

# Caterguai



# March-22

## Monday

689 76 36 24

1. Lettuce, tomato, carrot, olives  
1r. Vegetable cream with legumes  
2n. White sausages with tomato.  
Seasonal fruit

Complete Salad.  
Coques de dacsca.  
Seasonal fruit

768 91 36 25

7

Lettuce, carrot, corn, olives  
1r. Vegetables soup with starlets  
2n. Marinated loin with Vegetables.  
Seasonal fruit

Mushrooms scrambled with vegetables and onions.  
Omelette.  
Lactéal

812 108 37 23

14

1r. Special Salad  
2n. Fideuà of Gandia.  
Seasonal fruit

Valencian boiled.  
Tuna patties.  
Seasonal fruit

807 106 35 26

21

Lettuce, tomato, corn, surimi  
1r. Pasta with mushrooms and tomato.  
2n. Pollack fillet with Vegetables.  
Seasonal fruit

Special salada with fresh cheese.  
Turkey breast.  
Seasonal fruit

676 78 36 21

28

Lettuce, tomato, carrot, quinoa  
1r. Carrot and pumpkin cream  
2n. Baked Chicken with Potatoes.  
Lactéal

Special salada with fresh cheese.  
Emperor Grilled.  
Seasonal fruit

## Tuesday

689 76 36 24

1

Lettuce, tomato, carrot, olives  
1r. Vegetable cream with legumes  
2n. White sausages with tomato.  
Seasonal fruit

Complete Salad.  
Coques de dacsca.  
Seasonal fruit

815 108 36 26

8

1r. Special salad with tuna  
2n. Valencian Paella with chicken, bass and beans.  
Seasonal fruit

Vegetable Consomm.  
Baked Salmon With Vegetables.  
Seasonal fruit

795 94 43 26

15

ECO lettuce, carrot, corn, olives  
1r. ECO chickpea with vegetables stew  
2n. Potato Omelette with Garrison.  
Seasonal fruit

Salad with pineapple and raisins.  
Garlic chicken.  
Seasonal fruit

791 99 41 24

22

ECO lettuce, carrot, corn, olives  
1r. ECO lentils with vegetables and potatoes  
2n. Omelette with Garrison.  
Seasonal fruit

Fish soup with sea delights. Grilled squid.  
Seasonal fruit

803 106 37 25

29

Lettuce, corn, olives, beet  
1r. Rice alla Milanese  
2n. Hake with Vegetables.  
Seasonal fruit

sauteed mushrooms, vegetables and onion.  
Seasonal fruit

## Wednesday

803 98 39 27

2

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

Valencian boiled.  
Grilled Fish.  
Seasonal fruit

762 87 39 24

9

Lettuce, tomato, carrot, olives  
1r. Fish stew with potato and vegetables  
2n. Chicken burger with Garrison.  
Lactéal

Beetroot cream with garlic leek and potato.  
Emperor Grilled.  
Seasonal fruit

812 105 41 26

16

Lettuce, tomato, carrot, cucumber  
1r. Spaghetti with tuna, tomato and cheese  
2n. Loin tape with Vegetables.  
Seasonal fruit

Vegetable stew. Tuna.  
Seasonal fruit

716 83 39 22

23

Lettuce, tomato, carrot, beet  
1r. Valencian boiled  
2n. Meatballs in vegetable sauce.  
Lactéal

Mushrooms scrambled with vegetables and onions.  
Baked Salmon With Vegetables.  
Seasonal fruit

785 86 37 23

30

Lettuce, carrot, corn, olives  
1r. Vegetable soup with chickpeas  
2n. Potato Omelette with Garrison.  
Seasonal fruit

Baked fish.  
Seasonal fruit

## Thursday

812 104 33 29

3

ECO lettuce, beet, corn, olives  
1r. Chickpea stew with carrot and spinach  
2n. Ham and cheese pizza.  
ECO fruit

Chicken soup.  
Gurilled Squid. Seasonal fruit

823 112 39 23

10

Lettuce, tomato, carrot, quinoa  
1r. Macaroni Bolognese with cheese  
2n. Cod with Vegetables.  
Seasonal fruit

semolina of rice with fish soup.  
Grilled veal.  
Seasonal fruit

825 108 38 27

17

Lettuce, corn, surimi, quinoa  
1r. Cuban rice with tomato and egg  
2n. Hake with Garrison.  
Seasonal fruit

Vichyssoise. White sausages with vegetables.  
Seasonal fruit

831 112 43 27

24

Lettuce and tomato  
1r. Puchero CATERGUAI Soup  
2n. Putxero CATERGUAI.  
Seasonal fruit

Grilled veal.  
Verdura en tempura.  
Seasonal fruit

814 104 39 27

31

1r. Special Salad  
2n. Lasagna with bechamel and tomato.  
Seasonal fruit

Campestral sauteed.  
Ham and cheese pizza.  
Seasonal fruit

## Friday

806 105 39 23

4

Lettuce, tomato, carrot, corn  
1r. Napolitana spirals with cheese  
2n. Pollack fillet with Vegetables.  
Seasonal fruit

Roaster Peper and Eggplant Salad.  
lamb chops.  
Lactéal

769 89 37 25

11

ECO lettuce, tomato, carrot, surimi  
1r. ECO lentils with vegetables and potatoes  
2n. Omelette with Garrison.  
Seasonal fruit

Baked fish.  
Seasonal fruit

699 81 44 21

18

Lettuce, tomato, carrot, olives  
1r. Vegetable cream with legumes  
2n. Baked Chicken with Potatoes and Onion.  
Lactéal

Green Beans with Ham. Omelette.  
Seasonal fruit

801 101 37 25

25

Lettuce, tomato, carrot, quinoa  
1r. Rice with vegetables  
2n. Hake Slice with Garrison.  
Seasonal fruit

Vegetable stew.  
Ham omelette.  
Seasonal fruit

Blank menu card



- 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.



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.

| Average percentage of the nutritional value of the month: | Energ. (Kcal) | HdC (gr.) | Prot. (gr.) | Lipidos (gr.) |
|-----------------------------------------------------------|---------------|-----------|-------------|---------------|
|                                                           | 783,2         | 97,4      | 38,3        | 24,7          |
|                                                           |               | 49,8%     | 19,6%       | 28,4%         |

Bottom: Proposals for dinner.

