

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

VACACIONES DE NAVIDAD

VACACIONES DE NAVIDAD

VACACIONES DE NAVIDAD

01

02

03

05

VACACIONES DE NAVIDAD

06

VACACIONES DE NAVIDAD

07

VACACIONES DE NAVIDAD

08

ENSALADA DE ARROZ CON HUEVO, ACEITUNAS, YORK Y MAÍZ
EMPANADA CASERA BOLOÑESA
PATATAS DADO AL AJILLO
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

09

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

12

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

13

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

14

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

15

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

16

ENSALADA DE ARROZ CON LECHUGA, QUESO FRESCO Y MAIZ DULCE
EMPANADA DE CARNE CASERA
PATATAS FRITAS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

19

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

20

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

21

ENSALADA DE PASTA CON VERDURITAS
CALAMAR RABAS REBOZADAS
PATATAS FRITAS CASERAS
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

22

ENSALADA DE LACITOS CON YORK, ZANAHORIA, MAÍZ Y TOMATE
POLLO EN SALSA DE ALMENDRAS
PURÉ DE MANZANA
FRUTA FRESCA - YOGUR NATURAL C/TOPPING
SURTIDO DE PANES (PAN BLANCO, INTEGRAL O CHAPATA)

23

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

26

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)

27

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

28

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)

29

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

30

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)

LUNES
MARTES
MIÉRCOLES
JUEVES
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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

CHRISTMAS HOLIDAYS

CHRISTMAS HOLIDAYS

05

CHRISTMAS HOLIDAYS

06

CHRISTMAS HOLIDAYS

07

CHRISTMAS HOLIDAYS

01
02
08

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

09

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)

12

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)

13

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

14

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

15

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

16

RICE SALAD WITH LETTUCE, FRESH
CHEESE AND SWEET CORN
HOMEMADE MEAT PASTRY
FRIED POTATO
FRESH FRUIT-PLAIN YOGURT WITH
TOPPING
ASSORTED BREADS (WHITE, WHOLE
WHEAT, OR CIABATTA)

19

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)

20

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

21

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

22

PASTA SALAD WITH HAM, CARROTS,
SWEET CORN AND TOMATO
CHICKEN IN ALMOND SAUCE
APPEL PUREE
FRESH FRUIT-PLAIN YOGURT WITH
TOPPING
ASSORTED BREADS (WHITE, WHOLE
WHEAT, OR CIABATTA)

23

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

26

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)

27

SANTURCE SALAD
SERRANITO SANDWICH
HOMEMADE POTATOES FRIES
FRESH FRUIT-PLAIN YOGURT WITH
TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR CIABATTA)

28

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)

29

MIXED SALAD WITH ASPARAGUS
AND TUNA
SPANISH OMELET
MEDITERRANEAN STIR-FRY
FRESH FRUIT-PLAIN YOGURT
WITH TOPPING
ASSORTED BREADS
(WHITE, WHOLE WHEAT, OR CIABATTA)

30

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)