



Caterguai



Energy
Kcal

Carbohydrates
Gr.

Proteins
Gr.

Fat
Gr.

March-2023

Monday

Tuesday

Wednesday

Thursday

Friday

1

0 0 0 0

FESTIVE.

2

796 99 37 25

1r. Special Salad
2n. Valencian Paella with chicken, bass and beans.
Seasonal fruit
Vegetable stew.
French omelette with ham york.
Seasonal fruit

3

784 85 37 24

Lettuce, tomato, olives, corn
1r. ECO chickpea with vegetables stew
2n. Ham and cheese pizza.
ECO fruit and dairy
Green Beans with Ham.
Cod croquettes.
Seasonal fruit

4

812 103 36 25

Lettuce, carrot, corn, olives
1r. Spirals with vegetables
2n. Hake with Garrison.
Seasonal fruit
Sautéed peas with tomato and onion..
Grilled veal.
Lactéal

5

673 75 34 23

Lettuce, tomato, carrot, corn
1r. Vegetable cream with legumes
2n. Baked Chicken with Potatoes..
Seasonal fruit
Special salad with fresh cheese.
Baked fish.
Seasonal fruit

8

763 99 36 26

Lettuce, tomato, carrot, olives
1r. Fideuà of fish with seafood
2n. Assorted Cold Cut.
Seasonal fruit
Chicken soup with chickpeas.
Grilled Chicken Breast.
Seasonal fruit

9

712 82 33 24

Lettuce, tomato, carrot, beet
1r. Vegetable soup with ECO legumes.
2n. Marinated loin with Vegetables.
ECO fruit
Stuffed tomato with tuna.
Grilled Fish.
Lactéal

10

829 112 41 28

1r. Special Salad
2n. Baked rice with rib, chickpeas and potato.
Seasonal fruit
Mushrooms scrambled with vegetables and onions.
Seasonal fruit

11

758 79 35 23

Lettuce, beet, corn, carrot
1r. Lentils with carrot and spinach
2n. Potato omelette with cheese.
Fruit and dairy
Fish soup with pasta.
Grilled Squid.
Seasonal fruit

12

810 101 37 24

Lettuce, tomato, carrot, beet
1r. Pasta with tuna
2n. Tilapia fillet with Vegetables.
Seasonal fruit
semolina of rice with fish soup.
Grilled Fish.
Seasonal fruit

15

776 82 36 25

Lettuce, tomato, carrot, olives
1r. Meat stew with vegetables.
2n. Halibut with vegetables.
Seasonal fruit
Vegetable stew.
Chicken with tomato.
Lactéal

16

783 97 36 25

1r. Special salad with garden products.
2n. Arròs del senyoret with seafood.
Fruit and dairy
Valencian boiled.
Grilled veal.
Seasonal fruit

17

671 71 32 24

Lettuce, tomato, carrot, corn
1r. Carrot and pumpkin cream
2n. Meatballs in vegetable sauce.
ECO fruit
Sautéed Vegetables with Ham.
Omelette.
Seasonal fruit

18

803 102 37 25

Lettuce, tomato, olives, corn
1r. Pasta bolognese with cheese.
2n. Tilapia fillet with Vegetables.
Seasonal fruit
vegetables cream.
Stewed meat with tomato and peas.
Seasonal fruit

19

779 78 36 25

Lettuce, beet, corn, carrot
1r. Chickpeas and vegetables potage
2n. Potato Omelette with Garrison.
Seasonal fruit
Salad with pineapple and raisins.
Mediterranean Loin with mushrooms.
Seasonal fruit

22

709 73 32 25

Lettuce, tomato, carrot, olives
1r. Valencian boiled
2n. Sausages with tomato.
Seasonal fruit
Vichyssoise.
Emperor Grilled.
Lactéal

23

758 79 35 23

Lettuce, beet, corn, carrot
1r. ECO lentils with carrot and spinach
2n. Potato omelette with cheese.
ECO fruit
Garlic leek and potato cream..
Grilled squid.
Seasonal fruit

24

797 98 36 24

Lettuce, tomato, carrot, corn
1r. Cuban rice with tomato and egg
2n. Halibut with vegetables.
Fruit and dairy
Peasant Salad. Tender
Garlic Omelette.
Seasonal fruit

25

705 78 35 25

Lettuce, carrot, corn, olives
1r. Vegetable soup with legumes.
2n. Burger with Garrison.
Seasonal fruit
Garlic soup. Tuna.
Seasonal fruit

26

756 78 27 23

Lettuce, carrot, corn, olives
1r. Neapolitan macaroni with tomato and cheese
2n. Hake with Vegetables.
Seasonal fruit
Vegetable stew.
Grilled veal.
Seasonal fruit

29

779 83 36 25

Lettuce, tomato, carrot, olives
1r. ECO chickpea with vegetables stew
2n. Potato Omelette with Garrison.
ECO fruit
blue fish to the papillote.
Seasonal fruit

30

810 97 39 23

Lettuce, tomato, carrot, olives
1r. Rice alla Milanese
2n. Cod croquettes.
Seasonal fruit
Fish soup with sea delights.
Emperor Grilled.
Seasonal fruit

31

673 75 34 23

Lettuce, tomato, corn, quinoa
1r. Garlic leek and potato cream.
2n. roasted chicken with rosemary and lemon..
Seasonal fruit
Green Beans with Ham.
Grilled squid.
Seasonal fruit

Bottom: Proposals for dinner.

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ISO 9001:2015
LI-C (Certification)

• All menus are prepared under the supervision and monitoring of the dietetics department of Caterguai, S.L. • Due to force majeure Caterguai s.l. reserves the right to make changes to the menu.
• 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. The menus are accompanied by 20 gr. of bread.