

Caterguai

September

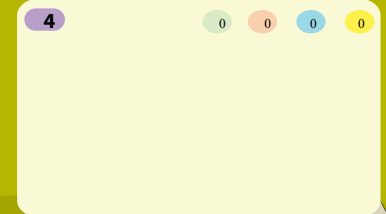
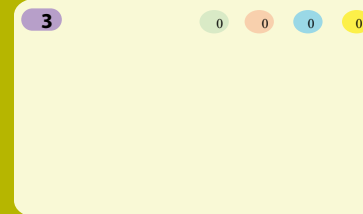
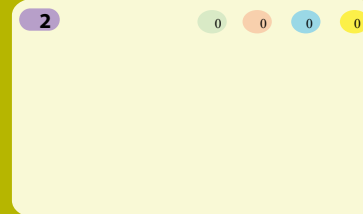
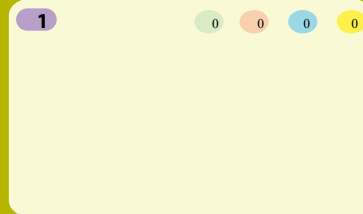
Monday

Tuesday

Wednesday

Thursday

Friday



7 678 97 47 30

Lettuce, carrot, corn, olives
1r. Spaghetti with tuna, tomato and cheese
2n. Potato omelette with cheese.
Seasonal fruit
Grilled vegetables.
Grilled Chicken Breast. Lactéal

8 737 93 43 24

Lettuce, tomato, carrot, tuna
1r. Lentish with vegetables
2n. Grilled Hake Filet with Garrison.
Seasonal fruit
Varied salad with nuts.
Grilled veal with potatoes and vegetables.
Seasonal fruit

9 802 101 44 26

1r. Special salad with tuna
2n. Valencian Paella with chicken, bass and beans.
Seasonal fruit
Vegetable soup with pasta.
Gurilled Squid.
Seasonal fruit

10 675 62 38 23

Lettuce, beet, corn, carrot
1r. ECO cream of vegetables and legumes
2n. Baked Chicken with Onion and tomato.
ECO fruit
semolina of rice with fish soup.
Emperor fillet with green sauce. Lactéal

11 757 103 41 27

Lettuce, carrot, corn, olives
1r. Macaroni Bolognese
2n. Tilapia fillet with Garrison.
Lactéal
vegetables cream.
Omelette.
Seasonal fruit

14 677 74 36 24

lettuce ECO, tomato, carrot, corn
1r. ECO Courgette and carrot puree
2n. White sausages with Baked dollar potatoes.
Seasonal fruit
Vegetable stew.
French omelette with ham york. Seasonal fruit

15 805 95 36 24

Lettuce, tomato, carrot
1r. Spirals with tomato and cheese
2n. Halibut with Seafood Sauce.
Seasonal fruit
Green Beans with Ham.
Andalusian cod.
Seasonal fruit

16 740 89 38 24

Lettuce, tomato, carrot, tuna
1r. Potato stew with vegetables and meat
2n. Vegetable omelette with Mackerel.
Lactéal
Assorted Salad with Pasta.
Seasonal fruit

17 817 104 41 24

Lettuce, tomato, olives, quinoa
1r. Cuban rice with tomato and egg
2n. hake at griddle with Vegetables.
Seasonal fruit
Sauteed Vegetables with Ham.
Baked Salmon With Vegetables.
Seasonal fruit

18 799 88 38 27

Lettuce, tomato, carrot, olives
1r. Lentish with vegetables
2n. Marinated loin with Vegetables.
Seasonal fruit
vegetable cream with leeks and carrot.
Emperor Grilled.
Lactéal

21 830 105 44 25

Lettuce, tomato, carrot
1r. Neapolitan Macaroni
2n. Potato Omelette with Garrison.
Seasonal fruit
Grilled vegetables.
Turkey fillet.
Seasonal fruit

22 820 102 38 26

Lettuce, tomato, carrot, cucumber
1r. Chickpea stew with carrot and spinach
2n. Baked Chicken with Campestral sauteed.
Seasonal fruit
Mediterranean cream. Grilled fish fillet. Lactéal

23 840 120 36 27

Lettuce, tomato, carrot, tuna
1r. Baked rice with rib, chickpeas and potato
2n. Cod croquettes.
Seasonal fruit
Varied salad with nuts.
Tender Garlic Omelette. Seasonal fruit

24 675 73 38 26

Lettuce, tomato, carrot, egg
1r. ECO cream of vegetables and legumes
2n. Meatballs in vegetable sauce.
Lactéal
Assorted Salad with Pasta.
Seasonal fruit

25 832 90 43 34

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

28 791 108 42 25

Lettuce, tomato, carrot, beet
1r. Potatoes witch peas, pepper, onion and fish
2n. Burger with Garrison.
Seasonal fruit
baked fish. Lactéal

29 782 91 36 24

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

30 787 97 42 26

Lettuce, tomato, carrot, olives
1r. ECO lentils with carrot and spinach
2n. Potato Omelette with Fresh Cheese.
ECO fruit
Verdura en tempura.
Chiken with sanfania.
Seasonal fruit



This form has been produced through the commitment "Neutral Climate Production" - The amount of CO2 generated in the production of the print job is calculated automatically and compensated with a climate protection project, in this case: "Forest conservation, Mother of God, Peru." Amount of CO2 to compensate 72,589 kg CO2.



- 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.)	Lipidos (gr.)
	774,1	94,0	40,1	25,9
		50,6 %	18,7 %	30,1 %

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.

