

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
(SUMMER):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
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that can cause allergies or intolerances



10

SAUTÉED PASTA PIPETTE WITH GARLIC AND
PAPRIKA
LENTILS WITH POTATOES
HOMEMADE MASHED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

11

RICE WITH TOMATO SAUCE
FRIED EGGS
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

14

SPINACH WITH SAUTÉED POTATOES
SPICED CHICKPEAS
LETTUCE AND BEETROOT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

15

HOMEMADE SALMOREJO
POTATO AND ONION OMELET
LETTUCE AND CARROT SALAD
PLAIN YOGURT WITH FRESH FRUIT TOPPING
ALLERGEN-FREE WHITE BREAD

16

BROWN RICE WITH TOMATO SAUCE
SCRAMBLED EGGS
TOMATO AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

17

SAUTÉED BROCCOLI WITH TOMATO
POTATO SALAD WITH EGG AND OLIVES
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

18

PASTA PIPETTE WITH TOMATO SAUCE
SCRAMBLED EGGS
SAUTÉED MUSHROOMS WITH GARLIC AND
PARSLEY
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

21

BOILED BROCCOLI
PASTA FARFALLE WITH TOMATO SAUCE AND CHEESE
LETTUCE AND BEAN SPROUT SALAD
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

22

SWISS CHARD, GREEN BEAN, ZUCCHINI, PUMPKIN,
AND CARROT CREAM SOUP
HOMEMADE POTATO OMELET
LETTUCE AND TOMATO SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

23

SAUTÉED CAULIFLOWER
LENTILS WITH POTATOES AND VEGETABLES
BAKED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

24

RICE WITH TOMATO SAUCE
CHICKPEAS WITH POTATOES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

25

HOMEMADE SALMOREJO
SPINACH CROQUETTES
BAKED BAKER POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

28

BROWN RICE WITH TOMATO SAUCE
FRIED EGGS
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

29

POTATOES WITH VEGETABLES AND PEAS
BAKED/GRILLED VEGETABLE BURGER
BAKED/GRILLED MUSHROOMS
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

30

PUMPKIN AND LEEK CREAM SOUP
FRENCH OMELETTE
BOILED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

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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	FRESH SEASONAL FRUIT (SUMMER):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		
			10 SAUTÉED PASTA PIPETTE WITH GARLIC AND PAPRIKA LENTILS WITH POTATOES HOMEMADE MASHED POTATOES FRESH SEASONAL FRUIT WHITE BREAD	11 RICE WITH TOMATO SAUCE FRIED EGGS LETTUCE AND CUCUMBER SALAD HOMEMADE VANILLA CUSTARD WHITE BREAD
14 SPINACH WITH SAUTÉED POTATOES SPICED CHICKPEAS LETTUCE AND BEETROOT SALAD FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	15 HOMEMADE SALMOREJO POTATO AND ONION OMELET LETTUCE AND CARROT SALAD NATURAL YOGURT WITH FRESH FRUIT TOPPING WHITE BREAD	16 BROWN RICE WITH TOMATO SAUCE TEXTURED SOY AND CORN FAJITAS TOMATO AND CORN SALAD FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	17 SAUTÉED BROCCOLI WITH TOMATO POTATO SALAD WITH EGG AND OLIVES LETTUCE AND CORN SALAD FRESH SEASONAL FRUIT WHITE BREAD	18 PASTA PIPETTE AND CHEESE WITH TOMATO SAUCE CHEESE SCRAMBLE SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH SEASONAL FRUIT WHITE BREAD
21 BOILED BROCCOLI PASTA FARFALLE WITH TOMATO SAUCE AND CHEESE LETTUCE AND BEAN SPROUT SALAD PLAIN YOGURT WHOLE WHEAT BREAD	22 CREAM OF CHARD, GREEN BEANS, ZUCCHINI, PUMPKIN, AND CARROT SOUP HOMEMADE POTATO OMELET LETTUCE AND TOMATO SALAD FRESH SEASONAL FRUIT WHITE BREAD	23 SAUTÉED CAULIFLOWER LENTILS WITH POTATOES AND VEGETABLES BAKED POTATOES FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	24 RICE WITH TOMATO SAUCE FALAFEL PREPARED WITH SPICED YOGURT LETTUCE AND CUCUMBER SALAD FRESH SEASONAL FRUIT WHITE BREAD	25 HOMEMADE SALMOREJO SPINACH CROQUETTES BAKED POTATOES HOMEMADE RICE PUDDING WHITE BREAD
28 BROWN RICE WITH TOMATO SAUCE FRIED EGGS LETTUCE AND CORN SALAD FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	29 POTATOES WITH VEGETABLES AND PEAS BAKED/GRILLED VEGETABLE BURGER BAKED/GRILLED MUSHROOMS PLAIN YOGURT WHITE BREAD	30 PUMPKIN AND LEEK CREAM SOUP FRENCH OMELETTE BOILED POTATOES FRESH SEASONAL FRUIT WHOLE WHEAT BREAD		

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✓4 TOPPINGS OF YOUR CHOICE

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SPICED CHICKPEAS
SPICED CHICKEN AND POTATO STEW
LETTUCE AND BEETROOT SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

15

HOMEMADE SALMOREJO
POTATO AND ONION OMELETTE
LETTUCE AND CARROT SALAD
PLAIN YOGURT WITH FRUIT TOPPING
WHITE BREAD

16

BROWN RICE MILANESE
TEXTURED SOY AND CORN FAJITAS
TOMATO AND CORN SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

17

POTATOES WITH RICE
SALMON IN TERIYAKI AND SESAME SAUCE
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

18

PASTA PIPETTEI WITH LIGHT BÉCHAMEL SAUCE
FLAMENQUINES
SAUTÉED MUSHROOMS WITH GARLIC AND
PARSLEY
SPONGE CAKE
WHITE BREAD

21

PASTA FARFALLE WITH TOMATO SAUCE AND CHEESE
ROAST CHICKEN
LETTUCE AND BEAN SPROUT SALAD
PLAIN YOGURT
WHOLE WHEAT BREAD

22

CREAM OF CHARD, GREEN BEANS, ZUCCHINI,
PUMPKIN, AND CARROT SOUP
HOMEMADE POTATO OMELET
FRESH LETTUCE AND TOMATO SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

23

LENTILS WITH POTATOES AND VEGETABLES
REDFISH (GALLINETA) IN TOMATO SAUCE WITH
BASIL AND OLIVES
BAKED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

24

BROWN RICE WITH EGG, SALMON, CHIVES, AND
SOY MAYONNAISE DRESSING
FALAFEL PREPARED WITH SPICED YOGURT
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

25

HOMEMADE SALMOREJO
CHICKEN CHILINDRÓN
BAKED POTATOES
FRESH SEASONAL FRUIT
WHITE BREAD

28

BROWN RICE WITH TOMATO SAUCE
FRIED EGGS
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

29

POTATOES WITH CHICKEN
CHICKEN WITH PROVENÇAL HERBS
BAKED MUSHROOMS
PLAIN YOGURT
WHITE BREAD

30

PUMPKIN AND LEEK CREAM SOUP
BAKED COD WITH GARLIC AND PARSLEY
BOILED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

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WHOLE WHEAT SPAGHETTI SAUTÉED WITH GARLIC
AND TURKEY
LENTILS WITH POTATOES
HOMEMADE MASHED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

11

RICE WITH TOMATO SAUCE
BAKED/GRILLED SAUSAGES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

14

SAUTÉED CHICKPEAS WITH ONIONS
SPICED CHICKEN STEW WITH POTATOES
LETTUCE AND BEETROOT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

15

HOMEMADE SALMOREJO
POTATO AND ONION OMELET
LETTUCE AND CARROT SALAD
PLAIN YOGURT WITH FRESH FRUIT TOPPING
ALLERGEN-FREE WHITE BREAD

16

THREE DELIGHTS BROWN RICE
SCRAMBLED EGGS
TOMATO AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

17

POTATOES WITH RICE
BAKED SALMON WITH GARLIC AND PARSLEY
LETTUCE AND CORN SALAD
FRESH FRUIT SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

18

PASTA PIPETTE WITH LIGHT BÉCHAMEL SAUCE
BAKED/GRILLED CHICKEN BREAST
SAUTÉED MUSHROOMS WITH GARLIC AND
PARSLEY
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

21

PASTA FARFALLE WITH TOMATO SAUCE AND CHEESE
GRILLED/OVEN-BAKED MARINATED PORK LOIN
LETTUCE AND BEAN SPROUT SALAD
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

22

CREAM OF CHARD, GREEN BEANS, ZUCCHINI,
PUMPKIN, AND CARROT SOUP
HOMEMADE POTATO OMELET
LETTUCE AND TOMATO SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

23

LENTILS WITH POTATOES AND VEGETABLES
REDFISH (GALLINETA) IN TOMATO SAUCE WITH
BASIL AND OLIVES
BAKED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

24

RICE WITH TOMATO SAUCE
CHICKPEAS WITH POTATOES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

25

HOMEMADE SALMOREJO WITH
SERRANO HAM AND EGG
CHICKEN CHILINDRÓN
BAKED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

28

BROWN RICE WITH TOMATO SAUCE
FRIED EGGS
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

29

POTATOES WITH LEAN MEAT
BAKED CHICKEN WITH PROVENÇAL HERBS
BAKED/GRILLED MUSHROOMS
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

30

PUMPKIN AND LEEK CREAM SOUP
BAKED COD WITH GARLIC AND PARSLEY
BOILED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

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MARTES

**FRESH SEASONAL FRUIT
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JUEVES

VIERNES



14

SAUTÉED CHICKPEAS WITH ONION
ROAST CHICKEN
LETTUCE AND BEETROOT SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

15

HOMEMADE SALMOREJO WITH GLUTEN-FREE
BREAD
POTATO AND ONION OMELET
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

16

BROWN RICE WITH TOMATO SAUCE
SCRAMBLED EGGS
TOMATO AND CORN SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

17

POTATOES WITH RICE
BAKED SALMON WITH GARLIC AND PARSLEY
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT SEASONAL
GLUTEN-FREE AND ALLERGEN-FREE BREAD

18

GLUTEN-FREE PASTA PIPEETTE WITH TOMATO
SAUCE
BAKED/GRILLED CHICKEN BREAST
SAUTÉED MUSHROOMS WITH GARLIC AND
PARSLEY
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

21

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

22

CREAM OF CHARD, GREEN BEAN, ZUCCHINI,
PUMPKIN, AND CARROT SOUP
SCRAMBLED EGGS WITH POTATOES
FRESH LETTUCE AND TOMATO SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

23

WHITE BEANS WITH VEGETABLES
REDFISH (GALLINETA) IN TOMATO, BASIL, AND OLIVE
SAUCE
BAKED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

24

RICE WITH TOMATO SAUCE
CHICKPEAS WITH POTATOES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

25

HOMEMADE SALMOREJO WITH GLUTEN-
FREE BREAD
CHICKEN IN CHILINDRÓN SAUCE
BAKED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE
BREAD

28

BROWN RICE WITH TOMATO SAUCE
FRIED EGGS
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

29

POTATOES WITH LEAN MEAT
BAKED CHICKEN WITH PROVENÇAL HERBS
BAKED OR GRILLED MUSHROOMS
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

30

PUMPKIN AND LEEK CREAM SOUP
BAKED COD WITH GARLIC AND PARSLEY
BOILED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE AND ALLERGEN-FREE BREAD

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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	FRESH SEASONAL FRUIT (SUMMER):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		
			10 GLUTEN-FREE PASTA SAUTÉED WITH GARLIC AND PARSLEY WHITE BEANS WITH VEGETABLES BOILED POTATO FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	11 GLUTEN-FREE MACARONI AND TOMATO SAUCE ROASTED TURKEY LETTUCE AND CUCUMBER SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD
14 SAUTÉED CHICKPEAS WITH ONION ROAST CHICKEN LETTUCE AND BEETROOT SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	15 HOMEMADE SALMOREJO WITH GLUTEN-FREE BREAD POTATO AND ONION OMELET LETTUCE AND CARROT SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	16 GLUTEN-FREE MACARONI WITH CHUNKY TOMATO SAUCE AND OREGANO SCRAMBLED EGGS TOMATO AND CORN SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	17 SAUTÉED BROCCOLI WITH TOMATO BAKED SALMON WITH GARLIC AND PARSLEY SALAD OF LETTUCE AND CORN FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	18 GLUTEN-FREE MACARONI WITH TOMATO SAUCE BAKED/GRILLED CHICKEN BREAST SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD
21 GLUTEN-FREE MACARONI WITH TOMATO SAUCE BAKED/GRILLED PORK LOIN LETTUCE AND BEAN SPROUT SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	22 CREAM OF CHARD, GREEN BEAN, ZUCCHINI, PUMPKIN, AND CARROT SOUP SCRAMBLED EGGS WITH POTATOES FRESH LETTUCE AND TOMATO SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	23 WHITE BEANS WITH VEGETABLES REDFISH (GALLINETA) IN TOMATO, BASIL, AND OLIVE SAUCE BAKED POTATOES FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	24 GLUTEN-FREE MACARONI SAUTÉED WITH GARLIC AND PARSLEY CHICKPEAS WITH POTATOES LETTUCE AND CUCUMBER SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	25 HOMEMADE SALMOREJO WITH GLUTEN- FREE BREAD CHICKEN IN CHILINDRÓN SAUCE BAKED POTATOES FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD
28 SAUTÉED GLUTEN-FREE MACARONI WITH MUSHROOMS SCRAMBLED EGGS LETTUCE AND CORN SALAD FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	29 POTATOES WITH LEAN MEAT BAKED CHICKEN WITH HERBS DE PROVENCE BAKED OR GRILLED MUSHROOMS FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD	30 CREAM OF PUMPKIN AND LEEK SOUP BAKED COD WITH GARLIC AND PARSLEY BOILED POTATOES FRESH SEASONAL FRUIT GLUTEN-FREE AND ALLERGEN-FREE BREAD		

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✓ 1 TYPE OF LETTUCE
✓ 4 TOPPINGS OF YOUR CHOICE

MARTES

**FRESH SEASONAL FRUIT
(SUMMER):APPLE, BANANA, PEAR,
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JUEVES

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10

WHOLE WHEAT SPAGHETTI SAUTÉED WITH GARLIC
AND PARSLEY
LENTILS WITH POTATOES
HOMEMADE MASHED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

11

RICE WITH TOMATO SAUCE
ROASTED TURKEY
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

14

SPICED CHICKPEAS
ROAST CHICKEN
LETTUCE AND BEETROOT SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

15

HOMEMADE SALMOREJO
LEAN PORK WITH TOMATO SAUCE
LETTUCE AND CARROT SALAD
PLAIN YOGURT WITH FRESH FRUIT TOPPING
ALLERGEN-FREE WHITE BREAD

16

BROWN RICE WITH TOMATO SAUCE
BAKED HAKE
TOMATO AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

17

POTATOES WITH RICE
BAKED SALMON WITH GARLIC AND PARSLEY
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

18

PASTA PIPETTE WITH TOMATO SAUCE
BAKED/GRILLED CHICKEN BREAST
SAUTÉED MUSHROOMS WITH GARLIC AND
PARSLEY
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

21

PASTA FARFALLE WITH TOMATO SAUCE
GRILLED/OVEN-BAKED PORK LOIN
LETTUCE AND BEAN SPROUT SALAD
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

22

CREAM OF CHARD, GREEN BEANS, ZUCCHINI,
PUMPKIN, AND CARROT SOUP
OVEN-BAKED/GRILLED TURKEY BREAST
LETTUCE AND TOMATO SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

23

LENTILS WITH POTATOES AND VEGETABLES
REDFISH (GALLINETA) IN TOMATO, BASIL, AND OLIVE
SAUCE
BAKED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

24

RICE WITH TOMATO SAUCE
CHICKPEAS WITH POTATOES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

25

HOMEMADE SALMOREJO
CHICKEN CHILINDRÓN
BAKED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

28

BROWN RICE WITH TOMATO SAUCE
BAKED/GRILLED PORK LOIN
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

29

POTATOES WITH LEAN MEAT
CHICKEN WITH PROVENÇAL HERBS
BAKED/GRILLED MUSHROOMS
PLAIN YOGURT
ALLERGEN-FREE WHITE BREAD

30

PUMPKIN AND LEEK CREAM SOUP
BAKED COD WITH GARLIC AND PARSLEY
BOILED POTATOES
FRESH SEASONAL FRUIT
ALLERGEN-FREE WHITE BREAD

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WHOLE WHEAT SPAGHETTI SAUTÉED WITH GARLIC
AND TURKEY
LENTILS WITH POTATOES
HOMEMADE MASHED POTATOES
FRESH SEASONAL FRUIT
WHITE BREAD

11

RICE WITH TOMATO SAUCE
BAKED/GRILLED SAUSAGES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

14

SPICED CHICKPEAS
SPICED CHICKEN AND POTATO STEW
LETTUCE AND BEETROOT SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

15

HOMEMADE SALMOREJO
POTATO AND ONION OMELETTE
LETTUCE AND CARROT SALAD
PLAIN YOGURT WITH FRESH FRUIT TOPPING
WHITE BREAD

16

THREE DELIGHTS BROWN RICE
TEXTURED SOY AND CORN FAJITAS
TOMATO AND CORN SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

17

POTATOES WITH CHORIZO
BAKED/GRILLED BEEF STEAK
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

18

ELBOW MACARONI WITH LIGHT BÉCHAMEL
SAUCE
BAKED/GRILLED CHICKEN BREAST
SAUTÉED MUSHROOMS WITH GARLIC AND
PARSLEY
FRESH SEASONAL FRUIT
WHITE BREAD

21

PASTA FARFALLE WITH TOMATO SAUCE AND CHEESE
GRILLED MARINATED PORK LOIN
LETTUCE AND BEAN SPROUT SALAD
PLAIN YOGURT
WHOLE WHEAT BREAD

22

CREAM OF CHARD, GREEN BEANS, ZUCCHINI,
PUMPKIN, AND CARROT SOUP
SCRAMBLED EGGS WITH CURED HAM AND
POTATOES
LETTUCE AND TOMATO SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

23

LENTILS WITH POTATOES AND CHORIZO
FRENCH OMELET
BAKED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

24

RICE WITH TOMATO SAUCE
CHICKPEAS WITH POTATOES
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE BREAD

25

HOMEMADE SALMOREJO WITH DICED
SERRANO HAM AND EGG
CHICKEN IN CHILINDRÓN SAUCE
BAKED POTATOES
FRESH SEASONAL FRUIT
WHITE BREAD

28

BROWN RICE WITH TOMATO SAUCE
FRIED EGGS AND SAUSAGES
LETTUCE AND CORN SALAD
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

29

POTATOES WITH LEAN MEAT
BAKED CHICKEN WITH PROVENÇAL HERBS
BAKED/GRILLED MUSHROOMS
PLAIN YOGURT
WHITE BREAD

30

PUMPKIN AND LEEK CREAM SOUP
FRENCH OMELETTE
BOILED POTATOES
FRESH SEASONAL FRUIT
WHOLE WHEAT BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
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	FRESH SEASONAL FRUIT (SUMMER):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		
			10 WHOLE WHEAT SPAGHETTI SAUTÉED WITH GARLIC AND PAPRIKA LENTILS WITH POTATOES BOILED POTATO FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	11 RICE WITH TOMATO SAUCE AND FRIED EGG BAKED TURKEY LETTUCE AND CUCUMBER SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD
14 SPICED CHICKPEAS ROAST CHICKEN LETTUCE AND BEETROOT SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	15 HOMEMADE SALMOREJO POTATO AND ONION OMELETTE LETTUCE AND CARROT SALAD SOY YOGURT ALLERGEN-FREE WHITE BREAD	16 BROWN RICE WITH TOMATO SAUCE SCRAMBLED EGGS TOMATO AND CORN SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	17 POTATOES WITH RICE BAKED SALMON WITH GARLIC AND PARSLEY LETTUCE AND CORN SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	18 PASTA PIPETTE WITH TOMATO SAUCE BAKED/GRILLED CHICKEN BREAST SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD
21 PASTA FARFALLE WITH TOMATO SAUCE BAKED OR GRILLED PORK LOIN LETTUCE AND BEAN SPROUT SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	22 CREAM OF CHARD, GREEN BEANS, ZUCCHINI, PUMPKIN, AND CARROT SOUP SCRAMBLED EGGS WITH POTATOES LETTUCE AND TOMATO SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	23 LENTILS WITH POTATOES AND VEGETABLES REDFISH (GALLINETA) IN TOMATO, BASIL, AND OLIVE SAUCE BAKED POTATOES FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	24 RICE WITH TOMATO SAUCE CHICKPEAS WITH POTATOES SALAD OF LETTUCE AND CUCUMBER FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	25 HOMEMADE SALMOREJO WITH DICED SERRANO HAM AND EGG CHICKEN IN CHILINDRÓN SAUCE BAKED POTATOES FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD
28 BROWN RICE WITH TOMATO SAUCE FRIED EGGS LETTUCE AND CORN SALAD FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	29 POTATOES WITH LEAN MEAT BAKED CHICKEN WITH PROVENÇAL HERBS BAKED/GRILLED MUSHROOMS FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD	30 PUMPKIN AND LEEK CREAM SOUP BAKED COD WITH GARLIC AND PARSLEY BOILED POTATOES FRESH SEASONAL FRUIT ALLERGEN-FREE WHITE BREAD		

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			10 SAUTÉED PASTA PIPETTE WITH GARLIC AND PAPRIKA LENTILS WITH POTATOES BOILED POTATO FRESH SEASONAL FRUIT WHITE BREAD	11 RICE WITH TOMATO SAUCE CHICKPEAS WITH VEGETABLES LETTUCE AND CUCUMBER SALAD FRESH SEASONAL FRUIT WHITE BREAD
14 SPINACH WITH SAUTÉED POTATOES SPICED CHICKPEAS LETTUCE AND BEETROOT SALAD FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	15 HOMEMADE SALMOREJO SAUTÉED PEAS WITH MUSHROOMS AND BOILED EGG LETTUCE AND CARROT SALAD PLAIN YOGURT WITH FRESH FRUIT TOPPING WHITE BREAD	16 BROWN RICE WITH TOMATO SAUCE TEXTURED SOY AND CORN FAJITAS TOMATO AND CORN SALAD FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	17 SAUTÉED BROCCOLI WITH TOMATO SPRING ROLLS LETTUCE, TOMATO, AND CORN SALAD CARROT AND ASPARAGUS FRESH SEASONAL FRUIT WHITE BREAD	18 ELBOW MACARONI WITH TOMATO SAUCE SCRAMBLED EGGS WITH MUSHROOMS AND CHEESE SAUTÉED MUSHROOMS WITH GARLIC AND PARSLEY FRESH SEASONAL FRUIT WHITE BREAD
21 BOILED BROCCOLI PASTA FARFALLE WITH TOMATO SAUCE AND CHEESE LETTUCE AND BEAN SPROUT SALAD PLAIN YOGURT WHOLE WHEAT BREAD	22 CREAM OF CHARD, GREEN BEAN, ZUCCHINI, PUMPKIN, AND CARROT SOUP CHICKPEA HUMMUS LETTUCE AND TOMATO SALAD FRESH SEASONAL FRUIT WHITE BREAD	23 SAUTÉED CAULIFLOWER LENTILS WITH POTATOES AND VEGETABLES BAKED POTATOES FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	24 RICE WITH TOMATO SAUCE FALAFEL PREPARED WITH SPICED YOGURT LETTUCE AND CUCUMBER SALAD FRESH SEASONAL FRUIT WHITE BREAD	25 HOMEMADE SALMOREJO SPINACH CROQUETTES BAKED POTATOES FRESH SEASONAL FRUIT WHITE BREAD
28 BROWN RICE WITH TOMATO SAUCE VEGGIE FAJITA WITH SOY SAUCE LETTUCE, TOMATO, CORN, CARROT, AND ASPARAGUS SALAD FRESH SEASONAL FRUIT WHOLE WHEAT BREAD	29 POTATOES WITH VEGETABLES AND PEAS BAKED/GRILLED VEGGIE BURGER BAKED/GRILLED MUSHROOMS PLAIN YOGURT WHITE BREAD	30 PUMPKIN AND LEEK CREAM SOUP CHICKPEAS WITH SPINACH BOILED POTATOES FRESH SEASONAL FRUIT WHOLE WHEAT BREAD		