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18-19

Dilluns

7 Lettuce, Carrot, Olives, Corn
Cuban Rice With Tomato And Egg
Hake At Griddle with Baked Potatoes
Grilled Hake Filet
Scrambled With Vegetables And Onions. Baked Loin.
Seasonal Fruit

14 Lettuce, Tomato, Roast, Corn
Puree Of Eco Vegetables And Eco
Legume
Baked Chicken With Vegetables
Eco Fruit
Vegetable Patties. Fresh Cheese. Seasonal
Fruit

21 Lettuce, Tomato, Carrot, Olives
Tricolor Spirals With Tomato, Cheese
And Mushrooms
Monkfish Tails With Seafood Sauce
Seasonal Fruit
Green Beans With Ham. Grilled Turkey Breast.
Seasonal Fruit

28 Lettuce, Carrot, Corn, Tuna
Lentils With Vegetables And Chorizo
Potato Omelette with Mackerel
Seasonal Fruit
Baked Vegetables. Grilled Fish Fillet. Seasonal Fruit

4 Lettuce, Carrot, Olives And Nuts
Cuban Rice With Tomato And Egg
Turkey Cordon Bleu with Vegetables
Seasonal Fruit
Cream Of Zucchini, Carrot And Potato. Sauced Swordfish.
Lactéal

11 Special Salad With Tuna
Lasagna With Bechamel And Tomato
Seasonal Fruit
Valencian Boiled. Grilled Veal Fillet. Seasonal Fruit

18 Lettuce, Tomato, Carrot, Olives
Rice Soup With Vegetables And Legumes
Baked Loin with Mushrooms And
Raisins
Seasonal Fruit
Cream Of Zucchini, Carrot And Potato. Grilled Swordfish.
Lactéal

25 Lettuce Eco, Tomato, Tuna, Corn
Eco Cream Of Vegetables And Legumes
Baked Chicken with Campestral Sauteed
Seasonal Fruit
Valencian Salad. Baked Squid. Lactéal

4 Lettuce, Tomato, Quinoa, Surimi
Rice Alla Milanese
Hake Orly with Tempura Vegetables
Seasonal Fruit
Grilled Vegetables. Grilled Turkey Breast. Seasonal Fruit

11 Eco Lettuce, Tomato, Carrot, Surimi
Eco Lentils With Carrot And Spinach
Butter Fillet Of Limanda with Garniture
Eco Fruit
Scrambled With Vegetables And Onions. Omelette.
Lactéal

18 Lettuce, Tomato
Puchero Caterguai Soup
Putxero Caterguai
Seasonal Fruit
Valencian Boiled. Tuna Patties. Seasonal Fruit

25 Lettuce, Tomato, Carrot, Beet
Tricolor Spirals In Bolognese
Oven Halibut With Seafood Sauce
Seasonal Fruit
Special Salad. Tender Garlic Omelette. Seasonal Fruit

Dimarts

8 Eco Lettuce, Tuna, Corn, Beet
Eco Lentils With Vegetables
Baked Loin with Mushrooms And
Raisins
Eco Fruit
Fish Soup With Sea Delights. Omelette.
Lactéal

15 Lettuce, Tomato, Roast, Corn
Spaghetti With Tuna, Tomato And
Cheese
Oven Halibut With Seafood Sauce
Seasonal Fruit
Vegetable Cream With Potato. Tuna Omelette.
Lactéal

22 Lettuce, Tomato, Quinoa, Surimi
Pot Soup With Chickpeas
White Sausages with Baked Potatoes
Dairy And Fruit
Green Salad With Fresh Cheese. Stuffed Aubergine With
Vegetables And Mince. Seasonal Fruit

29 Special Salad With Tuna
Valencian Paella With Chicken And
Vegetables
Seasonal Fruit
Grilled Vegetables. Grilled Veal Fillet. Dairy And Fruit

5 Eco Lettuce, Tomato, Quinoa, Beet
Eco Lentils With Vegetables
Hake Orly with Vegetables
Cod Croquettes
Varied Salad With Nuts. Vegetable Omelette. Seasonal
Fruit

12 Lettuce, Tomato, Corn, Olives
Vegetable Cream With Potato
Compleat Burger
Seasonal Fruit
Mushrooms Scrambled With Vegetables And Onions.
Omelette. Seasonal Fruit

19 Lettuce, Carrot, Surimi And Egg
Vegetable Soup With Chickpeas
Ham And Cheese Pizza
Dairy And Fruit
Scrambled Eggs With Mushrooms And Vegetables.
Papillote Fish. Lactéal

26 Lettuce, Tomato, Surimi, Nuts
Macaroni Bolognese
Vegetable Omelette with Cheese
Seasonal Fruit
Sauteed Vegetable Stew. Lamb Chops. Lactéal

5 Lettuce, Tomato, Carrot, Tuna
Cream Of Vegetables, Potato And
Legumes
Veal Burger
Seasonal Fruit
Assorted Salad. "coques De Dacsa". Seasonal
Fruit

12 Lettuce, Tomato, Carrot, Quinoa
Cuban Rice With Tomato And Egg
Homemade Chicken Fillets
Seasonal Fruit
Vegetable Consommé. Loin With Tomato Souce.
Seasonal Fruit

19 Lettuce, Tomato, Olives, Beet
Neapolitan Macaroni
Potato Omelette with Fresh Valencian
Cheese
Seasonal Fruit
Grilled Fish Fillet. Seasonal Fruit

26 Eco Lettuce, Tomato, Olives, Quinoa
Eco Vegetables And Eco Legume Cream
Baked Loin with Baked Potato
Dairy And Fruit
Vegetable Soup With Pasta. Grilled Squid. Eco Fruit
And Dairy

Dimecres

9 Lettuce, Tomato, Carrot, Surimi
Macaroni With Tuna, Tomato And Cheese
Limanda Fillet with Onion And Green
Peas
Seasonal Fruit
Murcian Salad (tomato, Pepper, Eggplant, Olives). Grilled
Turkey Breast. Lactéal

16 Lettuce, Carrot, Corn, Tuna
Potato And Vegetables Stew With Veal
Vegetable Omelette with Mackerel
Dairy And Fruit
Vegetable Consommé. Grilled Fish Fillet. Lactéal

23 Lettuce, Tomato, Carrot, Corn
Rice Alla Milanese
Hake Orly with Vegetables
Seasonal Fruit
Rusian Salad. Grilled Chicken Breast. Seasonal Fruit

30 Lettuce Eco, Tomato, Tuna, Corn
Puree Of Eco Vegetables And Eco
Legume
Compleat Burger
Eco Fruit And Dairy
Noodle Soup. Loin And Peper Skewers.
Seasonal Fruit

6 Lettuce, Tomato, Olives, Raisins
Fideuà Of Fish With Seafood
Potato And Vegetables Omelette with
Mackerel
Seasonal Fruit
Rice Semolina. Peas And Onion Cake.
Seasonal Fruit

13 Lettuce Eco, Carrot, Tuna, Corn
Eco Chickpea Potage With Eco Vegeta-
bles
Breaded Hake And Vegetable Tempura
Eco Fruit
Vegetable Consommé. Pizza Of Tuna And
Tomato. Seasonal Fruit

20 Lettuce, Tomato, Corn, Nuts
Spaghetti With Tuna, Tomato And
Cheese
Grilled Hake Filet with Vegetables
Seasonal Fruit
Fish Soup With Sea Delights. Potato Omelette.
Lactéal

27 Lettuce, Tomato, Olives, Quinoa
Rice With Vegetables And Chicken
Hake Orly with Garniture
Seasonal Fruit
Vegetables Soup With Starlets. Potato And Onion
Omelette. Seasonal Fruit

6 Lettuce, Carrot, Surimi And Egg
Fideuà Of Fish With Seafood
Chicken Fingers with Garniture
Seasonal Fruit
Valencian Boiled. Grilled Fish Fillet. Lactéal

13 Special Salad With Tuna
Lasagna With Bechamel And Tomato
Seasonal Fruit
Vegetable Cream With Potato. Grilled Fish Fillet. Lactéal

20 Lettuce, Tomato, Olives, Beet
Neapolitan Macaroni
Potato Omelette with Fresh Valencian
Cheese
Seasonal Fruit
Grilled Fish Fillet. Seasonal Fruit

27 Lettuce Eco, Tomato, Carrot, Tuna
Baked Rice With Rib, Chickpeas And
Potato
Cod Croquettes
Seasonal Fruit
Assorted Salad. Blue Fish To The Papillote.
Seasonal Fruit

Dijous

10 Eco Lettuce, Tomato, Carrot, Quinoa
Vegetables Soup With Starlets
Meatballs In Vegetable Sauce
Dairy And Fruit
Grilled Vegetables. Grilled Swordfish. Seasonal Fruit

17 Lettuce, Tomato, Carrot, Nuts
Baked Rice With Ribs And Botifarra
Cod Croquettes
Seasonal Fruit
Julianne Soup. Baked Loin. Lactéal

24 Lettuce Eco, Tomato, Tuna, Olives
Eco Chickpea With Vegetables Stew
Potato Omelette with Cheese
Eco Fruit
Vegetable And Potato Puree. Crepes Of Ham And
Cheese. Seasonal Fruit

31 Lettuce, Tomato, Carrot, Olives
Macaroni Bolognese
Baked Hake Filet with Onion And Green
Peas
Seasonal Fruit
Sauteed Of Vegetables And Ham. Grilled
Chicken Breast. Lactéal

7 Lettuce, Carrot, Tuna, Egg
Mediterranean Cream
Baked Chicken With Potatoes And Apple
Seasonal Fruit
Fish Soup With Pasta. Baked Hake. Lactéal

14 Lettuce, Tomato, Carrot, Surimi
Valencian Paella With Chicken And
Vegetables
Tuna Patties
Seasonal Fruit
Vegetable Cream With Potato. Grilled Cuttlefish.
Seasonal Fruit

21 Eco Lettuce, Tomato, Carrot, Quinoa
Eco Lentils With Carrot And Spinach
Potato Omelette with Mackerel
Seasonal Fruit
Three Delights Rice. Tomato And Fresh Cheese Salad.
Seasonal Fruit

28 Lettuce, Tomato, Carrot, Beet
Lentils With Carrot And Spinach
Compleat Burger
Seasonal Fruit
Murcian Salad (tomato, Pepper, Eggplant, Olives).
Grilled Chicken Breast. Lactéal

7 Lettuce Eco, Carrot, Corn And Surimi
Eco Chickpea Potage With Eco Vegetables
Potato And Vegetables Omelette with
Fresh Valencian Cheese
Seasonal Fruit
Fish Soup With Pasta. Baked Squid. Seasonal
Fruit

14 Lettuce, Tomato, Carrot, Tuna
Puree Vegetables And Legumes
Ham And Cheese Pizza
Seasonal Fruit
Semolina Of Rice With Fish Soup. Sauced Swordfish.
Seasonal Fruit

21 Lettuce, Tomato, Carrot, Nuts
Arròs Del Senyoret With Seafood
Marinated Loin with Baked Potato
Seasonal Fruit
Vegetable Patties. Hake Wands. Lactéal

28 Lettuce, Tomato, Tuna, Olives
Eco Lentils With Vegetables
Potato Omelette with Cheese
Eco Fruit
Valencian Salad. Grilled Veal Fillet. Lactéal

Divendres

11 Lettuce, Tomato, Carrot, Raisins
Fideuà Of Fish With Seafood
Potato And Vegetables Omelette with
Cheese
Seasonal Fruit
Vegetables Cream. Baked Hake Ventresca.
Seasonal Fruit

18 Lettuce, Corn, Tuna, Surimi
Lentils With Carrot And Spinach
Homemade Chicken Fillets with Tempura
Vegetables
Seasonal Fruit
Three Delights Rice. Grilled Squid. Seasonal
Fruit

25 Special Salad With Tuna
Lasagna With Bechamel And Tomato
Seasonal Fruit
Free Day

1 Lettuce And Tomato
Puchero Caterguai Soup
Putxero Caterguai
Seasonal Fruit
Cheese Omelette. Seasonal Fruit

8 Lettuce, Carrot, Corn, Olives
Spaghetti Carbonara
Halibut Fillet with Baked Potato
Seasonal Fruit
Free Day

15 Lettuce, Tomato, Corn, Olives
Stew Of Squid With Vegetables, Green
Peas And Pepper
Vegetable Omelette with Fresh Valencian
Cheese
Dairy And Fruit
Grilled Vegetables. Potato Omelette. Seasonal Fruit

22 Lettuce, Tomato, Corn, Tuna
Baked Rice With Rib, Chickpeas And
Potato
Halibut Fillet with Vegetables
Seasonal Fruit
Grilled Vegetables. Potato Omelette. Seasonal
Fruit

1 Lettuce, Tomato, Corn, Surimi
Spaghetti With Tuna, Tomato And
Cheese
Veal Goulash With Vegetables
Seasonal Fruit
Special Salad With Tuna. Hake Fillet With
Garnish. Lactéal

8 Special Salad With Tuna
Valencian Paella With Chicken And
Vegetables
Dairy And Fruit
Roaster Peper And Eggplant Salad. Baked Salmon With
Vegetables. Lactéal

15 Lettuce, Carrot, Corn, Olives
Fish Stew With Cuttlefish And Seafood
Vegetable Omelette with Mackerel
Dairy And Fruit
Scrambled Eggs With Mushrooms And Vegetables.
Grilled Tuna. Seasonal Fruit

22 Eco Lettuce, Carrot, Corn, Olives
Eco Chickpea Potage With Eco Vegeta-
bles
Grilled Swordfish with Meri Sauce
Eco Fruit
Grilled Vegetables. Cheese Omelette.
Seasonal Fruit

29 Lettuce, Tomato, Corn, Nuts
Courgette And Carrot Puree
Turkey Cordon Bleu
Seasonal Fruit
Sauteed Vegetable Stew. Serrano Ham Omelette.
Seasonal Fruit

GENER

FEBRER

MARÇ

BUS



Colectividades
Caterguai s.l.



Els menús van acompanyats de 20 gr. de pa.

El contingut en al·lèrgens dels plats pot
consultar-se en l'adreça del centre.

Part inferior: Propostes per al sopar.

Percentatge mitjà del valor nutritiu del mes:	Energ.		Glúcids		Prot.		Grasa	
	Kcal	Gr.	Gr.	Gr.	Gr.	Gr.	Gr.	Gr.
OCTUBRE	730.25	89.35	32.35	48.94%	17.72%	27.05	33.34%	
NOVEMBRE	783.31	92.53	37.62	47.25%	19.21%	29.19	33.54%	
DECEMBRE	771.22	93.08	34.29	48.28%	17.79%	29.08	33.94%	