

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

FRESH SEASONAL FRUIT (SPRING):APPLE, BANANA, PEAR, MELON, WATERMELON

The fruit served will depend on availability, but
we guarantee that it will always be fresh and in
season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

01

LENTIL SALAD WITH COUSCOUS
LEMON CHICKEN THIGH
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

02

RICE WITH HOMEMADE TOMATO SAUCE (RICE,
TOMATO, ONION, CARROT, GARLIC)
HAKE STEW ROTEÑA STYLE (PEPPER, ONION,
TOMATO)
MASHED POTATOES
PLAIN YOGURT
WHITE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
BAKED EGGS WITH TOMATO SAUCE
DICED FRIED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

04

COUNTRY SALAD (POTATO, TOMATO, PEPPER,
ONION AND TUNA
SAUTÉED CHICKPEAS WITH CHICKEN AND LEMON
SAUTEED PASTA
FRESH SEASONAL FRUIT
WHITE BREAD

05

WHOLE WHEAT MACARONI WITH TOMATO
SAUCE AU GRATIN
FRIED COD CROQUETTES
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

08

SAUTÉED CHICKPEAS WITH ZUCCHINI, PEPPERS,
POTATO, AND SOY SAUCE
SCRAMBLED EGGS WITH MELTED CHEESE
WHITE RICE
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

09

MACARONI NEAPOLITAN (TOMATO SAUCE,
OREGANO)
SAUTÉED BEANS WITH CABBAGE, SQUASH, AND
PESTO SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
WHITE BREAD

10

SPINACH AU GRATIN WITH BÉCHAMEL SAUCE
SAUTÉED CHICKEN WITH GARLIC
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

11

ASIAN-STYLE FRIED RICE
GRILLED HAKE FILLET OVEN BAKED
FRIED BREADED ZUCCHINI
FRESH SEASONAL FRUIT
WHITE BREAD

12

HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
FRESH SEASONAL FRUIT
WHITE BREAD

15

SAUTÉED CHICKPEAS WITH ONION
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
PLAIN YOGURT
WHOLE WHEAT BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION,
CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS,
CARROT, AND LEEK)
CHICKEN IN MUSTARD SAUCE
WHITE RICE
FRESH SEASONAL FRUIT
WHITE BREAD

17

WHOLE WHEAT SPAGHETTI WITH GARLIC AND
PAPRIKA SAUCE, TURKEY, AND CHIVES
GRILLED REDFISH VIZCAINA-STYLE (TOMATO,
PEPPER, ONION)
MASHED POTATOES
FRESH SEASONAL FRUIT
BREAD WHOLE WHEAT

18

CHICKEN FAJITAS
KENTUCKY-STYLE CHICKEN WINGS
FRENCH FRIES
ASSORTED ICE CREAM
WHITE BREAD

19

CUBAN-STYLE RICE (TOMATO SAUCE,
FRIED EGG)
BAKED/GRILLED CHICKEN SAUSAGES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

FRESH SEASONAL FRUIT (SPRING):APPLE, BANANA, PEAR, MELON, WATERMELON

The fruit served will depend on availability, but we guarantee that it will always be fresh and in season

According to Rgto. 1169/2011 you can ask SERUNION staff for information on substances that can cause allergies or intolerances

01

GARDEN VEGETABLE STEW (ZUCCHINI, TOMATO, RED AND GREEN PEPPERS, ONION, AND GARLIC)
LENTIL STEW WITH POTATOES AND VEGETABLES
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

02

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
SCRAMBLED EGGS
MASHED POTATOES
PLAIN YOGURT
WHITE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
CHICKPEA STEW WITH SPINACH
FRIED DICED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

04

POTATO SALAD WITH PEPPER, ONION, AND OLIVES
SAUTÉED CHICKPEAS WITH ONION AND CARROT
SAUTEED PASTA
FRESH SEASONAL FRUIT
WHITE BREAD

05

WHOLE WHEAT MACARONI WITH TOMATO SAUCE AND GRATINÉED TOPPING
CHICKPEA HUMMUS WITH BREADSTICKS
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

08

SAUTÉED CHICKPEAS WITH ZUCCHINI, PEPPERS, POTATO, AND SOY SAUCE
CHICKPEA AND ZUCCHINI STEW
WHITE RICE
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

09

STEAMED BROCCOLI
SAUTÉED BEANS WITH CABBAGE, SQUASH, AND PESTO SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
WHITE BREAD

10

SPINACH AU GRATIN WITH BÉCHAMEL SAUCE
GRILLED FRENCH OMELET
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

11

SAUTÉED BROWN RICE WITH MUSHROOMS
MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO)
SALAD OF LETTUCE, FRESH TOMATO, ONION, AND SWEETCORN
FRESH SEASONAL FRUIT
WHITE BREAD

12

HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER)
SCRAMBLED EGGS
FRENCH FRIES
FRESH SEASONAL FRUIT
WHITE BREAD

15

SAUTÉED CHICKPEAS WITH ONION
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
PLAIN YOGURT
WHOLE WHEAT BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION, CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS, CARROT, AND LEEK)
LENTIL STEW WITH POTATOES AND VEGETABLES
WHITE RICE
FRESH SEASONAL FRUIT
WHITE BREAD

17

AGLIO I OLIO PASTA
SPRING ROLLS
MASHED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

18

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
FAJITAS WITH SOY BOLOGNESE
FRENCH FRIES
ASSORTED ICE CREAM
WHITE BREAD

19

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
FRIED EGGS
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

FRESH SEASONAL FRUIT (SPRING):APPLE, BANANA, PEAR, MELON, WATERMELON

The fruit served will depend on availability, but we guarantee that it will always be fresh and in season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

01

GARDEN VEGETABLE STEW (ZUCCHINI, TOMATO, RED AND GREEN PEPPERS, ONION, AND GARLIC)
LENTIL STEW WITH POTATOES AND VEGETABLES
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

02

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
SCRAMBLED EGGS
MASHED POTATOES
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
CHICKPEA STEW WITH SPINACH
FRIED DICED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

04

POTATO SALAD WITH PEPPER, ONION, AND OLIVES
SAUTÉED CHICKPEAS WITH ONION AND CARROT
SAUTÉED PASTA
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

05

WHOLE WHEAT MACARONI WITH TOMATO SAUCE AU GRATIN
CHICKPEA HUMMUS WITH BREADSTICKS
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

08

SAUTÉED CHICKPEAS WITH ZUCCHINI, PEPPERS, POTATO, AND SOY SAUCE
CHICKPEA AND ZUCCHINI STEW
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

09

STEAMED BROCCOLI
SAUTÉED BEANS WITH CABBAGE AND SQUASH
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

10

SPINACH WITH BÉCHAMEL SAUCE AU GRATIN
GRILLED FRENCH OMELET
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

11

SAUTÉED BROWN RICE WITH MUSHROOMS
MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO)
LETTUCE, FRESH TOMATO, ONION, AND SWEETCORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

12

HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER)
SCRAMBLED EGGS
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

15

SAUTÉED CHICKPEAS WITH ONION
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION, CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS, CARROT, AND LEEK)
LENTIL STEW WITH POTATOES AND VEGETABLES
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

17

AGLIO-OLIO SPIRALS
SPRING ROLLS
MASHED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

18

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
FRENCH OMELETTE (BAKED)
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

19

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
FRIED EGGS
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

**FRESH SEASONAL FRUIT
(SPRING):APPLE, BANANA, PEAR, MELON,
WATERMELON**

The fruit served will depend on availability, but
we guarantee that it will always be fresh and in
season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

01

LENTIL SALAD WITH COUSCOUS
LEMON CHICKEN THIGH
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

02

MILANESE RICE (PEAS, MUSHROOMS, MIXED
MINCED MEAT)
HAKE STEW ROTEÑA STYLE (PEA, ONION,
TOMATO)
MASHED POTATOES
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
BAKED EGGS WITH TOMATO SAUCE
DICE-FRIED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

04

COUNTRY SALAD (POTATO, TOMATO, PEPPER,
ONION, AND TUNA)
SAUTÉED CHICKPEAS WITH CHICKEN AND LEMON
SAUTEED PASTA
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

05

WHOLE WHEAT MACARONI WITH TOMATO
SAUCE AU GRATIN
MARINATED PORK LOIN BAKED IN THE OVEN
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

08

ANDALUSIAN STEW (CHICKPEAS, CHICKEN, POTATO,
GREEN BEANS, LEEK, CARROT, CELERY, AND BLACK
PUDDING)
SCRAMBLED EGGS WITH MELTED CHEESE
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

09

MACARONI NAPOLITANA (TOMATO SAUCE,
OREGANO)
PORK LOIN IN ZUCCHINI SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

10

SPINACH AU GRATIN WITH BÉCHAMEL SAUCE
SAUTÉED CHICKEN WITH GARLIC
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

11

BROWN RICE SAUTÉED WITH MUSHROOMS
GRILLED/BAKED HAKE FILLET
FRIED BREADED ZUCCHINI
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

12

HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

15

SAUTÉED CHICKPEAS WITH SERRANO HAM
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION,
CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS,
CARROT, AND LEEK)
CHICKEN IN MUSTARD SAUCE
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

17

WHOLE WHEAT SPAGHETTI CARBONARA (CREAM,
BACON)
BRAISED REDFISH VIZCAINA STYLE (TOMATO,
PEPPER, ONION)
MASHED POTATOES
FRESH FRUIT SEASONAL
ALLERGEN-FREE WHITE BREAD

18

CREAMY ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
GRILLED CHICKEN WINGS
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

19

RICE WITH HOMEMADE TOMATO SAUCE
(RICE, TOMATO, ONION, CARROT,
GARLIC)
FRESH GRILLED PORK SAUSAGES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

FRESH SEASONAL FRUIT (SPRING):APPLE, BANANA, PEAR, MELON, WATERMELON

The fruit served will depend on availability, but we guarantee that it will always be fresh and in season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

01

GARDEN VEGETABLE STEW (ZUCCHINI, TOMATO, RED AND GREEN PEPPERS, ONION, AND GARLIC)
LEMON CHICKEN THIGH
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

02

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
HAKE STEW ROTEÑA STYLE (PEPPER, ONION, TOMATO)
STEAMED POTATO
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
BAKED EGGS WITH TOMATO SAUCE
DICED FRIED POTATOES
FRUIT FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

04

COUNTRY SALAD (POTATO, TOMATO, PEPPER, ONION, AND TUNA)
SAUTÉED CHICKPEAS WITH CHICKEN AND LEMON
SAUTÉED GLUTEN-FREE PASTA
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

05

GLUTEN-FREE MACARONI WITH HOMEMADE TOMATO SAUCE
GRILLED/BAKED PORK LOIN
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

08

CREAMY CHICKPEA SOUP WITH VEGETABLES
SCRAMBLED EGGS
WHITE RICE
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

09

GLUTEN-FREE MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO)
PORK LOIN IN ZUCCHINI SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

10

SAUTÉED SPINACH
SAUTÉED CHICKEN WITH GARLIC
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

11

SAUTÉED BROWN RICE WITH MUSHROOMS
GRILLED HAKE FILLET OVEN BAKED
BAKED ZUCCHINI
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

12

HOMEMADE GAZPACHO WITH GLUTEN-FREE AND LACTOSE-FREE BREAD
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

15

SAUTÉED CHICKPEAS WITH SERRANO HAM
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION, CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS, CARROT, AND LEEK)
BAKED CHICKEN THIGHS
WHITE RICE
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

17

GLUTEN-FREE PASTA WITH GARLIC AND PAPRIKA
BRAISED REDFISH IN VIZCAINA SAUCE (TOMATO, PEPPER, ONION)
STEAMED POTATO
FRESH FRUIT SEASONAL
GLUTEN-FREE AND ALLERGEN-FREE BREAD

18

CREAMY OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
ROASTED CHICKEN WINGS
FRENCH FRIES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

19

CUBAN-STYLE RICE (TOMATO SAUCE, FRIED EGG)
ROASTED TURKEY THIGH
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

FRESH SEASONAL FRUIT (SPRING): APPLE, BANANA, PEAR, MELON, WATERMELON

The fruit served will depend on availability, but we guarantee that it will always be fresh and in season

According to Rgto. 1169/2011 you can ask SERUNION staff for information on substances that can cause allergies or intolerances

01

GARDEN VEGETABLE STEW (ZUCCHINI, TOMATO, RED AND GREEN PEPPERS, ONION, AND GARLIC)
 LEMON CHICKEN THIGH
 ROASTED SWEET POTATO
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

02

CHICKPEA AND SPINACH STEW
 HAKE STEW ROTEÑA STYLE (PEPPER, ONION, TOMATO)
 STEAMED POTATO
 PLAIN YOGURT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

03

ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION)
 BAKED EGGS WITH TOMATO SAUCE
 BOILED POTATOES
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

04

SALAD COUNTRY-STYLE (POTATO, TOMATO, PEPPER, ONION, AND TUNA)
 SAUTÉED CHICKPEAS WITH CHICKEN AND LEMON
 SAUTÉED GLUTEN-FREE PASTA
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

05

GLUTEN-FREE MACARONI WITH HOMEMADE TOMATO SAUCE
 GRILLED/OVEN-BAKED PORK LOIN
 LETTUCE AND CARROT SALAD
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

08

CREAMY CHICKPEA SOUP WITH VEGETABLES
 SCRAMBLED EGGS
 LETTUCE AND SWEETCORN SALAD
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

09

GLUTEN-FREE MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO)
 PORK LOIN IN ZUCCHINI SAUCE
 GRILLED VEGETABLES
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

10

SAUTÉED SPINACH
 SAUTÉED CHICKEN WITH GARLIC
 PROVENÇAL POTATOES WITH GARLIC AND THYME
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

11

GLUTEN-FREE MACARONI WITH TOMATO SAUCE, MUSHROOMS AND CHICKEN
 GRILLED/BAKED HAKE FILLET
 BAKED ZUCCHINI
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

12

HOMEMADE GAZPACHO WITH GLUTEN-FREE BREAD
 BAKED/GRILLED TURKEY BREAST FILLET
 BOILED POTATOES
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

15

SAUTÉED CHICKPEAS WITH SERRANO HAM
 FRENCH OMELET WITH MUSHROOMS AND HERBS
 BOILED POTATOES
 PLAIN YOGURT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION, CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS, CARROT, AND LEEK)
 CHICKEN IN MUSTARD SAUCE
 LETTUCE AND SWEETCORN SALAD
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

17

GLUTEN-FREE PASTA WITH GARLIC AND PAPRIKA
 GRILLED REDFISH IN VIZCAYA SAUCE (TOMATO, PEPPER, ONION)
 STEAMED POTATO
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

18

CREAMY ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
 ROASTED CHICKEN WINGS
 BOILED POTATOES
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD

19

GLUTEN-FREE MACARONI WITH HOMEMADE TOMATO SAUCE
 ROASTED TURKEY THIGH
 LETTUCE AND CUCUMBER SALAD
 FRESH SEASONAL FRUIT
 GLUTEN-FREE AND ALLERGEN-FREE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

**FRESH SEASONAL FRUIT
(SPRING):APPLE, BANANA, PEAR, MELON,
WATERMELON**

The fruit served will depend on availability, but
we guarantee that it will always be fresh and in
season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

LENTIL SALAD WITH COUSCOUS
LEMON CHICKEN THIGH
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

01

RICE WITH HOMEMADE TOMATO SAUCE (RICE,
TOMATO, ONION, CARROT, GARLIC)
HAKE STEW ROTEÑA STYLE (PEPPER, ONION,
TOMATO)
MASHED POTATOES
YOGURT
ALLERGEN-FREE WHITE BREAD

02

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
BAKED/GRILLED TURKEY BREAST FILLET
DICED FRIED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

03

COUNTRY SALAD (POTATO, TOMATO, PEPPER,
ONION, AND TUNA)
SAUTEED CHICKPEAS WITH CHICKEN AND LEMON
SAUTEED PASTA
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

04

WHOLE WHEAT MACARONI WITH TOMATO
SAUCE
GRILLED/BAKED PORK LOIN
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

05

CREAMY CHICKPEA SOUP WITH VEGETABLES
CHICKPEA STEW WITH ZUCCHINI
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

08

PASTA NAPOLITANA (TOMATO SAUCE, OREGANO)
PORK LOIN IN ZUCCHINI SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

09

SAUTÉED SPINACH
SAUTEED CHICKEN WITH GARLIC
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

10

SAUTÉED BROWN RICE WITH MUSHROOMS
GRILLED HAKE FILLET OVEN BAKED
BAKED ZUCCHINI
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

11

HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

12

SAUTÉED CHICKPEAS WITH SERRANO HAM
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

15

CREAM OF VEGETABLE SOUP (POTATO, ONION,
CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS,
CARROT, AND LEEK)
CHICKEN IN MUSTARD SAUCE
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

16

WHOLE WHEAT SPAGHETTI WITH GARLIC AND OIL
BRAISED REDFISH IN VIZCAINA SAUCE (TOMATO,
PEPPER, ONION)
MASHED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD ALLERGENS

17

CREAMY ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
ROASTED CHICKEN WINGS
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

18

RICE WITH HOMEMADE TOMATO SAUCE
(RICE, TOMATO, ONION, CARROT,
GARLIC)
ROASTED TURKEY THIGH
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

19



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

**FRESH SEASONAL FRUIT
(SPRING):APPLE, BANANA, PEAR, MELON,
WATERMELON**

The fruit served will depend on availability, but
we guarantee that it will always be fresh and in
season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

01

LENTIL SALAD WITH COUSCOUS
LEMON CHICKEN THIGH
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

02

MILANESE RICE (PEAS, MUSHROOMS, MIXED
MINCED MEAT)
SCRAMBLED EGGS
MASHED POTATOES
PLAIN YOGURT
WHITE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
BAKED EGGS WITH TOMATO SAUCE
DICE-FRIED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

04

POTATO SALAD WITH PEPPER, ONION, AND OLIVES
SAUTÉED CHICKPEAS WITH CHICKEN STRIPS AND
LEMON
ELBOW MACARONI WHITE BREAD
FRESH SEASONAL FRUIT
WHITE BREAD

05

WHOLE WHEAT MACARONI WITH TOMATO
SAUCE AU GRATIN
MARINATED PORK LOIN BAKED IN THE OVEN
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

08

ANDALUSIAN STEW (CHICKPEAS, CHICKEN, POTATO,
GREEN BEANS, LEEK, CARROT, CELERY, AND BLACK
PUDDING)
SCRAMBLED EGGS WITH MELTED CHEESE
WHITE RICE
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

09

MACARONI NAPOLITANA (TOMATO SAUCE,
OREGANO)
PORK LOIN IN ZUCCHINI SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
WHITE BREAD

10

SPINACH WITH BÉCHAMEL SAUCE AU GRATIN
SAUTÉED CHICKEN WITH GARLIC
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

11

SAUTÉED WHOLE WHEAT RICE WITH
MUSHROOMS
CHICKEN THIGHS OVEN BAKED
BAKED ZUCCHINI
FRESH SEASONAL FRUIT
WHITE BREAD

12

HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
FRESH SEASONAL FRUIT
WHITE BREAD

15

SAUTÉED CHICKPEAS WITH SERRANO HAM
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
PLAIN YOGURT
WHOLE WHEAT BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION,
CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS,
CARROT, AND LEEK)
CHICKEN IN MUSTARD SAUCE
WHITE RICE
FRESH SEASONAL FRUIT
WHITE BREAD

17

WHOLE WHEAT SPAGHETTI CARBONARA (CREAM,
BACON)
BAKED EGGS WITH RATATOUILLE
MASHED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

18

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
KENTUCKY-STYLE CHICKEN WINGS
FRENCH FRIES
FRESH SEASONAL FRUIT
WHITE BREAD

19

RICE WITH HOMEMADE TOMATO SAUCE
(RICE, TOMATO, ONION, CARROT,
GARLIC)
FRESH GRILLED PORK SAUSAGES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

**FRESH SEASONAL FRUIT
(SPRING):APPLE, BANANA, PEAR, MELON,
WATERMELON**

The fruit served will depend on availability, but
we guarantee that it will always be fresh and in
season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

LENTIL SALAD WITH COUSCOUS
LEMON CHICKEN THIGH
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

01

RICE WITH HOMEMADE TOMATO SAUCE (RICE,
TOMATO, ONION, CARROT, GARLIC)
HAKE STEW ROTEÑA STYLE (PEPPER, ONION,
TOMATO)
STEAMED POTATO
SOY YOGURT
ALLERGEN-FREE WHITE BREAD

02

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
BAKED EGGS WITH TOMATO SAUCE
DICE-FRIED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

03

COUNTRY SALAD (POTATO, TOMATO, PEPPER,
ONION, AND TUNA
SAUTÉED CHICKPEAS WITH CHICKEN AND LEMON
SAUTEED PASTA
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

04

WHOLE WHEAT MACARONI WITH TOMATO
SAUCE
GRILLED/BAKED PORK LOIN
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

05

CREAMY CHICKPEA SOUP WITH VEGETABLES
SCRAMBLED EGGS
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

08

MACARONI NAPOLITANA (TOMATO SAUCE,
OREGANO)
PORK LOIN IN ZUCCHINI SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

09

SAUTÉED SPINACH
SAUTÉED CHICKEN WITH GARLIC
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

10

SAUTÉED BROWN RICE WITH MUSHROOMS
GRILLED/BAKED HAKE FILLET
ZUCCHINI OVEN BAKED
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

11

HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
BAKED/GRILLED TURKEY BREAST FILLET
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

12

SAUTÉED CHICKPEAS WITH SERRANO HAM
FRENCH OMELET WITH MUSHROOMS AND HERBS
FRENCH FRIES
SOY YOGURT
ALLERGEN-FREE WHITE BREAD

15

CREAM OF VEGETABLE SOUP (POTATO, ONION,
CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS,
CARROT, AND LEEK)
BAKED CHICKEN THIGHS
WHITE RICE
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

16

WHOLE WHEAT SPAGHETTI WITH GARLIC AND OIL
BRAISED REDFISH IN VIZCAINA SAUCE (TOMATO,
PEPPER, ONION)
STEAMED POTATO
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD ALLERGENS

17

CREAMY ZUCCHINI SOUP (ZUCCHINI, POTATO,
ONION)
ROASTED CHICKEN WINGS
FRENCH FRIES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

18

CUBAN-STYLE RICE (TOMATO SAUCE,
FRIED EGG)
ROASTED TURKEY THIGH
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

19



LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

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

FRESH SEASONAL FRUIT (SPRING):APPLE, BANANA, PEAR, MELON, WATERMELON

The fruit served will depend on availability, but we guarantee that it will always be fresh and in season

According to Rgto. 1169/2011
you can ask SERUNION staff
for information on substances
that can cause allergies or intolerances

01

GARDEN VEGETABLE STEW (ZUCCHINI, TOMATO, RED AND GREEN PEPPERS, ONION, AND GARLIC)
LENTIL STEW WITH POTATOES AND VEGETABLES
ROASTED SWEET POTATO
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

02

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
MIXED SALAD
STEAMED POTATO
PLAIN YOGURT
WHITE BREAD

03

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
CHICKPEA STEW WITH SPINACH
LETTUCE, SWEETCORN, AND OLIVE SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

04

POTATOES STEWED VEGETABLES (SWISS CHARD, CARROTS, LEEK)
SAUTÉED CHICKPEAS WITH ONION AND CARROT
SAUTÉED PASTA
FRESH SEASONAL FRUIT
WHITE BREAD

05

WHOLE WHEAT MACARONI WITH TOMATO SAUCE AU GRATIN
CHICKPEA HUMMUS WITH BREADSTICKS
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

08

SAUTÉED CHICKPEAS WITH ZUCCHINI, PEPPERS, POTATO, AND SOY SAUCE
CHICKPEA AND ZUCCHINI STEW
WHITE RICE
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

09

STEAMED BROCCOLI
SAUTÉED BEANS WITH CABBAGE, SQUASH, AND PESTO SAUCE
GRILLED VEGETABLES
FRESH SEASONAL FRUIT
WHITE BREAD

10

SPINACH AU GRATIN WITH BÉCHAMEL SAUCE
SPRING ROLLS
PROVENÇAL POTATOES WITH GARLIC AND THYME
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

11

SAUTÉED BROWN RICE WITH MUSHROOMS
MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO)
SALAD OF LETTUCE, FRESH TOMATO, ONION, AND SWEETCORN
FRESH SEASONAL FRUIT
WHITE BREAD

12

HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER)
VEGETABLE AND TEXTURED SOY FAJITA WITH AN ORIENTAL TOUCH
FRENCH FRIES
FRESH SEASONAL FRUIT
WHITE BREAD

15

CREAM OF PUMPKIN SOUP (PUMPKIN, POTATO, CARROT, AND ONION)
SAUTÉED CHICKPEAS WITH ONION
FRENCH FRIES
PLAIN YOGURT
WHOLE WHEAT BREAD

16

CREAM OF VEGETABLE SOUP (POTATO, ONION, CHARD, ZUCCHINI, PUMPKIN, GREEN BEANS, CARROT, AND LEEK)
LENTIL STEW WITH POTATOES AND VEGETABLES
WHITE RICE
FRESH SEASONAL FRUIT
WHITE BREAD

17

AGLIO-OLIO SPIRALS
SPRING ROLLS
STEAMED POTATO
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

18

CREAM OF ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
FAJITAS WITH SOY BOLOGNESE
FRENCH FRIES
ASSORTED ICE CREAM
WHITE BREAD

19

RICE WITH HOMEMADE TOMATO SAUCE (RICE, TOMATO, ONION, CARROT, GARLIC)
CHICKPEA STEW WITH VEGETABLES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

