

Caterguai

march

Monday

2 806 101 41 23
Lettuce, tomato, carrot, quinoa
1r. Rice alla Milanese
2n. hake at griddle with Tempura vegetables.
Seasonal fruit
Grilled vegetables. Grilled Turkey Breast.
Seasonal fruit

9 823 101 37 19
Lettuce, carrot, corn, surimi
1r. ECO lentils with carrot and spinach
2n. Monkfish tails with seafood sauce.
Seasonal fruit
Mushrooms scrambled with vegetables and onions.
Lactéal

16 813 109 39 23
1r. Special Salad
2n. Arròs del senyoret with seafood.
Seasonal fruit
Valencian boiled. Tuna patties. Seasonal fruit

23 821 101 39 24
Lettuce, tomato, carrot, beet
1r. Macaroni Bolognese
2n. Oven Halibut with Potato and Pepper.
Seasonal fruit
Special salad. Tender Garlic Omelette.
Seasonal fruit

30 812 109 39 23
Lettuce and tomato
1r. Puchero CATERGUAL Soup
2n. Putxero CATERGUAL.
Seasonal fruit
Verdura en tempura. Grilled lamb.
Seasonal fruit

Tuesday

3 706 77 35 22
Lettuce, tomato, carrot, olives
1r. Vegetable cream with legumes
2n. Burger with Garrison.
Seasonal fruit
Assorted Salad. "Coques de dacs".
Seasonal fruit

10 841 110 38 26
1r. Special salad with tuna
2n. Beef lasagna with bechamel, mushrooms and tomato.
Seasonal fruit
Vegetable Consommé.
Stewed meat with tomato and peas.
Seasonal fruit

17 795 102 40 22
Lettuce ECO, carrot, corn and surimi
1r. ECO chickpea stew with carrot and spinach
2n. Marinated loin with Garrison.
Seasonal fruit
Vegetable patties. blue fish to the papillote.
Lactéal

24 706 89 33 21
ECO lettuce, tomato, quinoa, beet
1r. vegetables and ECO legume cream
2n. Baked loin with Potatoes.
Lactéal
Chicken and Vegetables Soup with Pasta.
Gurilled Squid.
Seasonal fruit

31 802 102 36 24
Lettuce, carrot, corn, olives
1r. Fideuà of fish with seafood
2n. Potato Omelette.
Seasonal fruit
sauteed mushrooms, vegetables and onion. baked fish.
Lactéal

Wednesday

4 808 109 36 23
Lettuce, carrot, tuna and beet
1r. Spaghetti carbonara
2n. Potato Omelette.
Seasonal fruit
Valencian boiled. blue fish to the papillote.
Lactéal

11 725 77 36 23
Lettuce, carrot, corn, olives
1r. Puree vegetables and legumes
2n. Ham and cheese pizza.
Seasonal fruit
Salad with pineapple and raisins.
Emperor Grilled.
Seasonal fruit

18 795 98 43 23
Lettuce, tomato, carrot, corn
1r. Neapolitan Macaroni
2n. Potato Omelette with Fresh valencian cheese.
Seasonal fruit
Grilled vegetables. Chicken with sanfania.
Seasonal fruit

25 804 107 33 25
1r. Special salad with tuna
2n. Baked rice with rib, chickpeas and potato.
Seasonal fruit
Sauteed Vegetables with Ham. Baked Salmon With Vegetables.
Seasonal fruit

31 802 102 36 24
Lettuce, carrot, corn, olives
1r. Fideuà of fish with seafood
2n. Potato Omelette.
Seasonal fruit
sauteed mushrooms, vegetables and onion. baked fish.
Lactéal

Thursday

5 823 110 35 25
Lettuce, corn, olives, beet
1r. ECO chickpea with vegetables stew
2n. White sausages.
Seasonal fruit
Fish soup with pasta. Gurilled Squid.
Seasonal fruit

12 832 111 39 24
Lettuce, tomato, carrot, quinoa
1r. Valencian Paella with chicken, meatballs, bass and beans
2n. Cod Belly.
Seasonal fruit
semolina of rice with fish soup. grilled tuna.
Seasonal fruit

19 0 0 0 0
Sant Josep

26 801 102 34 24
Lettuce, tomato, carrot, cucumber
1r. Lentils with carrot and spinach
2n. Turkey Cordon Bleu with Garrison.
Seasonal fruit
Salad with pineapple and raisins. Grilled veal with potatoes and vegetables.
Lactéal

31 802 102 36 24
Lettuce, carrot, corn, olives
1r. Fideuà of fish with seafood
2n. Potato Omelette.
Seasonal fruit
sauteed mushrooms, vegetables and onion. baked fish.
Lactéal

Friday

6 768 99 46 22
1r. Special salad with tuna
2n. Fideuà of fish with seafood.
Lactéal
Roaster Peper and Eggplant
Salad. Baked Salmon With Vegetables.
Seasonal fruit

13 798 105 38 25
Lettuce, tomato, carrot, olives
1r. Fish stew with cuttlefish and seafood
2n. Omelette with Mackerel.
Lactéal
Scrambled eggs with mushrooms and vegetables.
Grilled Veal Fillet. Seasonal fruit

20 704 89 33 18
Lettuce, tomato, carrot, cucumber
1r. Vegetable soup with chickpeas
2n. hake at griddle with Onion and green peas.
Seasonal fruit
Vichyssoise. Iberian prey filet.
Seasonal fruit

27 810 107 39 22
Lettuce, carrot, corn, surimi
1r. Spaghetti with tuna, tomato and cheese
2n. Omelette with Mackerel.
Seasonal fruit
Vegetable stew. Grilled Chicken Breast.
Seasonal fruit

31 802 102 36 24
Lettuce, carrot, corn, olives
1r. Fideuà of fish with seafood
2n. Potato Omelette.
Seasonal fruit
sauteed mushrooms, vegetables and onion. baked fish.
Lactéal



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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.)	Lipidos (gr.)
	790,1	100,7	37,6	22,9
		51 %	19,2 %	26,1 %

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.

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