

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from	FRESH SEASONAL FRUIT (AUTUMN) APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE 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 HOMEMADE PICADILLO SOUP WITH CHICKEN, HAM, AND BOILED EGG CHICKEN FILLET IN TOMATO AND PEPPER SAUCE SAUTÉED CARROT SLICES PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	02 MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO) ROAST PORK WITH PROVENÇAL HERBS LETTUCE AND CARROT SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
05 BEAN SALAD (TOMATO, ONION, AND BELL PEPPER) BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	06 WHOLE-WHEAT PASTA STIR-FRY WITH VEGETABLES (ZUCCHINI, BELL PEPPER, CARROT) BAKED/GRILLED SALMON FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	07 RICE WITH VEGETABLES (ZUCCHINI, ONION, PEAS, TOMATO, CARROT, BELL PEPPER, GARLIC) VEGETABLE MEATBALLS STEWED WITH VEGETABLES (VEGETABLE STEW) BAKED DICED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	08 LENTILS STEWED WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) FRIED SPINACH CROQUETTES FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLEMEAL VEGETABLE PAELLA (VEGETABLE STEW) HAKE IN AMERICAN SAUCE (TOMATO, CARROT, ONION) VEGETABLE RATATOUILLE PLAIN YOGURT AND WHITE OR WHOLEMEAL BREAD	14 ANDALUSIAN STEW (CHICKPEAS, CHICKEN, POTATO, GREEN BEANS, LEEK, CARROT, CELERY, AND BLACK PUDDING) BAKED/GRILLED MIXED BURGER FRESH TOMATO SALAD FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD	15 LEEK CREAM SOUP/VICHYSOISE BAKED/GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) CHICKEN AND VEGETABLE FAJITAS NACHOS FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD
19 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO YOGURT AND WHITE OR WHOLE-WHEAT BREAD	20 STEWED LENTILS WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION) BEEF RAGOUT (TOMATO, ONION, CARROT) SAUTÉED BROCCOLI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	22 STEWED POTATOES WITH LINGONBERRY AND HAKE BAKED EGGS WITH TOMATO SAUCE PROVENÇAL POTATOES WITH GARLIC AND THYME FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	23 WHOLE-WHEAT MACARONI WITH TOMATO SAUCE AU GRATIN SPANISH-STYLE MEATBALLS (ONION, TOMATO, BELL PEPPER, CARROT) LETTUCE AND CARROT SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
26 PUMPKIN CREAM SOUP SCRAMBLED EGGS BAKED DICED POTATOES YOGURT AND WHITE OR WHOLE-WHEAT BREAD	27 MACARONI WITH CHEESE SAUCE LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	28 SPINACH WITH BÉCHAMEL SAUCE AU GRATIN SAUTÉED CHICKEN BREAST WITH GARLIC FRESH CABBAGE SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	29 MIXED BROWN RICE PAELLA (PORK, SEAFOOD) GRILLED/BAKED HAKE FILLET FRIED BREADED ZUCCHINI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	30 HOMEMADE VEGETABLE NOODLE SOUP BAKED/GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD

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05 SAUTÉED BEANS WITH GARLIC AND PARSLEY OVEN BAKED CHICKEN THIGHS STIR-FRIED RICE WITHOUT GARLIC OR ONION PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	06 MACARONI WITH HOMEMADE TOMATO SAUCE OVEN ROASTED OR GRIDDLED SALMON FRESH TOMATO SEALED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) STEWED CHICKPEAS WITH VEGETABLES (GREEN BEANS, TOMATO, CARROT) OVEN ROASTED DICED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	08 PORTUGUESE GREEN BEANS (TOMATO SAUCE) GRIDDLED ZUCCHINI OMELET COLESLAW FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEAN, ZUCCHINI, PUMPKIN, CARROT) GRILLED/OVEN ROASTED PORK LOIN CHIPS FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE GRAIN VEGETABLE PAELLA PAN SEARED OR OVEN- BAKED HAKE FILLET OVEN BAKED ZUCCHINI PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	14 CAZUELA DE GARBANZOS CON POLLO GRILLED/OVEN ROASTED BEEF LOIN TOMATO SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	15 VICHYSOISE OVEN ROASTED OR GRILLED TURKEY BREAST FILLET OVEN ROASTED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	16 REFRIED BEANS CHICKEN AND VEGETABLE FAJITAS NACHOS FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	20 LENTIL STEW WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP BEEF RAGOUT SAUTÉED BROCCOLI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	22 POTATO STEW WITH VERMICELLI AND HAKE OVEN-BAKED EGGS WITH TOMATO SAUCE THYME-ROASTED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	23 GRATIN OF WHOLE WHEAT MACARONI WITH TOMATO SAUCE HOMEMADE COD CROQUETTES LETTUCE AND CARROT SALAD HOMEMADE VANILLA CUSTARD AND WHITE OR WHOLE-WHEAT BREAD
26 CREAM OF PUMPKIN SOUP SCRAMBLED EGGS DICED OVEN-ROASTED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	27 MACARONI WITH CHEESE SAUCE LEAN PORK WITH TOMATO SAUCE LETTUCE SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	28 GRATIN OF SPINACH WITH BÉCHAMEL SAUCE SAUTÉED CHICKEN BREAST WITH GARLIC FRESH COLESLAW FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	29 MIXED BROWN RICE PAELLA (PORK, SEAFOOD) GRILLED/BAKED HAKE FILLET FRIED BREADED ZUCCHINI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	30 HOMEMADE VEGETABLE NOODLE SOUP BAKED/GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD

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05 AN SALAD (TOMATO, ONION, AND BELL PEPPER) BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) SOY YOGURT AND WHITE OR WHOLE-WHEAT BREAD	06 MACARONI AND CHEESE HARD-BOILED EGGS WITH TOMATO SAUCE, PEAS, AND BELL PEPPER FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	07 RICE WITH VEGETABLES (ZUCCHINI, ONION, PEAS, TOMATO, CARROT, BELL PEPPER, GARLIC) CHICKPEA STEW WITH VEGETABLES (BEANS, TOMATO, CARROT) BAKED DICED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) GRILLED/BAKED PORK LOIN FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLEMEAL VEGETABLE PAELLA (VEGETABLE STEW) SAUTÉED CHICKPEAS WITH ONION BAKED ZUCCHINI SOY YOGURT AND WHITE OR WHOLEMEAL BREAD	14 CHICKPEA AND CHICKEN CASSEROLE GRILLED/OVEN-BAKED PORK LOIN FRESH TOMATO SALAD FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD	15 LEEK CREAM SOUP/VICHYSOISE BAKED/GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) SCRAMBLED EGGS NACHOS FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD
19 RICE WITH VEGETABLES SCRAMBLED EGGS ROASTED SWEET POTATO SOY YOGURT AND WHITE OR WHOLE-WHEAT BREAD	20 STEWED LENTILS WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION) BAKED/GRILLED TURKEY BREAST FILLET SAUTÉED BROCCOLI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	22 STEWED POTATOES WITH VEGETABLES (SWISS CHARD, CARROTS, LEEK) BAKED EGGS WITH TOMATO SAUCE PROVENÇAL POTATOES WITH GARLIC AND THYME FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	23 WHOLE-WHEAT MACARONI AND CHEESE GRILLED/BAKED PORK LOIN LETTUCE AND CARROT SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
26 PUMPKIN CREAM SOUP SCRAMBLED EGGS BAKED DICED POTATOES SOY YOGURT AND WHITE OR WHOLE-WHEAT BREAD	27 MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO) LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	28 SAUTÉED SPINACH SAUTÉED CHICKEN BREAST WITH GARLIC FRESH COLESLAW FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	29 BROWN RICE SAUTÉED WITH MUSHROOMS BAKED CHICKEN DRUMSTICKS BAKED ZUCCHINI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	30 HOMEMADE VEGETABLE NOODLE SOUP BAKED/GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD

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**FRESH SEASONAL FRUIT
(AUTUMN)**


**APPLE, BANANA, PEAR, ORANGE AND
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HOMEMADE PICADILLO SOUP WITH
CHICKEN, HAM, AND HARD-BOILED EGG
CHICKEN FILLET IN TOMATO
AND BELL PEPPER SAUCE
SAUTÉED CARROT SLICES
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

01

NEAPOLITAN-STYLE MACARONI (TOMATO
SAUCE, OREGANO)
OVEN-ROASTED PORK WITH HERBES DE
PROVENCE
LETTUCE AND CARROT SALAD
PANNA COTTA
WHITE OR WHOLE-WHEAT BREAD

02

05
BEAN SALAD (TOMATO, ONION, AND BELL
PEPPER)
OVEN-BAKED CHICKEN DRUMSTICKS
SAUTÉED RICE (WITHOUT GARLIC OR ONION)
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

06
WHOLE-WHEAT PASTA STIR-FRY WITH
VEGETABLES (ZUCCHINI, BELL PEPPER, CARROT)
HARD-BOILED EGGS WITH TOMATO SAUCE, PEAS,
AND BELL PEPPER
FRESH TOMATO DRESSED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

07
VEGETABLE PAELLA (PEAS, ZUCCHINI)
VEGETABLE MEATBALLS STEWED *À LA JARDINIÈRE*
(MIXED VEGETABLE MEDLEY)
DICED OVEN-ROASTED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

08
LENTIL STEW WITH VEGETABLES
GRILLED ZUCCHINI OMELET
FRESH CABBAGE SALAD
CHOCOLATE MOUSSE
WHITE OR WHOLE-WHEAT BREAD

09
CREAM OF VEGETABLE SOUP (GREEN BEANS,
ZUCCHINI, PUMPKIN, CARROT)
OVEN-ROASTED MARINATED PORK LOIN
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

PUBLIC HOLIDAY


13
WHOLE-GRAIN VEGETABLE PAELLA (MIXED
VEGETABLE STEW)
SAUTÉED CHICKPEAS WITH ONION
BAKED ZUCCHINI
PLAIN YOGURT
WHITE OR WHOLE-GRAIN BREAD

14
CHICKEN AND CHICKPEA STEW
MIXED-MEAT BURGER (OVEN-BAKED OR GRILLED)
FRESH TOMATO SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

15
LEEK SOUP / VICHYSOISE
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
BAKED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

16
HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
SCRAMBLED EGGS
NACHOS
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

19
RICE WITH VEGETABLES
SCRAMBLED EGG STIR-FRY
ROASTED SWEET POTATO
YOGURT
WHITE OR WHOLE-WHEAT BREAD

20
GARDEN-STYLE VEGETABLE STEW
LEMON CHICKEN THIGH
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

21
CREAM OF ZUCCHINI SOUP
BEEF RAGOUT
SAUTÉED BROCCOLI
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

22
STEWED POTATOES WITH VEGETABLES
BAKED EGGS WITH TOMATO SAUCE
ROASTED POTATOES WITH THYME
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

23
GRATIN-STYLE WHOLE WHEAT
MACARONI WITH TOMATO SAUCE
SPANISH-STYLE MEATBALLS
LETTUCE AND CARROT SALAD
HOMEMADE VANILLA CUSTARD
WHITE OR WHOLE-WHEAT BREAD

26
PUMPKIN SOUP
SCRAMBLED EGGS
DICED OVEN-ROASTED POTATOES
YOGURT
WHITE OR WHOLE-WHEAT BREAD

27
MACARONI WITH CHEESE SAUCE
LEAN PORK WITH TOMATO SAUCE
FRESH TOMATO DRESSED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

28
GRATIN OF SPINACH WITH BÉCHAMEL SAUCE
SAUTÉED CHICKEN BREAST WITH GARLIC
FRESH CABBAGE SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

29
STIR-FRIED BROWN RICE WITH MUSHROOMS
OVEN-BAKED CHICKEN DRUMSTICKS
FRIED BATTERED ZUCCHINI
FRESH FRUIT
WHITE OR WHOLEMEAL BREAD

30
HOMEMADE VEGETABLE SOUP WITH NOODLES
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
LETTUCE AND CUCUMBER SALAD
HOMEMADE CHOCOLATE BROWNIE
WHITE OR WHOLE-WHEAT BREAD

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05 BEAN SALAD (TOMATO, ONION, AND BELL PEPPER) OVEN-BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	06 WHOLE-WHEAT PASTA STIR-FRY WITH VEGETABLES (ZUCCHINI, BELL PEPPER, CARROT) HARD-BOILED EGGS WITH TOMATO SAUCE, PEAS, AND BELL PEPPER FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) VEGETABLE MEATBALLS STEWED *À LA JARDINIÈRE* (MIXED VEGETABLE MEDLEY) DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD CHOCOLATE MOUSSE WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) OVEN-ROASTED MARINATED PORK LOIN FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE-GRAIN VEGETABLE PAELLA (MIXED VEGETABLE STEW) SAUTÉED CHICKPEAS WITH ONION BAKED ZUCCHINI PLAIN YOGURT WHITE OR WHOLE-GRAIN BREAD	14 CHICKPEA AND CHICKEN STEW MIXED-MEAT BURGER (OVEN-BAKED OR GRILLED) FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	15 LEEK SOUP / VICHYSOISE OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) SCRAMBLED EGGS NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES (ZUCCHINI, ONION, PEAS, TOMATO, CARROT, BELL PEPPER, GARLIC) SCRAMBLED EGG STIR-FRY ROASTED SWEET POTATO PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	20 GARDEN-STYLE VEGETABLE STEW LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION) BEEF RAGOUT (TOMATO, ONION, CARROT) SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 POTATO STEW WITH VEGETABLES (SWISS CHARD, CARROTS, LEEK) OVEN-BAKED EGGS WITH TOMATO SAUCE ROASTED POTATOES WITH THYME FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 GRATIN WHOLE-WHEAT MACARONI WITH TOMATO SAUCE SPANISH-STYLE MEATBALLS (ONION, TOMATO, BELL PEPPER, CARROT) LETTUCE AND CARROT SALAD HOMEMADE VANILLA CUSTARD WHITE OR WHOLE-WHEAT BREAD
26 CREAM OF PUMPKIN SOUP (PUMPKIN, POTATO, CARROT, AND ONION) SCRAMBLED EGGS DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	27 MACARONI WITH CHEESE SAUCE LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	28 GRATIN OF SPINACH WITH BÉCHAMEL SAUCE SAUTÉED CHICKEN BREAST WITH GARLIC FRESH COLESLAW FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 BROWN RICE SAUTÉED WITH MUSHROOMS BAKED CHICKEN DRUMSTICKS FRIED BATTERED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE SOUP WITH NOODLES OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD SPONGE CAKE WHITE OR WHOLE-WHEAT BREAD

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CHICKEN, HAM, AND HARD-BOILED EGG
CHICKEN FILLET IN TOMATO
AND BELL PEPPER SAUCE
SAUTÉED CARROT SLICES
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

01

NEAPOLITAN-STYLE MACARONI (TOMATO
SAUCE, OREGANO)
OVEN-ROASTED PORK WITH HERBES DE
PROVENCE
LETTUCE AND CARROT SALAD
PANNA COTTA
WHITE OR WHOLE-WHEAT BREAD

02

05
BEAN SALAD (TOMATO, ONION, AND BELL
PEPPER)
OVEN-BAKED CHICKEN DRUMSTICKS
SAUTÉED RICE (WITHOUT GARLIC OR ONION)
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

06
WHOLE-WHEAT PASTA STIR-FRY WITH
VEGETABLES (ZUCCHINI, BELL PEPPER, CARROT)
HARD-BOILED EGGS WITH TOMATO SAUCE, PEAS,
AND BELL PEPPER
FRESH TOMATO DRESSED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

07
VEGETABLE PAELLA (PEAS, ZUCCHINI)
VEGETABLE MEATBALLS STEWED *À LA JARDINIÈRE*
(MIXED VEGETABLE MEDLEY)
DICED OVEN-ROASTED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

08
LENTIL STEW WITH VEGETABLES
GRILLED ZUCCHINI OMELET
FRESH CABBAGE SALAD
CHOCOLATE MOUSSE
WHITE OR WHOLE-WHEAT BREAD

09
CREAM OF VEGETABLE SOUP (GREEN BEANS,
ZUCCHINI, PUMPKIN, CARROT)
OVEN-ROASTED MARINATED PORK LOIN
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

PUBLIC HOLIDAY


13
WHOLE-GRAIN VEGETABLE PAELLA (MIXED
VEGETABLE STEW)
SAUTÉED CHICKPEAS WITH ONION
BAKED ZUCCHINI
PLAIN YOGURT
WHITE OR WHOLE-GRAIN BREAD

14
CHICKEN AND CHICKPEA STEW
MIXED-MEAT BURGER (OVEN-BAKED OR GRILLED)
FRESH TOMATO SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

15
LEEK SOUP / VICHYSOISE
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
BAKED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

16
HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
SCRAMBLED EGGS
NACHOS
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

19
RICE WITH VEGETABLES
SCRAMBLED EGG STIR-FRY
ROASTED SWEET POTATO
YOGURT
WHITE OR WHOLE-WHEAT BREAD

20
GARDEN-STYLE VEGETABLE STEW
LEMON CHICKEN THIGH
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

21
CREAM OF ZUCCHINI SOUP
BEEF RAGOUT
SAUTÉED BROCCOLI
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

22
STEWED POTATOES WITH VEGETABLES
BAKED EGGS WITH TOMATO SAUCE
ROASTED POTATOES WITH THYME
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

23
GRATIN-STYLE WHOLE WHEAT
MACARONI WITH TOMATO SAUCE
SPANISH-STYLE MEATBALLS
LETTUCE AND CARROT SALAD
HOMEMADE VANILLA CUSTARD
WHITE OR WHOLE-WHEAT BREAD

26
PUMPKIN SOUP
SCRAMBLED EGGS
DICED OVEN-ROASTED POTATOES
YOGURT
WHITE OR WHOLE-WHEAT BREAD

27
MACARONI WITH CHEESE SAUCE
LEAN PORK WITH TOMATO SAUCE
FRESH TOMATO DRESSED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

28
GRATIN OF SPINACH WITH BÉCHAMEL SAUCE
SAUTÉED CHICKEN BREAST WITH GARLIC
FRESH CABBAGE SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

29
STIR-FRIED BROWN RICE WITH MUSHROOMS
OVEN-BAKED CHICKEN DRUMSTICKS
FRIED BATTERED ZUCCHINI
FRESH FRUIT
WHITE OR WHOLEMEAL BREAD

30
HOMEMADE VEGETABLE SOUP WITH NOODLES
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
LETTUCE AND CUCUMBER SALAD
HOMEMADE CHOCOLATE BROWNIE
WHITE OR WHOLE-WHEAT BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<i>Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from</i>	FRESH SEASONAL FRUIT (AUTUMN)  APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE The fruit served will depend on availability, but we guarantee that it will always be fresh and in season	<i>According to Rgto. 1169/2011 You can ask SERUNION staff For information on substances That can cause allergies or intolerances</i>	01 HOMEMADE STEW-STYLE SOUP (RICE, POTATO, LEEK, CARROT, AND CHICKEN) CHICKEN FILLET IN TOMATO AND BELL PEPPER SAUCE SAUTÉED CARROT SLICES SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	02 NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO) OVEN-ROASTED PORK WITH HERBES DE PROVENCE LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
05 BEAN SALAD (TOMATO, ONION, AND BELL PEPPER) OVEN-BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	06 ITALIAN-STYLE MACARONI OVEN-BAKED OR GRILLED SALMON FRESH TOMATO SEASONED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) LENTIL STEW WITH RICE DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) GRILLED OR OVEN-ROASTED PORK LOIN FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE-GRAIN VEGETABLE PAELLA (MIXED VEGETABLE MEDLEY) GRILLED OR OVEN-BAKED HAKE FILLET OVEN-BAKED ZUCCHINI SOY YOGURT WHITE OR WHOLE-GRAIN BREAD	14 CHICKPEA AND CHICKEN CASSEROLE GRILLED/OVEN LOIN RIBBON FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE WHEAT BREAD	15 LEEK SOUP / VICHYSOISE OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) SCRAMBLED EGGS NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	20 STEWED LENTILS WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION) BEEF RAGOUT (TOMATO, ONION, CARROT) SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 STEW POTATOES WITH VEGETABLES (SWISS CHARD, CARROTS, LEEK) BAKED EGGS WITH TOMATO SAUCE ROASTED POTATOES WITH THYME FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 WHOLE WHEAT MACARONI AND CHEESE GRILLED/OVEN-BAKED PORK LOIN LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
26 PUMPKIN CREAM SOUP SCRAMBLED EGGS BAKED DICED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	27 NEAPOLITAN MACARONI LEAN PORK WITH TOMATO SAUCE FRESH TOMATO SEASONED WITH OREGANO SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	28 SAUTÉED SPINACH SAUTÉED CHICKEN BREAST FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 BROWN RICE SAUTÉED WITH MUSHROOMS BAKED OR GRILLED HAKE BAKED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE NOODLE SOUP ROAST TURKEY LETTUCE AND CUCUMBER SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

*Every day, in addition to the listed dishes, salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

FRESH SEASONAL FRUIT (AUTUMN)



APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE

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*

HOMEMADE STEW-STYLE SOUP
(RICE, POTATO, LEEK, CARROT, AND CHICKEN)
CHICKEN FILLET IN TOMATO AND
BELL PEPPER SAUCE
SAUTÉED CARROT SLICES
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

NEAPOLITAN-STYLE MACARONI (TOMATO
SAUCE, OREGANO)
OVEN-ROASTED PORK WITH HERBES DE
PROVENCE
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

05
BEAN SALAD (TOMATO, ONION, AND BELL
PEPPER)
OVEN-BAKED CHICKEN DRUMSTICKS
SAUTÉED RICE (WITHOUT GARLIC OR ONION)
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

06
ITALIAN-STYLE MACARONI
OVEN-BAKED OR GRILLED SALMON
FRESH TOMATO SEASONED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

07
VEGETABLE PAELLA (PEAS, ZUCCHINI)
CHICKPEA STEW WITH VEGETABLES (GREEN BEANS,
TOMATO, CARROT)
DICED OVEN-ROASTED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

08
STEWED LENTILS WITH VEGETABLES
GRILLED OR BAKED HAKE FILLET
FRESH COLESLAW
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

09
CREAM OF VEGETABLE SOUP (GREEN BEANS,
ZUCCHINI, PUMPKIN, CARROT)
GRILLED OR OVEN-ROASTED PORK LOIN
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

PUBLIC HOLIDAY



13
WHOLE-GRAIN VEGETABLE PAELLA (MIXED
VEGETABLE MEDLEY)
GRILLED OR OVEN-BAKED HAKE FILLET
OVEN-BAKED ZUCCHINI
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

14
CHICKPEA AND CHICKEN STEW
GRILLED/OVEN LOIN RIBBON
FRESH TOMATO SALAD
FRESH FRUIT
WHITE OR WHOLE WHEAT BREAD

15
LEEK SOUP / VICHYSOISE
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
BAKED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

16
HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
GARLIC AND PARSLEY-INFUSED SALMON
NACHOS
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

19
RICE WITH VEGETABLES
COD IN HOMEMADE TOMATO SAUCE
ROASTED SWEET POTATO
YOGURT
WHITE OR WHOLE-WHEAT BREAD

20
LENTIL STEW WITH VEGETABLES
LEMON CHICKEN THIGH
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

21
ZUCCHINI CREAM SOUP
VEAL RAGOUT
SAUTÉED BROCCOLI
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

22
STEWED POTATOES WITH VEGETABLES (SWISS
CHARD, CARROTS, LEEK)
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
PROVENÇAL-STYLE POTATOES WITH GARLIC AND
THYME
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

23
ITALIAN-STYLE WHOLE WHEAT
MACARONI
GRILLED OR OVEN-ROASTED PORK LOIN
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

26
CREAM OF PUMPKIN SOUP
CHICKPEA AND ZUCCHINI STEW
DICED OVEN-ROASTED POTATOES
YOGURT
WHITE OR WHOLE-WHEAT BREAD

27
NEAPOLITAN-STYLE MACARONI
LEAN PORK WITH TOMATO SAUCE
FRESH TOMATO DRESSED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

28
SAUTÉED SPINACH
SAUTÉED GARLIC CHICKEN BREAST
FRESH COLESLAW
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

29
BROWN RICE SAUTÉED WITH MUSHROOMS
PAN-SEARED OR OVEN-BAKED HAKE FILLET
OVEN-BAKED ZUCCHINI
FRESH FRUIT
WHITE OR WHOLEMEAL BREAD

30
HOMEMADE VEGETABLE SOUP WITH NOODLES
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
LETTUCE AND CUCUMBER SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
01 Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from	02 FRESH SEASONAL FRUIT (AUTUMN) APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE The fruit served will depend on availability, but we guarantee that it will always be fresh and in season	03 According to Rgto. 1169/2011 You can ask SERUNION staff For information on substances That can cause allergies or intolerances	04 HOMEMADE PICADILLO SOUP WITH CHICKEN, HAM, AND BOILED EGG CHICKEN FILLET IN TOMATO AND PEPPER SAUCE SAUTÉED CARROT SLICES PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	05 MACARONI NAPOLITANA (TOMATO SAUCE, OREGANO) ROAST PORK WITH PROVENÇAL HERBS LETTUCE AND CARROT SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
06 BEAN SALAD (TOMATO, ONION, AND BELL PEPPER) BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) PLAIN YOGURT AND WHITE OR WHOLE-WHEAT BREAD	07 WHOLE-WHEAT PASTA STIR-FRY WITH VEGETABLES (ZUCCHINI, BELL PEPPER, CARROT) BAKED/GRILLED SALMON FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	08 RICE WITH VEGETABLES (ZUCCHINI, ONION, PEAS, TOMATO, CARROT, BELL PEPPER, GARLIC) VEGETABLE MEATBALLS STEWED WITH VEGETABLES (VEGETABLE STEW) BAKED DICED POTATOES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	09 LENTILS STEWED WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	10 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) FRIED SPINACH CROQUETTES FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
11 PUBLIC HOLIDAY 	12 WHOLEMEAL VEGETABLE PAELLA (VEGETABLE STEW) HAKE IN AMERICAN SAUCE (TOMATO, CARROT, ONION) VEGETABLE RATATOUILLE PLAIN YOGURT AND WHITE OR WHOLEMEAL BREAD	13 ANDALUSIAN STEW (CHICKPEAS, CHICKEN, POTATO, GREEN BEANS, LEEK, CARROT, CELERY, AND BLACK PUDDING) BAKED/GRILLED MIXED BURGER FRESH TOMATO SALAD FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD	14 LEEK CREAM SOUP/VICHYSOISE BAKED/GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD	15 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) CHICKEN AND VEGETABLE FAJITAS NACHOS FRESH FRUIT AND WHITE OR WHOLEMEAL BREAD
18 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO YOGURT AND WHITE OR WHOLE-WHEAT BREAD	19 STEWED LENTILS WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	20 ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION) BEEF RAGOUT (TOMATO, ONION, CARROT) SAUTÉED BROCCOLI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	21 STEWED POTATOES WITH LINGONBERRY AND HAKE BAKED EGGS WITH TOMATO SAUCE PROVENÇAL POTATOES WITH GARLIC AND THYME FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	22 WHOLE-WHEAT MACARONI WITH TOMATO SAUCE AU GRATIN SPANISH-STYLE MEATBALLS (ONION, TOMATO, BELL PEPPER, CARROT) LETTUCE AND CARROT SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
25 PUMPKIN CREAM SOUP SCRAMBLED EGGS BAKED DICED POTATOES YOGURT AND WHITE OR WHOLE-WHEAT BREAD	26 MACARONI WITH CHEESE SAUCE LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	27 SPINACH WITH BÉCHAMEL SAUCE AU GRATIN SAUTÉED CHICKEN BREAST WITH GARLIC FRESH CABBAGE SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	28 MIXED BROWN RICE PAELLA (PORK, SEAFOOD) GRILLED/BAKED HAKE FILLET FRIED BREADED ZUCCHINI FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	29 HOMEMADE VEGETABLE NOODLE SOUP BAKED/GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
31	30	31	32	33

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<i>Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from</i>	FRESH SEASONAL FRUIT (AUTUMN)  APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE The fruit served will depend on availability, but we guarantee that it will always be fresh and in season	<i>According to Rgto. 1169/2011 You can ask SERUNION staff For information on substances That can cause allergies or intolerances</i>	01 HOMEMADE STEW-STYLE SOUP (RICE, POTATO, LEEK, CARROT, AND CHICKEN) CHICKEN FILLET IN TOMATO AND BELL PEPPER SAUCE SAUTÉED CARROT SLICES PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	02 NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO) OVEN-ROASTED PORK WITH HERBES DE PROVENCE LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
05 BEAN SALAD (TOMATO, ONION, AND BELL PEPPER) OVEN-BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	06 ITALIAN-STYLE MACARONI OVEN-BAKED OR GRILLED SALMON FRESH TOMATO SEASONED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) CHICKPEA STEW WITH VEGETABLES (GREEN BEANS, TOMATO, CARROT) DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 STEWED LENTILS WITH VEGETABLES GRIDDLED ZUCCHINI OMELET FRESH COLESLAW FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) ROAST TURKEY WITH ONIONS FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE-GRAIN VEGETABLE PAELLA (MIXED VEGETABLE MEDLEY) HAKE IN AMERICAN-STYLE SAUCE (TOMATO, CARROT, ONION) OVEN-BAKED ZUCCHINI PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	14 CHICKPEA AND CHICKEN STEW MIXED-MEAT BURGER (OVEN-BAKED OR GRIDDLED) FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE WHEAT BREAD	15 LEEK SOUP / VICHYSOISE OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) SAUTÉED SCRAMBLED EGGS NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES SCRAMBLED EGG STIR-FRY ROASTED SWEET POTATO PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	20 STEWED LENTILS WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP BEEF RAGOUT SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 STEWED POTATOES WITH VERMICELLI AND HAKE BAKED EGGS WITH TOMATO SAUCE ROAST POTATOES WITH THYME FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 WHOLE WHEAT MACARONI WITH TOMATO SAUCE (GRATINATED) SPANISH-STYLE MEATBALLS LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
26 PUMPKIN SOUP SCRAMBLED EGGS DICED OVEN-ROASTED POTATOES PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	27 MACARONI WITH CHEESE SAUCE LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	28 GRATIN OF SPINACH WITH BÉCHAMEL SAUCE SAUTÉED CHICKEN BREAST WITH GARLIC FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 BROWN RICE STIR-FRY WITH MUSHROOMS GRILLED OR BAKED HAKE FILLET FRIED BATTERED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE SOUP WITH NOODLES OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

*Every day, in addition to the listed dishes, salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

**FRESH SEASONAL FRUIT
(AUTUMN)**


**APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE**

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*

HOMEMADE STEW STYLE SOUP
(RICE, POTATO, LEEK, CARROT
AND CHICKEN)
CHICKEN FILLET IN TOMATO AND PEPPER SAUCE
SAUTÉED CARROT SLICES
VINAGRETA DE ALBAHACA
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

01

MACARONI WITH HOMEMADE TOMATO
SAUCE
GRILLED BEEF STEAK
WITH HERBES DE PROVENCE
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

02

BEAN SALAD
(TOMATO, ONION AND BELL PEPPER)
OVEN BAKED CHICKEN THIGHS
STIR-FRIED RICE WITHOUT GARLIC OR ONION
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

05

MACARONI WITH HOMEMADE TOMATO SAUCE
OVEN ROASTED OR GRIDDLED SALMON
FRESH TOMATO SEALED WITH OREGANO
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

06

VEGETABLE PAELLA (PEAS, ZUCCHINI)
STEWED CHICKPEAS WITH VEGETABLES (GREEN
BEANS, TOMATO, CARROT)
OVEN ROASTED DICED POTATOES
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

07

PORTUGUESE GREEN BEANS (TOMATO SAUCE)
GRIDDLED ZUCCHINI OMELET
COLESLAW
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

08

CREAM OF VEGETABLE SOUP (GREEN BEAN,
ZUCCHINI, PUMPKIN, CARROT)
GRILLED/OVEN ROASTED PORK LOIN
CHIPS
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

09
PUBLIC HOLIDAY


WHOLE GRAIN VEGETABLE PAELLA
PAN SEARED OR OVEN- BAKED HAKE FILLET
OVEN BAKED ZUCCHINI
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

13

CAZUELA DE GARBANZOS CON POLLO
GRILLED/OVEN ROASTED BEEF LOIN
TOMATO SALAD
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

14

VICHYSOISE
OVEN ROASTED OR GRILLED TURKEY BREAST
FILLET
OVEN ROASTED POTATOES
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

15

GAZPACHO WITH GLUTEN FREE BREAD
SAUTÉED SCRAMBLED EGGS
NACHOS
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

16

RICE WITH VEGETABLES
COD IN HOMEMADE TOMATO SAUCE
ROASTED SWEET POTATO
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

19

LENTIL STEW WITH VEGETABLES
LEMON CHICKEN THIGH
FRENCH FRIES
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

20

ZUCCHINI CREAM SOUP
BEEF RAGOUT
SAUTÉED BROCCOLI
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

21

POTATO STEW WITH VERMICELLI AND HAKE
OVEN-BAKED EGGS WITH TOMATO SAUCE
THYME-ROASTED POTATOES
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

22

GRATIN OF WHOLE WHEAT MACARONI
WITH TOMATO SAUCE
HOMEMADE COD CROQUETTES
LETTUCE AND CARROT SALAD
HOMEMADE VANILLA CUSTARD
WHITE OR WHOLE-WHEAT BREAD

23

CREAM OF PUMPKIN SOUP
SCRAMBLED EGGS
DICED OVEN-ROASTED POTATOES
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

26

MACARONI WITH CHEESE SAUCE
FAJITAS WITH TEXTURED SOY BOLOGNESE
FRESH TOMATO DRESSED WITH OREGANO
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

27

GRATIN OF SPINACH WITH BÉCHAMEL SAUCE
SAUTÉED CHICKEN BREAST WITH GARLIC
FRESH COLESLAW
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

28

ASIAN-STYLE FRIED RICE
PAN-SEARED OR OVEN-BAKED HAKE FILLET
BATTERED AND FRIED ZUCCHINI
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

29

HOMEMADE VEGETABLE SOUP WITH NOODLES
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
WHITE OR WHOLE-WHEAT BREAD

30

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from	FRESH SEASONAL FRUIT (AUTUMN) APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE 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 POTATO AND VEGETABLE STEW CHICKPEA AND SPINACH STEW SAUTÉED CARROT SLICES PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	02 NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO) CASTILIAN LENTIL STEW WITH VEGETABLES LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
05 SAUTÉED PEAS BEAN SALAD SAUTÉED RICE (WITHOUT GARLIC OR ONION) PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	06 WHOLE WHEAT PASTA AND VEGETABLE WOK HARD-BOILED EGGS WITH TOMATO SAUCE, PEAS AND BELL PEPPER FRESH TOMATO SEASONED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) VEGETABLE MEATBALLS STEWED JARDINERA STYLE DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD CHOCOLATE MOUSSE WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) SPINACH CROQUETTES FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE-GRAIN VEGETABLE PAELLA (MIXED VEGETABLE MEDLEY) SAUTÉED CHICKPEAS WITH ONION OVEN-BAKED ZUCCHINI PLAIN YOGURT WHITE OR WHOLE-GRAIN BREAD	14 CREAM OF PUMPKIN SOUP WITH CROUTONS CHICKPEA STEW WITH VEGETABLES FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE WHEAT BREAD	15 LEEK SOUP / VICHYSOISE VEGGIE BURGER BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) FAJITAS WITH TEXTURED SOY BOLOGNESE NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES VEGETABLE BURGER ROASTED SWEET POTATO PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	20 STEWED LENTILS WITH VEGETABLES BELLA AURORA MACARONI (MACARONI, BÉCHAMEL SAUCE AND TOMATO) FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION) HOMEMADE LENTIL BOLOGNESE PIZZA SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 STEWED POTATOES WITH VEGETABLES (CHARD, CARROTS, LEEK) BAKED EGGS WITH TOMATO SAUCE ROASTED POTATOES WITH THYME FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 WHOLE WHEAT MACARONI WITH TOMATO SAUCE AU GRATIN VEGETABLE MEATBALLS WITH TOMATO SAUCE LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
26 PUMPKIN CREAM SOUP CHICKPEA STEW WITH ZUCCHINI BAKED DICED POTATOES PLAIN YOGURT WHITE OR WHOLE-WHEAT BREAD	27 MACARONI WITH CHEESE SAUCE FAJITAS WITH TEXTURED SOY BOLOGNESE FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	28 ESPINACAS CON BECHAMEL GRATINADAS TORTILLA FRANCESA PLANCHA ENSALADA DE COL FRESCA FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 BROWN RICE SAUTÉED WITH MUSHROOMS VEGETARIAN BURGER FRIED BREADED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE NOODLE SOUP SCRAMBLED EGGS LETTUCE AND CUCUMBER SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

*Every day, in addition to the listed dishes, salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

FRESH SEASONAL FRUIT (AUTUMN)



APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE

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HOMEMADE *PICADILLO* SOUP WITH CHICKEN,
COOKED HAM, AND HARD-BOILED EGG
CHICKEN FILLET IN TOMATO AND BELL PEPPER
SAUCE
SAUTÉED CARROT SLICES
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

NEAPOLITAN-STYLE MACARONI (TOMATO
SAUCE, OREGANO)
OVEN-ROASTED PORK WITH HERBES DE
PROVENCE
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

05
BEAN SALAD (TOMATO, ONION, AND BELL
PEPPER)
OVEN-BAKED CHICKEN DRUMSTICKS
SAUTÉED RICE (WITHOUT GARLIC OR ONION)
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

06
WHOLE WHEAT PASTA STIR-FRY WITH
VEGETABLES (ZUCCHINI, BELL PEPPER, CARROT)
OVEN-BAKED OR GRILLED SALMON
FRESH TOMATO SEASONED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

07
VEGETABLE PAELLA (PEAS, ZUCCHINI)
VEGETABLE MEATBALLS STEWED WITH MIXED
VEGETABLES (JARDINERA STYLE)
DICED OVEN-ROASTED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

08
PORTUGUESE-STYLE GREEN BEANS (TOMATO
SAUCE)
GRILLED ZUCCHINI OMELET
FRESH CABBAGE SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

09
CREAM OF VEGETABLE SOUP (GREEN BEANS,
ZUCCHINI, PUMPKIN, CARROT)
GRILLED OR OVEN-ROASTED PORK LOIN
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

PUBLIC HOLIDAY



13
WHOLE-GRAIN VEGETABLE PAELLA (MIXED
VEGETABLE MEDLEY)
GRILLED OR OVEN-BAKED HAKE FILLET
OVEN-BAKED ZUCCHINI
PLAIN YOGURT
WHITE OR WHOLE-GRAIN BREAD

14
CHICKPEA AND CHICKEN CASSEROLE
GRILLED/OVEN LOIN RIBBON
FRESH TOMATO SALAD
FRESH FRUIT
WHITE OR WHOLE WHEAT BREAD

15
LEEK SOUP / VICHYSOISE
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
BAKED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

16
HOMEMADE GAZPACHO (TOMATO, RED
PEPPER, CUCUMBER)
SCRAMBLED EGGS
NACHOS
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

19
RICE WITH VEGETABLES
COD IN HOMEMADE TOMATO SAUCE
ROASTED SWEET POTATO
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

20
STEWED LENTILS WITH VEGETABLES
LEMON CHICKEN THIGH
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

21
ZUCCHINI CREAM SOUP (ZUCCHINI, POTATO, ONION)
VEAL FILLET (OVEN-ROASTED OR GRIDDLED)
SAUTÉED BROCCOLI
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

22
STEW POTATOES WITH VEGETABLES (SWISS
CHARD, CARROTS, LEEK)
BAKED EGGS WITH TOMATO SAUCE
ROASTED POTATOES WITH THYME
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

23
WHOLE WHEAT MACARONI AND CHEESE
GRILLED/OVEN-BAKED PORK LOIN
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

26
PUMPKIN CREAM SOUP
SCRAMBLED EGGS
BAKED DICED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

27
NEAPOLITAN MACARONI
LEAN PORK WITH TOMATO SAUCE
FRESH TOMATO SEASONED WITH OREGANO
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

28
SAUTÉED SPINACH
SAUTÉED CHICKEN BREAST
FRESH CABBAGE SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

29
MIXED BROWN RICE PAELLA (PORK, SEAFOOD)
BAKED OR GRILLED HAKE
BAKED ZUCCHINI
FRESH FRUIT
WHITE OR WHOLEMEAL BREAD

30
HOMEMADE VEGETABLE NOODLE SOUP
ROAST TURKEY
LETTUCE AND CUCUMBER SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

*Every day, in addition to the listed dishes, salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

FRESH SEASONAL FRUIT (AUTUMN)



APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE

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

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HOMEMADE STEW STYLE SOUP
(RICE, POTATO, LEEK, CARROT
AND CHICKEN)
CHICKEN FILLET IN TOMATO AND PEPPER SAUCE
SAUTÉED CARROT SLICES
VINAGRETA DE ALBAHACA
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

GLUTEN-FREE MACARONI WITH HOMEMADE
TOMATO SAUCE
OVEN ROASTED PORK WITH HERBES DE
PROVENCE
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

05

06

07

08

09

BEAN SALAD
(TOMATO, ONION AND BELL PEPPER)
OVEN BAKED CHICKEN THIGHS
STIR-FRIED RICE WITHOUT GARLIC OR ONION
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

GLUTEN FREE MACARONI WITH HOMEMADE
TOMATO SAUCE
OVEN ROASTED OR GRIDDLED SALMON
FRESH TOMATO SEALED WITH OREGANO
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

VEGETABLE PAELLA (PEAS, ZUCCHINI)
STEWED CHICKPEAS WITH VEGETABLES (GREEN
BEANS, TOMATO, CARROT)
OVEN ROASTED DICED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

PORTUGUESE GREEN BEANS (TOMATO SAUCE)
GRILLED/OVEN ROASTED HAKE FILLET
COLESLAW
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

CREAM OF VEGETABLE SOUP (GREEN BEAN,
ZUCCHINI, PUMPKIN, CARROT)
GRILLED/OVEN ROASTED PORK LOIN
CHIPS
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

12

13

14

15

16

PUBLIC HOLIDAY



WHOLE GRAIN VEGETABLE PAELLA
PAN SEARED OR OVEN- BAKED HAKE FILLET
OVEN BAKED ZUCCHINI
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

CHICKPEA AND CHICKEN STEW
GRILLED/OVEN ROASTED PORK LOIN
TOMATO SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

VICHYSOISE
OVEN ROASTED OR GRILLED TURKEY BREAST
FILLET
OVEN ROASTED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

GAZPACHO WITH GLUTEN FREE BREAD
GARLIC AND PARSLEY INFUSED SALMON
NACHOS
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

19

20

21

22

23

RICE WITH VEGETABLES (ZUCCHINI, ONION,
PEAS, TOMATO, CARROT, BELL PEPPER,
GARLIC)
COD IN HOMEMADE TOMATO SAUCE
ROASTED SWEET POTATO
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

GARDEN-STYLE VEGETABLE STEW
LEMON CHICKEN THIGH
FRENCH FRIES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

ZUCCHINI SOUP (ZUCCHINI, POTATO, ONION)
OVEN-ROASTED OR GRIDDLED BEEF FILLET
SAUTÉED BROCCOLI
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

STEWED POTATOES WITH VEGETABLES (SWISS
CHARD, CARROTS, LEEK)
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
THYME-ROASTED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

GLUTEN-FREE MACARONI WITH
HOMEMADE TOMATO SAUCE
GRILLED OR OVEN-ROASTED PORK LOIN
LETTUCE AND CARROT SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

26

27

28

29

30

CREAM OF PUMPKIN SOUP (PUMPKIN, POTATO,
CARROT, AND ONION)
CHICKPEA AND ZUCCHINI STEW
DICED OVEN-ROASTED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

GLUTEN-FREE NEAPOLITAN-STYLE MACARONI
(TOMATO SAUCE, OREGANO)
SAUTÉED BEANS WITH CABBAGE AND PUMPKIN
FRESH TOMATO DRESSED WITH OREGANO
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

SAUTÉED SPINACH
SAUTÉED GARLIC CHICKEN BREAST
FRESH COLESLAW
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

BROWN RICE SAUTÉED WITH MUSHROOMS
PAN-SEARED OR OVEN-BAKED HAKE FILLET
OVEN-BAKED ZUCCHINI
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

HOMEMADE VEGETABLE SOUP WITH GLUTEN-
FREE NOODLES
OVEN-ROASTED OR GRILLED TURKEY BREAST
FILLET
LETTUCE AND CUCUMBER SALAD
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

*Every day, in addition to the listed dishes,
salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

**FRESH SEASONAL FRUIT
(AUTUMN)**


**APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE**

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

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HOMEMADE STEW STYLE SOUP
(RICE, POTATO, LEEK, CARROT
AND CHICKEN)
CHICKEN FILLET IN TOMATO AND PEPPER SAUCE
SAUTÉED CARROT SLICES
VINAGRETA DE ALBAHACA
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

GLUTEN-FREE MACARONI WITH HOMEMADE
TOMATO SAUCE
OVEN ROASTED PORK WITH HERBES DE
PROVENCE SAUTÉED CARROT SLICES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

05

SAUTÉED BEANS WITH VEGETABLES
OVEN BAKED CHICKEN THIGHS
STIR-FRIED RICE WITHOUT GARLIC OR ONION
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

06

GLUTEN FREE MACARONI WITH HOMEMADE
TOMATO SAUCE
OVEN ROASTED OR GRIDDLED SALMON
OVEN BAKED ZUCCHINI
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

07

VEGETABLE PAELLA (PEAS, ZUCCHINI)
STEWED CHICKPEAS WITH VEGETABLES (GREEN
BEANS, TOMATO, CARROT)
OVEN ROASTED DICED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

08

PORTUGUESE GREEN BEANS (TOMATO SAUCE)
GRIDDLED ZUCCHINI OMELET
COLESLAW
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

09

ZUCCHINI SOUP
GRILLED/OVEN ROASTED PORK LOIN
CHIPS
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

12
PUBLIC HOLIDAY

13

WHOLE GRAIN VEGETABLE PAELLA
PAN SEARED OR OVEN- BAKED HAKE FILLET
OVEN BAKED ZUCCHINI
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

14

CHICKPEA AND CHICKEN CASSEROLE
GRILLED/OVEN ROASTED PORK LOIN
ROASTED PUMPKIN
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

15

VICHYSOISE
OVEN ROASTED OR GRILLED TURKEY BREAST
FILLET
OVEN ROASTED POTATOES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

16

OVEN BAKED ZUCCHINI
SAUTÉED SCRAMBLED EGGS
NACHOS
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

19

RICE WITH CARROTS
COD IN HOMEMADE TOMATO SAUCE
ROASTED SWEET POTATO
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

20

VEGETABLE RATATOUILLE
LEMON CHICKEN
FRENCH FRIES
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

21

CREAM OF ZUCCHINI SOUP
BAKED BEEF FILLET
SAUTÉED BROCCOLI
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

22

BOILED POTATOES WITH MUSHROOMS
HARD-BOILED EGGS
ROASTED POTATOES WITH THYME
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

23

GLUTEN-FREE MACARONI WITH
VEGETABLES
GRILLED PORK LOIN
SAUTÉED CARROTS
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

26

CREAM OF PUMPKIN SOUP
SCRAMBLED EGGS
BAKED POTATOES
PLAIN YOGURT
GLUTEN-FREE SLICED BREAD

27

GLUTEN-FREE STIR-FRIED MACARONI
SAUTÉED BEANS WITH RED CABBAGE, PUMPKIN,
AND PESTO SAUCE
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

28

SAUTÉED SPINACH
GARLIC CHICKEN BREAST
PLAIN RICE FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

29

BROWN RICE SAUTÉED WITH MUSHROOMS
BAKED HAKE
ROASTED ZUCCHINI
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

30

HOMEMADE VEGETABLE SOUP WITH GLUTEN-
FREE NOODLES
BAKED TURKEY BREAST
CARROT DRESSING
FRESH SEASONAL FRUIT
GLUTEN-FREE SLICED BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		<i>According to Rgto. 1169/2011 You can ask SERUNION staff For information on substances That can cause allergies or intolerances</i>	01 HOMEMADE PICADILLO SOUP WITH CHICKEN, COOKED HAM, AND HARD-BOILED EGG.) CHICKEN FILLET IN TOMATO AND PEPPER SAUCE SAUTÉED CARROT SLICES VINAGRETA DE ALBAHACA PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	02 MACARONI WITH HOMEMADE TOMATO SAUCE OVEN-ROASTED PORK WITH HERBES DE PROVENCE PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
05 BEAN SALAD (TOMATO, ONION AND BELL PEPPER) OVEN BAKED CHICKEN THIGHS STIR-FRIED RICE WITHOUT GARLIC OR ONION PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	06 MACARONI WITH HOMEMADE TOMATO SAUCE OVEN ROASTED OR GRIDDLED SALMON FRESH TOMATO SEALED WITH OREGANO PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) STEWED CHICKPEAS WITH VEGETABLES (GREEN BEANS, TOMATO, CARROT) OVEN ROASTED DICED POTATOES PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	08 PORTUGUESE GREEN BEANS (TOMATO SAUCE) GRIDDLED ZUCCHINI OMELET COLESLAW PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEAN, ZUCCHINI, PUMPKIN, CARROT) GRILLED/OVEN ROASTED PORK LOIN CHIPS PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE GRAIN VEGETABLE PAELLA PAN SEARED OR OVEN- BAKED HAKE FILLET OVEN BAKED ZUCCHINI PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	14 ANDALUSIAN STEW (CHICKPEAS, CHICKEN, POTATO, GREEN BEANS, LEEK, CARROT, CELERY, AND BLOOD SAUSAGE) GRILLED/OVEN ROASTED BEEF LOIN TOMATO SALAD PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	15 VICHYSOISE OVEN ROASTED OR GRILLED TURKEY BREAST FILLET OVEN ROASTED POTATOES PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	16 GAZPACHO WITH GLUTEN FREE BREAD CHICKEN AND VEGETABLE FAJITAS NACHOS PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	20 LENTIL STEW WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI CREAM SOUP BEEF RAGOUT SAUTÉED BROCCOLI PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	22 POTATO STEW WITH VERMICELLI AND HAKE OVEN-BAKED EGGS WITH TOMATO SAUCE THYME-ROASTED POTATOES PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	23 GRATIN OF WHOLE WHEAT MACARONI WITH TOMATO SAUCE SPANISH-STYLE MEATBALLS (ONION, TOMATO, BELL PEPPER, CARROT) LETTUCE AND CARROT SALAD PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD
26 CREAM OF PUMPKIN SOUP SCRAMBLED EGGS DICED OVEN-ROASTED POTATOES PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	27 MACARONI WITH CHEESE SAUCE LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	28 GRATIN OF SPINACH WITH BÉCHAMEL SAUCE SAUTÉED CHICKEN BREAST WITH GARLIC FRESH COLESLAW PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	29 MIXED BROWN RICE PAELLA (PORK, SEAFOOD) PAN-SEARED OR OVEN-BAKED HAKE FILLET BATTERED AND FRIED ZUCCHINI PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD	30 HOMEMADE VEGETABLE SOUP WITH NOODLES OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD PERMITTED FRESH FRUIT AND WHITE OR WHOLE-WHEAT BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<i>Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from</i>	FRESH SEASONAL FRUIT (AUTUMN)  APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE The fruit served will depend on availability, but we guarantee that it will always be fresh and in season	<i>According to Rgto. 1169/2011 You can ask SERUNION staff For information on substances That can cause allergies or intolerances</i>	01 HOMEMADE STEW-STYLE SOUP (RICE, POTATO, LEEK, CARROT, AND CHICKEN) CHICKEN FILLET IN TOMATO AND BELL PEPPER SAUCE SAUTÉED CARROT SLICES SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	02 NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO) OVEN-ROASTED PORK WITH HERBES DE PROVENCE LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
05 BEAN SALAD (TOMATO, ONION, AND BELL PEPPER) OVEN-BAKED CHICKEN DRUMSTICKS SAUTÉED RICE (WITHOUT GARLIC OR ONION) SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	06 ITALIAN-STYLE MACARONI OVEN-BAKED OR GRILLED SALMON FRESH TOMATO SEASONED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) CHICKPEA STEW WITH VEGETABLES (GREEN BEANS, TOMATO, CARROT) DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES GRILLED ZUCCHINI OMELET FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) GRILLED OR OVEN-ROASTED PORK LOIN FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 WHOLE-GRAIN VEGETABLE PAELLA (MIXED VEGETABLE MEDLEY) GRILLED OR OVEN-BAKED HAKE FILLET OVEN-BAKED ZUCCHINI SOY YOGURT WHITE OR WHOLE-GRAIN BREAD	14 CHICKPEA AND CHICKEN STEW GRILLED/OVEN LOIN RIBBON FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE WHEAT BREAD	15 LEEK SOUP / VICHYSOISE OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 HOMEMADE GAZPACHO (TOMATO, RED PEPPER, CUCUMBER) SCRAMBLED EGGS NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	20 STEWED LENTILS WITH VEGETABLES LEMON CHICKEN THIGH FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 ZUCCHINI SOUP BAKED EGGS WITH TOMATO SAUCE SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 STEWED POTATOES WITH VEGETABLES BAKED EGGS WITH TOMATO SAUCE ROAST POTATOES WITH THYME FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 ITALIAN-STYLE WHOLE WHEAT MACARONI GRILLED OR OVEN-ROASTED PORK LOIN LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
26 PUMPKIN SOUP SCRAMBLED EGGS DICED OVEN-ROASTED POTATOES SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	27 NEAPOLITAN-STYLE MACARONI LEAN PORK WITH TOMATO SAUCE FRESH TOMATO DRESSED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	28 SAUTÉED SPINACH GARLIC-SAUTÉED CHICKEN BREAST FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 BROWN RICE STIR-FRY WITH MUSHROOMS GRILLED OR BAKED HAKE FILLET BAKED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE SOUP WITH NOODLES OVEN-ROASTED OR GRILLED TURKEY BREAST FILLET LETTUCE AND CUCUMBER SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD

LUNES
MARTES
MIÉRCOLES
JUEVES
VIERNES

*Every day, in addition to the listed dishes, salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

**FRESH SEASONAL FRUIT
(AUTUMN)**


**APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE**

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

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That can cause allergies or intolerances*

GERMAN SALAD WITH VEGETABLES
CHICKPEA AND SPINACH STEW
SAUTÉED CARROT SLICES
YOGURT
WHITE OR WHOLE-WHEAT BREAD

01

NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO)
FALAFEL
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

02
05

SAUTÉED PEAS
BEAN SALAD
SAUTÉED RICE (WITHOUT GARLIC OR ONION)
YOGURT
WHITE OR WHOLE-WHEAT BREAD

06

WHOLE WHEAT PASTA AND VEGETABLE WOK
FAJITAS WITH TEXTURED SOY BOLOGNESE
FRESH TOMATO SEASONED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

07

VEGETABLE PAELLA (PEAS, ZUCCHINI)
VEGETABLE MEATBALLS STEWED JARDINERA STYLE
DICED OVEN-ROASTED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

08

LENTIL STEW WITH VEGETABLES
MUSHROOM OMELET
FRESH CABBAGE SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

09

CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT)
SPRING ROLLS
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

12

PUBLIC HOLIDAY


13

STIR-FRIED WITH VEGETABLES (MIXED VEGETABLE MEDLEY)
SAUTÉED CHICKPEAS WITH ONION
RATATOUILLE
YOGURT
WHITE OR WHOLE-GRAIN BREAD

14

PUMPKIN CREAM WITH CROUTONS
LENTIL PIZZA
FRESH TOMATO SALAD
FRESH FRUIT
WHITE OR WHOLE WHEAT BREAD

15

LEEK SOUP / VICHYSOISE
VEGGIE BURGER
BAKED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

16

WELLS
FAJITAS WITH TEXTURED SOY BOLOGNESE
NACHOS
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

19

RICE WITH VEGETABLES
CHICKPEA AND SPINACH STEW
LETTUCE AND FRESH TOMATO
YOGURT
WHITE OR WHOLE-WHEAT BREAD

20

CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT)
EGG-FREE PASTA STIR-FRIED WITH VEGETABLES
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

21

SMOOTH ZUCCHINI SOUP
LENTIL MILLE-FEUILLE
STEAMED POTATO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

22

STEW POTATOES WITH VEGETABLES
AGLIO E GLIO ELBOW PASTA
SAUTÉED BROCCOLI
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

23

RICE WITH HOMEMADE TOMATO SAUCE
CHICKPEA STEW WITH VEGETABLES
LETTUCE AND CUCUMBER SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

26

CREAM OF PUMPKIN SOUP
INDIAN STYLE CHICKPEAS
LETTUCE AND BEETROOT
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

27

STIR-FRIED PASTA WITH VEGETABLES
FAJITAS WITH SOY BOLOGNESE
LETTUCE AND CARROT SALAD
YOGURT
WHITE OR WHOLE-WHEAT BREAD

28

SPINACH WITH BÉCHAMEL SAUCE
SAUTÉED PINTO BEANS WITH SMOKED SOY CRUMBLE
FRESH TOMATO AND SWEET CORN SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

29

SAUTÉED BROCCOLI WITH TOMATO
SPRING ROLLS
BATTERED ZUCCHINI
FRESH FRUIT
WHITE OR WHOLEMEAL BREAD

30

HOMEMADE VEGETABLE SOUP
EGG FREE MUSHROOM AND MELTED CHEESE SCRAMBLE
SAUTÉED VEGETABLES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from	FRESH SEASONAL FRUIT (AUTUMN) APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE 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 GERMAN SALAD WITH VEGETABLES CHICKPEA AND SPINACH STEW SAUTÉED CARROT SLICES YOGURT WHITE OR WHOLE-WHEAT BREAD	02 NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO) FALAFEL LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
05 SAUTÉED PEAS BEAN SALAD SAUTÉED RICE (WITHOUT GARLIC OR ONION) YOGURT WHITE OR WHOLE-WHEAT BREAD	06 WHOLE WHEAT PASTA AND VEGETABLE WOK FAJITAS WITH TEXTURED SOY BOLOGNESE FRESH TOMATO SEASONED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 VEGETABLE PAELLA (PEAS, ZUCCHINI) VEGETABLE MEATBALLS STEWED JARDINERA STYLE DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES SPRING ROLLS FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) AGLIO E OLIO PASTA FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 STIR-FRIED WITH VEGETABLES (MIXED VEGETABLE MEDLEY) SAUTÉED CHICKPEAS WITH ONION RATATOUILLE YOGURT WHITE OR WHOLE-GRAIN BREAD	14 SAUTÉED CHICKPEAS WITH CURRY LENTIL PIZZA FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE WHEAT BREAD	15 LEEK SOUP / VICHYSOISE VEGGIE BURGER BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 WELLS FAJITAS WITH TEXTURED SOY BOLOGNESE NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES CHICKPEA AND SPINACH STEW LETTUCE AND FRESH TOMATO YOGURT WHITE OR WHOLE-WHEAT BREAD	20 LENTILS WITH CARROTS EGG-FREE PASTA STIR-FRIED WITH VEGETABLES LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 CREAMY DAIRY-FREE ZUCCHINI SOUP DAIRY-FREE LENTIL MILLE-FEUILLE STEAMED POTATO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 STEW POTATOES WITH VEGETABLES AGLIO E GLIO ELBOW PASTA SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 RICE WITH HOMEMADE TOMATO SAUCE CHICKPEA STEW WITH VEGETABLES LETTUCE AND CUCUMBER SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
26 CREAM OF PUMPKIN SOUP INDIAN STYLE CHICKPEAS LETTUCE AND BEETROOT FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	27 EGG-FREE PASTA STIR-FRIED WITH VEGETABLES FAJITAS WITH SOY BOLOGNESE LETTUCE AND CARROT SALAD YOGURT WHITE OR WHOLE-WHEAT BREAD	28 BROWN RICE WITH HOMEMADE TOMATO SAUCE SAUTÉED PINTO BEANS WITH SMOKED SOY CRUMBLE FRESH TOMATO AND SWEET CORN SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 SAUTÉED BROCCOLI WITH TOMATO SPRING ROLLS EGG-FREE BATTERED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE SOUP VEGGIE BURGER SAUTÉED VEGETABLES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
Every day, in addition to the listed dishes, salad buffet is also available, consisting of: 1 type of lettuce 4 toppings to choose from	FRESH SEASONAL FRUIT (AUTUMN) APPLE, BANANA, PEAR, ORANGE AND MANDARIN ORANGE 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 GERMAN SALAD WITH VEGETABLES CHICKPEA AND SPINACH STEW SAUTÉED CARROT SLICES SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	02 NEAPOLITAN-STYLE MACARONI (TOMATO SAUCE, OREGANO) FALAFEL LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
05 SAUTÉED PEAS BEAN SALAD SAUTÉED RICE (WITHOUT GARLIC OR ONION) SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	06 WHOLE WHEAT PASTA AND VEGETABLE WOK FAJITAS WITH TEXTURED SOY BOLOGNESE FRESH TOMATO SEASONED WITH OREGANO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	07 STIR-FRIED RICE WITH VEGETABLES VEGETABLE MEATBALLS STEWED JARDINERA STYLE DICED OVEN-ROASTED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	08 LENTIL STEW WITH VEGETABLES SPRING ROLLS FRESH CABBAGE SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	09 CREAM OF VEGETABLE SOUP (GREEN BEANS, ZUCCHINI, PUMPKIN, CARROT) AGLIO E OLIO PASTA FRENCH FRIES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
12 PUBLIC HOLIDAY 	13 STIR-FRIED RICE WITH VEGETABLES (MIXED VEGETABLE MEDLEY) SAUTÉED CHICKPEAS WITH ONION OVEN BAKED ZUCCHINI SOY YOGURT WHITE OR WHOLE-GRAIN BREAD	14 PUMPKIN CREAM WITH CROUTONS LENTIL PIZZA FRESH TOMATO SALAD FRESH FRUIT WHITE OR WHOLE WHEAT BREAD	15 LEEK SOUP / VICHYSOISE VEGGIE BURGER BAKED POTATOES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	16 POZOLES FAJITAS WITH TEXTURED SOY BOLOGNESE NACHOS FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
19 RICE WITH VEGETABLES CHICKPEA AND SPINACH STEW LETTUCE AND FRESH TOMATO SOY YOGURT WHITE OR WHOLE-WHEAT BREAD	20 LENTILS WITH CARROTS EGG-FREE PASTA STIR-FRIED WITH VEGETABLES LETTUCE AND CARROT SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	21 CREAMY DAIRY-FREE ZUCCHINI SOUP DAIRY-FREE LENTIL MILLE-FAUILLE STEAMED POTATO FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	22 STEW POTATOES WITH VEGETABLES AGLIO E OLIO ELBOW PASTA SAUTÉED BROCCOLI FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	23 RICE WITH HOMEMADE TOMATO SAUCE CHICKPEA STEW WITH VEGETABLES LETTUCE AND CUCUMBER SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD
26 CREAM OF PUMPKIN SOUP INDIAN STYLE CHICKPEAS LETTUCE AND BEETROOT FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	27 EGG-FREE PASTA STIR-FRIED WITH VEGETABLES FAJITAS WITH SOY BOLOGNESE LETTUCE AND CARROT SALAD YOGURT WHITE OR WHOLE-WHEAT BREAD	28 BROWN RICE WITH HOMEMADE TOMATO SAUCE SAUTÉED PINTO BEANS WITH SMOKED SOY CRUMBLE FRESH TOMATO AND SWEET CORN SALAD FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD	29 SAUTÉED BROCCOLI WITH TOMATO SPRING ROLLS EGG-FREE BATTERED ZUCCHINI FRESH FRUIT WHITE OR WHOLEMEAL BREAD	30 HOMEMADE VEGETABLE SOUP VEGGIE BURGER SAUTÉED VEGETABLES FRESH FRUIT WHITE OR WHOLE-WHEAT BREAD

LUNES

MARTES

MIÉRCOLES

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*Every day, in addition to the listed dishes, salad buffet is also available, consisting of:
1 type of lettuce
4 toppings to choose from*

FRESH SEASONAL FRUIT (AUTUMN)



APPLE, BANANA, PEAR, ORANGE AND
MANDARIN ORANGE

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GERMAN SALAD WITH VEGETABLES
CHICKPEA AND SPINACH STEW
SAUTÉED CARROT SLICES
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

NEAPOLITAN-STYLE MACARONI (TOMATO
SAUCE, OREGANO)
FALAFEL
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

05

SAUTÉED PEAS
BEAN SALAD
SAUTÉED RICE (WITHOUT GARLIC OR ONION)
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

06

WHOLE WHEAT PASTA AND VEGETABLE WOK
OVEN BAKED SALMON
FRESH TOMATO SEASONED WITH OREGANO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

07

STIR-FRIED RICE WITH VEGETABLES
VEGETABLE MEATBALLS STEWED JARDINERA STYLE
DICED OVEN-ROASTED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

08

LENTIL STEW WITH VEGETABLES
SPRING ROLLS
FRESH CABBAGE SALAD
CHOCOLATE MOUSSE
WHITE OR WHOLE-WHEAT BREAD

09

CREAM OF VEGETABLE SOUP (GREEN BEANS,
ZUCCHINI, PUMPKIN, CARROT)
SPINACH CROQUETTES
FRENCH FRIES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

12

PUBLIC HOLIDAY



13

STIR-FRIED RICE WITH VEGETABLES (MIXED
VEGETABLE MEDLEY)
HAKE IN AMERICAN SAUCE
VEGETABLE RATATOUILLE
PLAIN YOGURT
WHITE OR WHOLE-GRAIN BREAD

14

SAUTÉED CHICKPEAS WITH CURRY
LENTIL PIZZA
FRESH TOMATO SALAD
FRESH FRUIT
WHITE OR WHOLE WHEAT BREAD

15

LEEK SOUP / VICHYSOISE
VEGGIE BURGER
BAKED POTATOES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

16

WELLS
FAJITAS WITH TEXTURED SOY BOLOGNESE
NACHOS
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

19

RICE WITH VEGETABLES
COD IN TOMATO SAUCE
LETTUCE AND FRESH TOMATO
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

20

LENTILS WITH CARROTS
EGG-FREE PASTA STIR-FRIED WITH VEGETABLES
LETTUCE AND CARROT SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

21

SMOOTH ZUCCHINI SOUP
LENTIL MILLE-FEUILLE
STEAMED POTATO
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

22

STEW POTATOES WITH VEGETABLES
AGLIO E OLIO ELBOW PASTA
SAUTÉED BROCCOLI
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

23

RICE WITH HOMEMADE TOMATO SAUCE
CHICKPEA STEW WITH VEGETABLES
LETTUCE AND CUCUMBER SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

26

CREAM OF PUMPKIN SOUP
INDIAN STYLE CHICKPEAS
LETTUCE AND BEETROOT
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

27

STIR-FRIED PASTA WITH VEGETABLES
FAJITAS WITH SOY BOLOGNESE
LETTUCE AND CARROT SALAD
PLAIN YOGURT
WHITE OR WHOLE-WHEAT BREAD

28

SPINACH WITH BÉCHAMEL SAUCE
SAUTÉED PINTO BEANS WITH SMOKED SOY
CRUMBLE
FRESH TOMATO AND SWEET CORN SALAD
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD

29

SAUTÉED BROCCOLI WITH TOMATO
BAKED HAKE
EGG-FREE BATTERED ZUCCHINI
FRESH FRUIT
WHITE OR WHOLEMEAL BREAD

30

HOMEMADE VEGETABLE SOUP
VEGGIE BURGER
SAUTÉED VEGETABLES
FRESH FRUIT
WHITE OR WHOLE-WHEAT BREAD