

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 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