



# Caterguai



CONTIENE GLUTEN



CRUSTACEIS



OVS



PEIX



CACAHUETS



SOJA



LACTIS



FRUITS DE PELA



API



MOSTASSA



GRANS SESAM



DIOXID DE SOFRE I SULFITS



TRAMUSSOS



MOL·LUSCOS

Energy  
Kcal

Carbohydrates  
Gr.

Proteins  
Gr.

Fat  
Gr.

## January-2024

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



8

799 98 35 24

1r. Special Salad  
2n. Valencian Paella with chicken and vegetables.  
Seasonal fruit

Verdura en tempura.  
Grilled veal.  
Seasonal fruit

9

789 91 38 27

Lettuce, tomato, carrot, quinoa  
1r. vegetable soup with legumes.  
2n. Potato Omelette with Vegetables.  
Dairy and Fruit

sauteed mushrooms, vegetables and onion.  
Lactéal

10

802 103 37 24

Lettuce, tomato, carrot, corn  
1r. Neapolitan Macaroni  
2n. Grilled tilapia fillet with Vegetables.  
Seasonal fruit

Baked fish.  
Seasonal fruit

11

789 91 34 26

Lettuce, tomato, corn, beet  
1r. ECO chickpea stew with carrot and spinach  
2n. Ham and cheese pizza.  
ECO fruit

vegetable cream with leeks and carrot.  
Hake.  
Seasonal fruit

12

699 71 33 23

Lettuce, tomato, olives, corn  
1r. Valencian boiled  
2n. Burger with Garrison.  
Seasonal fruit

Grilled vegetables.  
Baked Salmon With Vegetables.  
Seasonal fruit

15

805 102 37 25

Lettuce, carrot, corn, olives  
1r. Vegetable soup with legumes.  
2n. San Jacobo with Vegetables.  
Seasonal fruit

Tuna patties.  
Fresh Cheese.  
Seasonal fruit

16

799 102 35 24

1r. Special Salad  
2n. Arròs del senyoret with seafood.  
Seasonal fruit

Garlic leek and potato cream..  
Omelette.  
Lactéal

17

673 75 34 24

Lettuce, tomato, corn, quinoa  
1r. vegetables cream  
2n. Baked Chicken with Potatoes.  
Seasonal fruit

Vegetable Consommé.  
Grilled Fish.  
Seasonal fruit

18

801 102 36 25

Lettuce, tomato, olives, corn  
1r. macaroni with creamy mushroom sauce  
2n. Marinated loin with Vegetables.  
Dairy and Fruit

blue fish to the papillote.  
Seasonal fruit

19

778 83 36 24

Lettuce, corn, olives, beet  
1r. ECO Lentils with vegetables  
2n. Omelette with Garrison.  
ECO fruit

Salad with pineapple and raisins.  
Grilled Squid.  
Seasonal fruit

22

763 99 36 25

1r. Special Salad  
2n. Fideuà of fish with seafood.  
Seasonal fruit

Grilled veal.  
Mediterranean puree.  
Seasonal fruit

23

779 83 36 25

Lettuce, tomato, carrot, olives  
1r. Chickpea stew with carrot and spinach  
2n. Potato Omelette with Garrison.  
Seasonal fruit

Sauteed Vegetables with Ham.  
Chicken with tomato.  
Seasonal fruit

24

808 98 38 24

Lettuce, tomato, carrot, quinoa  
1r. Cuban rice with tomato and egg  
2n. Grilled Hake Filet with Vegetables.  
Seasonal fruit

Zucchini cream and cheese..  
crepes of ham and cheese.  
Seasonal fruit

25

681 78 36 24

Lettuce, tomato, olives, corn  
1r. Carrot and pumpkin cream  
2n. Meatballs in vegetable sauce.  
Dairy and Fruit

Grilled vegetables.  
Grilled Fish.  
Seasonal fruit

26

789 99 36 25

Lettuce, tomato, carrot, olives  
1r. Spirals with tuna, tomato and cheese  
2n. Cod dice with Garrison.  
ECO fruit

Garlic soup.  
Grilled veal.  
Seasonal fruit

29

734 77 37 24

Lettuce, tomato, carrot, corn  
1r. Chicken soup  
2n. White sausages with ratatouille.  
Seasonal fruit

Salad with pineapple and raisins. stuffed aubergine  
with vegetables and mince.  
Seasonal fruit

30

803 101 38 25

Lettuce, tomato, beet, egg  
1r. Rice alla Milanese  
2n. Potato Omelette with Vegetables.  
Seasonal fruit

Baked Vegetables.  
Baked fish.  
Seasonal fruit

31

765 81 35 23

Lettuce, carrot, corn, olives  
1r. ECO Lentils with vegetables  
2n. Tilapia fillet with Garrison.  
Lactéal

Baked fish.  
Seasonal fruit



www.caterguai.com



ISO 9001:2015  
B-C (Certification)

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Bottom: Proposals for dinner.

• 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.