN
BAKED PUMPKIN
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE
BREAD

28

VEGETABLES SOUP WITH GLUTEN-FREE
NOODLES
ROASTED OR GRILLED PORK LOIN
FRIED POTATOES
YOGURT
GLUTEN-FREE AND ALLERGEN-FREE
BREAD