

Caterguai

November

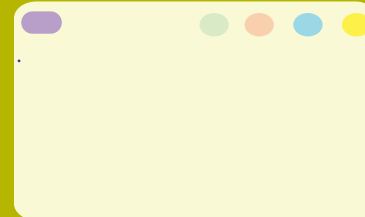
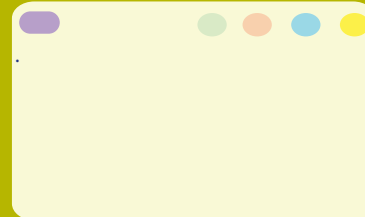
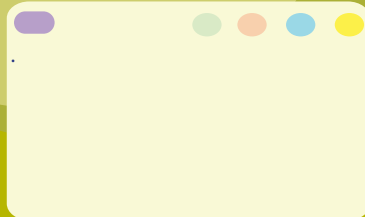
Monday

Tuesday

Wednesday

Thursday

Friday



4 813 100 31 25

Lettuce, tomato, carrot, tuna
1r. Cuban rice with tomato and egg
2n. Brotola steak with Vegetables.
Seasonal fruit
Complete Salad. Baked Chicken. Seasonal fruit

5 820 91 36 25

Lettuce, carrot, corn, olives
1r. Chickpeas and vegetables potage
2n. White sausages with mashed potatoes.
Seasonal fruit
Sautéed Vegetables with Ham. Fresh Cheese. Seasonal fruit

6 807 96 35 31

Lettuce, tomato, beet, surimi
1r. Spaghetti with tuna, tomato and cheese
2n. Grilled tilapia fillet.
Dairy and Fruit
Tomato and Fresh Cheese Salad. Grilled Veal Fillet. Seasonal fruit

7 677 69 33 30

Lettuce ECO, carrot, tuna, corn
1r. ECO cream of vegetables and legumes
2n. Baked Chicken with Vegetables.
ECO fruit
White rice with tomato. Omelette. Seasonal fruit

8 857 121 37 22

lettuce, carrot, olives
1r. Valencian boiled
2n. Mixed Burger.
Seasonal fruit
Special salad with tuna. Grilled Chicken Breast. Seasonal fruit

11 831 101 40 29

Lettuce, tomato, corn, surimi
1r. Macaroni Bolognese
2n. Halibut with vegetables.
Seasonal fruit
Fish soup with sea delights. Cod croquettes. Seasonal fruit

12 732 98 34 24

Lettuce and tomato
1r. Puchero CATERGUAÍ Soup
2n. Putxero CATERGUAÍ.
Lacteal
Sautéed vegetables with pasta. Grilled Chicken Breast. Seasonal fruit

13 718 93 43 21

1r. Special salad with tuna
2n. Valencian Paella with chicken and vegetables.
Seasonal fruit
Grilled vegetables. Loin with tomato sauce. Seasonal fruit

14 811 108 41 25

ECO lettuce, tomato, carrot, quinoa
1r. ECO Lentils with vegetables
2n. Omelette with Mackerel.
ECO fruit
Three Delights Rice. baked fish. Lacteal

15 819 100 37 29

lettuce, carrot, olives
1r. Carbonara spirals with cheese
2n. Baked Hake with Potatoes.
Seasonal fruit
Green salad with fresh cheese. Emperor Grilled. Seasonal fruit

18 801 113 41 38

Lettuce, tomato, carrot, quinoa
1r. Lentils with carrot and spinach
2n. Vegetable omelette with Fresh Cheese.
Seasonal fruit
Lettuce and tomato. stuffed aubergine with vegetables and mince. Seasonal fruit

19 742 90 42 31

1r. Special salad with tuna
2n. Lasagna with bechamel and tomato.
Seasonal fruit
Baked fish. Lacteal

20 766 97 42 25

Lettuce, tomato, corn, olives
1r. Veal stew with potato and vegetables
2n. Andalusian cod with Vegetables.
Lacteal
sautéed mushrooms, vegetables and onion. blue fish to the papillote. Seasonal fruit

21 824 95 31 27

Lettuce, tomato, roast, corn
1r. Baked rice with rib, chickpeas and potato
2n. Ham and cheese pizza.
Seasonal fruit
julienne soup. Grilled veal with potatoes and vegetables. Seasonal fruit

22 675 52 37 24

Lettuce ECO, tomato, corn, egg
1r. ECO vegetables and legume cream
2n. Baked chicken with onions and vegetables.
Seasonal fruit
Scrambled eggs with mushrooms and vegetables. Grilled fish fillet. Seasonal fruit

25 824 95 27 23

Lettuce, tomato, carrot, quinoa
1r. Macaroni Bolognese
2n. Cod croquettes.
Seasonal fruit
Sautéed Vegetables with Ham. Emperor Grilled. Lacteal

26 787 93 43 29

ECO lettuce, beet, corn, olives
1r. Vegetable soup with chickpeas
2n. Meatballs in vegetable sauce.
Fruit and dairy
Valencian boiled. grilled tuna. Seasonal fruit

27 843 110 40 27

Lettuce, tomato, carrot, quinoa
1r. Arròs del senyoret with seafood
2n. Marinated loin with Dólar potatoes.
Seasonal fruit
julienne soup. Backed Loin. Seasonal fruit

28 787 93 43 30

Lettuce, carrot, corn, raisins
1r. Lentils with carrot and spinach
2n. hake at griddle with Verdura en tempura.
Seasonal fruit
Peasant Salad. Grilled Chicken Breast. Seasonal fruit

29 709 87 34 27

Lettuce, tomato, carrot, quinoa
1r. Tricolor spirals with tuna, tomato and cheese
2n. Turkey roti.
Seasonal fruit
semolina of rice with fish soup. Grilled Squid. Seasonal fruit



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- All menus are prepared under the supervision and monitoring of the dietetics department of Caterguai, S.L.
- The analytical control of the food and the water analysis are carried out by the Quality Center, located at c / Barcelona, no. 28, Entresuelo (GANDIA).
- Due to force majeure Caterguai s.l. reserves the right to make changes to the menu.

- May contain possible allergenic foods. The so-called allergens are cereals containing gluten, fish, crustaceans, eggs, peanuts, soybeans, milk and its derivatives, including lactose, caramel fruits, celery, sesame grains and sulfites. This menu may contain traces of the so-called allergens.
- The colorants that contain some dishes are E-102 and E-129. These dyes can have a negative effect on the attention and activity of children.



Average percentage of the nutritional value of the month:	Energ. (Kcal)	HdC (gr.)	Prot. (gr.)	Lípidos (gr.)
	782,15	93.6	36.8	29.10
		50.86 %	18.81 %	30.33 %

www.caterguai.com The menus are accompanied by 20 gr. of bread.

The allergen content of the dishes can be found at the center's address.

Bottom: Proposals for dinner.

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