

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

02

PASTA SIN GLUTEN CON SALSA DE TOMATE
CINTA DE LOMO AL HORNO O A LA PLANCHA
CALABAZA ASADA
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

03

CREMA DE JUDIAS VERDES, CALABACIN, CALABAZA
Y ACELGAS
REVUELTO DE JAMON Y PATATAS
VERDURAS ASADAS
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

04

ALUBIAS CON PATATAS Y VERDURAS
GALLINETA CON TOMATE, ALBAHACA Y ACEITUNAS
PATATA COCIDA
YOGUR SABORES VARIADOS
PAN SIN GLUTEN Y SIN ALÉRGENOS

05

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

06

SOPA CASERA DE AVE CON FIDEOS SIN
GLUTEN
FILETE DE JAMON ASADO
PATATAS FRITAS
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

09

ARROZ CON SALSA DE TOMATE CASERA
HUEVO FRITO
PIMIENTOS ASADOS
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

10

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

11

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

12

SOPA DE VERDURAS
CERDO AL HORNO O A LA PLANCHA
PURE DE PATATA CASERO
YOGUR SABORES VARIADOS
PAN SIN GLUTEN Y SIN ALÉRGENOS

13

MACARRONES SIN GLUTEN CON TOMATE
TROZOS Y OREGANO
CONTRAMUSLO DE POLLO AL HORNO O A LA
PLANCHA
CALABAZA ASADA
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

16

GARBANZOS CON VERDURAS, TOMATE Y AJO
CINTA DE LOMO AL HORNO O A LA PLANCHA
BERENJENA ASADA
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

17

PASTA SIN GLUTEN CON SALSA DE TOMATE
SALMON AL HORNO O A LA PLANCHA
PATATAS PANADERA AL HORNO
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

18

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

19

PAELLA DE VERDURITAS
TORTILLA FRANCESA CASERA
TOMATE ALIÑADO CON OREGANO
YOGUR SABORES VARIADOS
PAN SIN GLUTEN Y SIN ALÉRGENOS

20

SOPA CASERA DE VERDURAS CON PASTA SIN
GLUTEN
CINTA DE LOMO AL HORNO O A LA PLANCHA
PATATAS FRITAS
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

23

PASTA SIN GLUTEN CON SALSA DE TOMATE,
ALBAHACA Y ACEITUNA NEGRA
REVUELTO DE JAMON SERRANO CON PATATAS
ENSALADA DE LECHUGA, TOMATE Y ATUN
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

24

SOPA DE AVE CON CALDO CASERO
MERLUZA AL HORNO CON AJO Y PEREJIL
ARROZ EN BLANCO
YOGUR SABORES VARIADOS
PAN SIN GLUTEN Y SIN ALÉRGENOS

25

ALUBIAS BLANCAS CON ZANAHORIA
MAGRO DE CERDO CON SALSA DE TOMATE
PATATAS DADO
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

26

CREMA DE ACELGA, JUDIA VERDE, CALABACIN,
CALABAZA Y ZANAHORIA
PECHUGA DE PAVO AL HORNO O A LA PLANCHA
CALABACIN HORNO O PLANCHA
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

27

ARROZ CON VERDURAS
REVUELTO DE HUEVO
NACHOS
FRUTA FRESCA DE TEMPORADA
PAN SIN GLUTEN Y SIN ALÉRGENOS

30

VACACIONES DE SEMANA SANTA

31

VACACIONES DE SEMANA SANTA

**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

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02

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

03

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

04

BEANS WITH POTATOES AND VEGETABLES
FISH (GALLINETA) WITH TOMATO, BASIL, AND OLIVES
BOILED POTATO
ASSORTED YOGURT FLAVORS
GLUTEN-FREE AND ALLERGEN-FREE BREAD

05

RICE WITH TOMATO SAUCE
LEMON CHICKEN THIGH
CORN AND BEET SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

06

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

09

RICE WITH HOMEMADE TOMATO SAUCE
FRIED EGG
ROASTED PEPPERS
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

10

PINTO BEANS WITH POTATOES AND VEGETABLES
HERB-CRUSTED CHICKEN
FRESH DRESSED TOMATO
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

11

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

12

VEGETABLE SOUP
BAKED OR GRILLED PORK
HOMEMADE MASHED POTATOES
ASSORTED YOGURT FLAVORS
GLUTEN-FREE AND ALLERGEN-FREE BREAD

13

GLUTEN-FREE MACARONI WITH TOMATO SAUCE PIECES AND OREGANO
BAKED OR GRILLED CHICKEN THIGH
ROASTED PUMPKIN
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

16

CHICKPEAS WITH VEGETABLES, TOMATO, AND GARLIC
BAKED OR GRILLED PORK LOIN
ROASTED EGGPLANT
FRESH FRUIT

17

GLUTEN-FREE AND ALLERGEN-FREE BREAD
GLUTEN-FREE PASTA WITH TOMATO SAUCE
BAKED OR GRILLED SALMON
BAKED POTATOES
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

18

CREAM OF GREEN BEANS, ZUCCHINI, PUMPKIN, AND
CHARD
BAKED OR GRILLED CHICKEN THIGH WITH GARLIC
SAUTÉED WHITE RICE
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

19

VEGETABLE PAELLA
HOMEMADE OMELET
TOMATO SALAD WITH OREGANO
ASSORTED YOGURT FLAVORS
GLUTEN-FREE AND ALLERGEN-FREE BREAD

20

HOMEMADE VEGETABLE SOUP WITH GLUTEN-FREE PASTA
BAKED OR GRILLED PORK LOIN
FRIED POTATOES
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

23

GLUTEN-FREE PASTA WITH TOMATO, BASIL,
AND BLACK OLIVE SAUCE
SCRAMBLED EGGS WITH SERRANO HAM AND
POTATOES
LETTUCE, TOMATO, AND TUNA SALAD
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

24

CHICKEN SOUP WITH HOMEMADE BROTH
BAKED HAKE WITH GARLIC AND PARSLEY
PLAIN RICE
ASSORTED YOGURT FLAVORS
GLUTEN-FREE AND ALLERGEN-FREE BREAD

25

WHITE BEANS WITH CARROTS
LEAN PORK WITH TOMATO SAUCE
POTATOES
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

26

CREAM OF CHARD, GREEN BEANS, ZUCCHINI,
PUMPKIN, AND CARROT SOUP
BAKED TURKEY BREAST OR GRILLED
BAKED OR GRILLED ZUCCHINI
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

27

RICE WITH VEGETABLES
SCRAMBLED EGGS
NACHOS
FRESH FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

30

EASTER HOLIDAYS

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EASTER HOLIDAYS

**IN ADDITION 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