

# Caterguai

# January



## Monday

**4** 0 0 0 0

**11** 777 89 33 27

Lettuce, tomato, corn, quinoa  
1r. stew of squid with vegetables, green peas and pepper  
2n. Potato Omelette with Vegetables.  
Lactéal  
Tuna patties.  
Fresh Cheese. Seasonal fruit

**18** 721 88 34 24

Letucce, beet, corn, carrot  
1r. Valencian boiled  
2n. White sausages with Garrison.  
Seasonal fruit  
Green Beans with Ham.  
Grilled Turkey Breast.  
Seasonal fruit

**25** 676 77 37 22

Lettuce, tomato, corn, olives  
1r. Carrot and pumpkin cream  
2n. Meatballs in vegetable sauce.  
Lactéal  
Baked Vegetables.  
grilled tuna.  
Seasonal fruit

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## Tuesday

**5** 0 0 0 0

**12** 805 102 37 26

Lettuce, tomato, roast, corn  
1r. Tricolor spirals with tuna, tomato and cheese  
2n. Gallineta fillet with Vegetables.  
Seasonal fruit  
Mediterranean cream.  
Tender Garlic Omelette. Seasonal fruit

**19** 857 118 39 29

Lettuce and tomato  
1r. Puchero CATERGUAI Soup  
2n. Putxero CATERGUAI.  
Seasonal fruit  
Murcian salad (tomato, pepper, eggplant, olives).  
baked fish.  
Seasonal fruit

**26** 799 99 39 28

1r. Special salad with tuna  
2n. Valencian Paella with chicken and vegetables.  
Seasonal fruit  
Grilled vegetables.  
baked fish.  
Seasonal fruit

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## Wednesday

**6** 0 0 0 0

*Epiphany day*

**13** 689 72 31 22

Lettuce ECO, tomato, corn, egg  
1r. ECO zucchini cream  
2n. Baked Chicken with potatoes.  
ECO fruit  
Vegetable Consommé.  
Grillet fish fillet.  
Lactéal

**20** 805 99 38 29

Lettuce, tomato, carrot, cucumber  
1r. Rice alla Milanese  
2n. baked cod with Garrison.  
Lactéal  
Rusian salad.  
Grilled Chicken Breast.  
Seasonal fruit

**27** 778 89 37 24

ECO lettuce, tomato, carrot, quinoa  
1r. ECO chickpea with vegetables stew  
2n. Omelette with Mackerel.  
ECO fruit  
Noodle soup.  
Loin and peper skewers.  
Lactéal

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## Thursday

**7** 739 79 35 23

Lettuce, tomato, carrot, quinoa  
1r. Vegetables soup with starlets  
2n. Chicken burger with ratatouille.  
Seasonal fruit  
vegetables cream.  
Baked Hake Ventresca.  
Lactéal

**14** 802 99 31 26

1r. Special salad with boiled egg  
2n. Arròs del senyoret with seafood.  
Seasonal fruit  
julianne soup.  
Mediterranean Loin with mushrooms.  
Seasonal fruit

**21** 788 90 38 24

ECO lettuce, beet, corn, olives  
1r. ECO lentils with carrot and spinach  
2n. Baked loin with Vegetables.  
ECO fruit  
Vegetable and Potato  
Puree. crepes of ham and cheese.  
Seasonal fruit

**28** 813 111 39 25

Lettuce, tomato, carrot, tuna  
1r. Macaroni Bolognese  
2n. Grilled Hake Filet with Vegetables.  
Seasonal fruit  
Sauteed Vegetables with Ham.  
Garlic chicken.  
Seasonal fruit

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## Friday

**8** 811 110 33 26

1r. Special salad with tuna  
2n. Baked rice with rib, chickpeas and potato.  
Seasonal fruit  
Grilled vegetables.  
Grilled swordfish.  
Seasonal fruit

**15** 804 92 35 24

Lettuce, tomato, tuna, olives  
1r. Chickpeas and vegetables potage  
2n. Marinated loin with Garrison.  
Seasonal fruit  
Three Delights Rice.  
Gurilled Squid.  
Lactéal

**22** 809 104 37 24

Lettuce, tomato, carrot, olives  
1r. Neapolitan spaghetti with tomato and cheese  
2n. Omelette with Fresh Cheese.  
Seasonal fruit  
Complete Salad. Grilled veal with potatoes and vegetables.  
Seasonal fruit

**29** 687 79 38 24

Lettuce, carrot, olives, corn  
1r. Chicken soup with chickpeas  
2n. Baked Chicken with potatoes.  
Seasonal fruit  
Complete Salad.  
Baked Salmon With Vegetables.  
Lactéal

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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.)	Lípidos (gr.)
	774,1	93,9	35,9	25,1
		48,5%	18,6%	29,2%

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.