

Caterguai

March

Monday

1 806 102 41 24
Lettuce, carrot, tuna and beet
1r. Spaghetti carbonara
2n. Halibut with vegetables.
Seasonal fruit
Grilled vegetables. Grilled Turkey Breast. Seasonal fruit

8 656 71 28 25
lettuce, carrot, corn, olives
1r. zucchini cream
2n. Ham and cheese pizza.
fruit
Mushrooms scrambled with vegetables and onions.
Lactéal

15 812 105 38 24
1r. Special Salad
2n. Arròs del senyoret with seafood.
Seasonal fruit
Valencian boiled.
Tuna patties.
Seasonal fruit

22 831 110 38 29
1r. Special salad with tuna
2n. Baked rice with rib, chickpeas and potato.
Seasonal fruit
Sautéed Vegetables with Ham.
baked fish.
Seasonal fruit

29 857 115 41 29
Lettuce and tomato
1r. Puchero CATERGUAI Soup
2n. Putxero CATERGUAI.
Seasonal fruit
Peasant Salad.
Tender Garlic Omelette.
Seasonal fruit

Tuesday

2 706 74 35 23
Lettuce, tomato, carrot, olives
1r. Vegetable cream with legumes
2n. Sausages with tomato.
Lactéal
Special salad. "Coques de dacsà". Seasonal fruit

9 799 98 42 27
1r. Special salad with tuna
2n. Valencian Paella with chicken, bass and beans.
Seasonal fruit
Vegetable Consommé. Stewed meat with tomato and peas.
Lactéal

16 732 88 39 26
Lettuce ECO, carrot, corn and surimi
1r. ECO lentils with carrot and spinach
2n. Chicken burger with Vegetables.
Seasonal fruit
Vegetable patties.
Hake wands.
Lactéal

23 716 88 37 23
lettuce, tomato, carrot, quinoa
1r. Vegetable soup with chickpeas
2n. Baked loin with Baked dólar potatoes.
Lactéal
Cream of vegetables, potato and legumes.
Grilled Squid. Seasonal fruit

30 769 97 34 25
1r. Special Salad
2n. Fideuà of fish with seafood.
Seasonal fruit
sauteed mushrooms, vegetables and onion.
blue fish to the papillote.
Lactéal

Wednesday

3 808 108 36 28
Lettuce, tomato, carrot, quinoa
1r. Cuban rice with tomato and egg
2n. Hake with Verdura en tempura.
Seasonal fruit
Valencian boiled. baked fish. Lactéal

10 762 89 41 28
ECO Lettuce, carrot, corn, surimi
1r. ECO Chickpeas and vegetables potage
2n. Cod belly with Garrison.
ECO Seasonal fruit
vegetables cream.
Emperor Grilled.
Lactéal

17 815 101 37 26
Lettuce, tomato, carrot, cucumber
1r. Neapolitan Macaroni
2n. Potato Omelette with Fresh Cheese.
Seasonal fruit
Grilled vegetables.
Mediterranean Loin with mushrooms.
Seasonal fruit

24 712 78 35 23
Lettuce, tomato, carrot, cucumber
1r. Valencian boiled
2n. Meatballs in vegetable sauce.
Seasonal fruit
Special Salad.
blue fish to the papillote.
Seasonal fruit

31 666 73 34 21
Lettuce, tomato, carrot, cucumber
1r. Carrot and pumpkin cream
2n. Baked Chicken with potatoes.
Lactéal
Lamb chops.
Seasonal fruit

Thursday

4 767 93 38 25
ECO lettuce, beet, corn, olives
1r. ECO lentils with carrot and spinach
2n. Marinated loin with Garrison.
ECO fruit
Fish soup with sea delights.
Grilled Squid.
Seasonal fruit

11 812 99 38 25
Lettuce, tomato, carrot, quinoa
1r. Macaroni Bolognese
2n. Omelette with Mackerel.
Seasonal fruit
semolina of rice with fish soup.
Grilled veal with potatoes and vegetables.
Seasonal fruit

18 728 92 31 23
Lettuce, tomato, carrot, olives
1r. Vegetable soup with chickpeas
2n. hake at griddle with Onion and green peas.
Lactéal
Vichyssoise. Iberian prey filet.
Seasonal fruit

25 788 89 37 24
ECO Lettuce, tomato, beet, surimi
1r. ECO chickpea stew with carrot and spinach
2n. Gallineta fillet with Garrison.
Seasonal fruit
Grilled veal with potatoes and vegetables.
Lactéal

Friday

5 799 103 39 23
Lettuce, tomato, carrot, corn
1r. Spirals with tuna, tomato and cheese
2n. Potato Omelette with Garrison.
Seasonal fruit
Roaster Peper and Eggplant Salad.
Baked Salmon With Vegetables.
Lactéal

12 739 96 37 22
Lettuce, tomato, carrot, olives
1r. Fish stew with potato and vegetables
2n. Grilled tilapia fillet with Vegetables.
Lactéal
Tomato and Fresh Cheese Salad.
grilled tuna.
Seasonal fruit

19 0 0 0 0
Sant Josep

26 803 104 38 25
Lettuce, tomato, olives, beet
1r. Spaghetti with tuna, tomato and cheese
2n. Potato Omelette.
Seasonal fruit
Vegetable stew. Grilled Chicken Breast.
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.)
	767,4	94,2	37,0	24,9
		49,1 %	19,3 %	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.