

# Caterguai

# November

## Monday

**2** 667 76 31 24  
 Lettuce, tomato, corn, tuna  
 1r. ECO zucchini cream  
 2n. Baked loin with Potatoes.  
 ECO fruit  
 Peasant Salad. Baked Chicken. Seasonal fruit

**9** 807 108 40 29  
 Lettuce, carrot, corn  
 1r. Spirals with tomato and cheese  
 2n. Baked Hake with baby carrot.  
 Seasonal fruit  
 Fish soup with sea delights. Grilled Chicken Breast.  
 Seasonal fruit

**16** 675 71 39 25  
 lettuce ECO, tomato, carrot, corn  
 1r. vegetables and ECO legume cream  
 2n. Baked Chicken with Vegetables.  
 Seasonal fruit  
 stuffed aubergine with vegetables and mince.  
 Seasonal fruit

**23** 814 105 38 24  
 Lettuce, carrot, corn, olives  
 1r. Macaroni Bolognese  
 2n. Halibut with vegetables.  
 Seasonal fruit  
 semolina of rice with fish soup. hake at griddle.  
 Seasonal fruit

**30** 684 78 41 24  
 Lettuce ECO, tomato, carrot, tuna  
 1r. ECO zucchini cream  
 2n. White sausages with Garrison.  
 ECO fruit  
 semolina of rice with fish soup. Omelette. Seasonal fruit

## Tuesday

**3** 813 106 31 25  
 Letucce, beet, corn, carrot  
 1r. Graten macaroni  
 2n. Baket redfish fillet.  
 Lacteal  
 Sauteed Vegetables with Ham. Grilled Cuttlefish.  
 Seasonal fruit

**10** 832 109 37 24  
 Lettuce and tomato  
 1r. Puchero CATERGUA I Soup  
 2n. Putxero CATERGUA I.  
 Seasonal fruit  
 Sauteed vegetables with pasta. grilled tuna. Seasonal fruit

**17** 832 105 37 25  
 Lettuce, tomato, carrot, quinoa  
 1r. Neapolitan Macaroni  
 2n. Grilled tilapia fillet with Vegetables.  
 Seasonal fruit  
 Varied salad with nuts. Emperor Grilled. Lacteal

**24** 699 87 38 24  
 ECO lettuce, tomato, carrot, beet  
 1r. Vegetable soup with chickpeas  
 2n. Meatballs in vegetable sauce.  
 Lacteal  
 Valencian boiled. grilled tuna. Seasonal fruit

## Wednesday

**4** 787 98 35 22  
 Lettuce, carrot, corn, olives  
 1r. Chikpeas and vegetables potage  
 2n. White sausages with mashed potatoes.  
 Seasonal fruit  
 Special Salad. Grilled Veal Fillet. Seasonal fruit

**11** 718 93 43 22  
 1r. Special salad with tuna  
 2n. Valencian Paella with chicken and vegetables.  
 Lacteal  
 Vegetable stew. Emperor Grilled. Seasonal fruit

**18** 799 99 37 22  
 Lettuce, tomato, carrot, quinoa  
 1r. Lentils with carrot and spinach  
 2n. Potato omelette with cheese.  
 Seasonal fruit  
 sauteed mushrooms, vegetables and onion. blue fish to the papillote. Seasonal fruit

**25** 813 110 41 26  
 Lettuce, tomato, carrot, quinoa  
 1r. Arr-s del senyoret with seafood  
 2n. Marinated loin with baked potato.  
 Seasonal fruit  
 Garlic soup. baked fish. Seasonal fruit

## Thursday

**5** 753 101 33 23  
 Lettuce, tomato, carrot, quinoa  
 1r. Valencian boiled  
 2n. Chicken burger with Garrison.  
 Seasonal fruit  
 semolina of rice with fish soup. Omelette. Seasonal fruit

**12** 811 108 41 26  
 ECO lettuce, tomato, carrot, quinoa  
 1r. ECO Lentils with vegetables  
 2n. Omelette with Mackerel.  
 ECO fruit  
 Chicken soup. Loin and peper skewers. Lacteal

**19** 801 95 33 28  
 1r. Special Salad  
 2n. Baked rice with rib, chickpeas and potato.  
 Seasonal fruit  
 julianne soup. crepes of ham and cheese. Seasonal fruit

**26** 787 93 43 23  
 Lettuce, carrot, tuna and beet  
 1r. Lentish with vegetables  
 2n. hake at griddle with Tempura vegetables.  
 Seasonal fruit  
 vegetables cream. Grilled veal with potatoes and vegetables. Seasonal fruit

## Friday

**6** 827 111 37 26  
 Lettuce, tomato, olives, beet  
 1r. Cuban rice with tomato and egg  
 2n. Orly cod belly.  
 Seasonal fruit  
 Salad with pineapple and raisins. Iberian prey fillet.  
 Seasonal fruit

**13** 819 100 37 25  
 Letucce, beet, corn, carrot  
 1r. Lasagna with bechamel and tomato  
 2n. Cod croquettes.  
 Seasonal fruit  
 Seafood Salad. Grillet fish fillet. Seasonal fruit

**20** 805 89 37 24  
 Lettuce, carrot, olives, corn  
 1r. Potato stew with vegetables and meat  
 2n. Cod belly with Vegetables.  
 Lacteal  
 Mushrooms scrambled with vegetables and onions.  
 Seasonal fruit

**27** 802 105 38 29  
 Letucce, beet, corn, carrot  
 1r. Spaghetti with tuna, tomato and cheese  
 2n. Turkey roti with Vegetables.  
 Seasonal fruit  
 semolina of rice with fish soup. baked fish. Seasonal fruit



Bottom: Proposals for dinner.

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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.)
	778,3	97,5	37,5	24,8
		50,1 %	19,3 %	28,5 %

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.