

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<i>Every day, in addition to the listed dishes, salad buffet is also available, consisting of:</i> <i>1 type of lettuce</i> <i>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</i> <i>You can ask SERUNION staff</i> <i>For information on substances</i> <i>That can cause allergies or intolerances</i>	01 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	02 GLUTEN-FREE MACARONI WITH HOMEMADE TOMATO SAUCE OVEN ROASTED PORK WITH HERBES DE PROVENCE FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD
05 BEAN SALAD (TOMATO, ONION AND BELL PEPPER) 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 FRESH TOMATO SEALED WITH OREGANO 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 CREAM OF VEGETABLE SOUP (GREEN BEAN, ZUCCHINI, PUMPKIN, CARROT) 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 PAIN YOGURT GLUTEN-FREE SLICED BREAD	14 CHICKEN AND CHICKPEA STEW GRILLED/OVEN ROASTED PORK LOIN TOMATO SALAD 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 GAZPACHO WITH GLUTEN FREE BREAD SAUTÉED SCRAMBLED EGGS NACHOS FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD
19 RICE WITH VEGETABLES COD IN HOMEMADE TOMATO SAUCE ROASTED SWEET POTATO PLAIN YOGURT GLUTEN-FREE SLICED BREAD	20 GARDEN-STYLE VEGETABLE STEW LEMON CHICKEN THIGH CHIPS FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	21 ZUCCHINI SOUP OVEN-ROASTED/GRIDDLED VEAL FILLET SAUTÉED BROCCOLI FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	22 STEW POTATOES WITH VEGETABLES BAKED EGGS WITH TOMATO SAUCE ROAST POTATOES WITH THYME FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	23 GLUTEN-FREE MACARONI WITH TOMATO SAUCE GRILLED/OVEN-ROASTED PORK LOIN LETTUCE AND CAROT SALAD FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD
26 CREAM OF PUMPKIN SOUP SAUTÉED SCRAMBLED EGGS OVEN-ROASTED DICEN POTATOES FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	27 GLUTEN-FREE NEAPOLITAN-STYLE MACARONI LEAN PORK WITH TOMATO SAUCE FRESH TOMATO SEALED WITH TOMATO FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	28 SAUTÉED SPINACH SAUTÉED CHICKEN BREAST WITH GARLIC FRESH CABBAGE SALAD FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	29 BROWN RICE STIR-FRY WITH MUSHROOMS GRILLED/BAKED HAKE FILLET OVEN-BAKED ZUCCHINI FRESH SEASONAL FRUIT GLUTEN-FREE SLICED BREAD	30 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