

# Caterguai



# June-22

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**1** 774 87 34 23

ECO lettuce, tomato, carrot, quinoa  
 1r. Lentils with carrot and spinach  
 2n. Potato Omelette with Garrison.  
 ECO fruit  
 Salad with pineapple and raisins.  
 Grilled Turkey Breast.  
 Lactéal

**2** 807 102 31 25

Lettuce, tomato, corn, beet  
 1r. Macaroni Bolognese  
 2n. Tasty hake with garrison.  
 Seasonal fruit  
 Mushrooms scrambled with vegetables and onions.  
 Seasonal fruit

**3** 650 71 32 22

Lettuce, carrot, corn, olives  
 1r. Vegetable cream with legumes  
 2n. Meatballs in vegetable sauce.  
 Dairy and Fruit  
 Fish soup with pasta.  
 Cod croquettes.  
 Seasonal fruit

**6** 804 104 34 21

1r. Special Salad  
 2n. Valencian Paella with chicken, bass and beans.  
 Seasonal fruit  
 Vegetable stew.  
 Grilled veal.  
 Seasonal fruit

**7** 741 78 35 24

Lettuce, tomato, carrot, corn  
 1r. Chickpeas and vegetables potage  
 2n. Potato Omelette with Vegetables.  
 Seasonal fruit  
 Puree vegetables and legumes.  
 Emperor Grilled.  
 Lactéal

**8** 799 102 35 25

Lettuce, tomato, carrot, beet  
 1r. Spirals with tuna, tomato and cheese  
 2n. Grilled Hake Filet with Vegetables.  
 Seasonal fruit  
 Verdura en tempura.  
 Garlic chicken.  
 Seasonal fruit

**9** 712 89 34 23

Lettuce, tomato, carrot, olives  
 1r. Vegetable soup with chickpeas  
 2n. Ham and cheese pizza.  
 Dairy and Fruit  
 Mediterranean Loin with mushrooms.  
 Seasonal fruit

**10** 743 77 35 21

ECO lettuce, tomato, carrot, cucumber  
 1r. Valencian boiled  
 2n. Marinated loin with Garrison.  
 ECO fruit  
 semolina of rice with fish soup.  
 Grilled swordfish.  
 Lactéal

**13** 776 81 36 22

Lettuce, tomato, carrot, beet  
 1r. Lentils with carrot and spinach  
 2n. Breaded chicken. with Garrison.  
 Seasonal fruit  
 Vegetable stew. lamb chops.  
 Seasonal fruit

**14** 799 101 34 25

1r. Special Salad  
 2n. Arròs del senyoret with seafood.  
 Seasonal fruit  
 Fish broth.  
 Grilled Squid.  
 Seasonal fruit

**15** 623 75 34 21

Lettuce, tomato, carrot, olives  
 1r. vegetables cream  
 2n. Burger with Garrison.  
 Seasonal fruit  
 Garlic soup. crepes of ham and cheese.  
 Seasonal fruit

**16** 803 102 35 24

Lettuce, beet, corn, carrot  
 1r. Neapolitan Macaroni  
 2n. Cod with Vegetables.  
 Dairy and Fruit  
 Sautéed Vegetables with Ham.  
 Grilled Chicken Breast.  
 Seasonal fruit

**17** 789 91 35 22

Lettuce, tomato, carrot, quinoa  
 1r. Meat stew with vegetables.  
 2n. Potato Omelette with Cheese.  
 Seasonal fruit  
 Russian salad.  
 Emperor Grilled.  
 Lactéal

**20** 812 104 34 21

Lettuce, tomato, carrot, corn  
 1r. Cuban rice with tomato and egg  
 2n. White sausages with Garrison.  
 Seasonal fruit  
 Grilled vegetables.  
 Baked Salmon With Vegetables.  
 Lactéal

**21** 0 0 0 0

Last day of the course:

1st Meat Lasagna  
 Dessert: ICE CREAM

CATERGUAI US DESITJA GAUDIU DE L'ESTIU



- 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.)
	759,4	90,3	34,1	22,8
		47,6%	18,0%	27,0%

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.