

Caterguai



November-21

Monday

1 671 69 33 26

Lettuce, tomato, corn, tuna
1r. ECO zucchini cream and legumbres
2n. Baked loin with Potatoes.
ECO fruit
Sautéed Vegetables with Ham.
Fresh Cheese.
Seasonal fruit

8 812 98 39 26

Lettuce, carrot, corn
1r. Spaghetti with tuna, tomato and cheese
2n. Baked loin with vegetables.
Seasonal fruit
Fish soup with sea delights.
Monkfish tails with seafood sauce. Seasonal fruit

15 675 82 36 24

Lettuce ECO, tomato, olives, corn
1r. vegetables and ECO legume cream
2n. baked hake with Potatoes and Onion.
Seasonal fruit
Lettuce and tomato, stuffed aubergine with vegetables and mince. Lactéal

22 792 99 37 24

Lettuce, tomato, carrot, quinoa
1r. Macaroni Bolognese
2n. Halibut with vegetables.
Seasonal fruit
Baked Salmon With Vegetables.
Lactéal

29 674 78 41 24

ECO lettuce, carrot, corn, olives
1r. ECO zucchini cream and carrot.
2n. White sausages with Garrison
ECO fruit
Chicken soup. Grilled Chicken Breast.
Lactéal.

Tuesday

2 671 69 33 26

Lettuce, tomato, corn, tuna
1r. ECO zucchini cream and legumbres
2n. Baked loin with Potatoes.
ECO fruit
Sautéed Vegetables with Ham.
Fresh Cheese.
Seasonal fruit

9 832 113 41 28

Lettuce and tomato
1r. Puchero CATERGUAÍ Soup
2n. Putxero CATERGUAÍ.
Seasonal fruit
Tempura vegetables.
Turkey fillet.
Seasonal fruit

16 832 103 36 25

Lettuce, tomato, carrot, quinoa
1r. Neapolitan Macaroni
2n. Tilapia fillet with Vegetables.
Seasonal fruit
Tomato and Fresh Cheese Salad.
Grilled squid.
Seasonal fruit

23 739 101 31 26

ECO lettuce, tomato, carrot, olives
1r. "Arr-s amb fesols i naps"
2n. Meatballs in vegetable sauce.
Fruit and dairy
Valencian boiled, grilled tuna.
Seasonal fruit

30 751 98 37 24

1r. Special Salad
2n. Arr-s del senyoret with seafood.
Seasonal fruit
baked fish. Seasonal fruit

Wednesday

3 799 104 31 25

1r. Special salad with fresh cheese.
2r. Fideu... of fish with seafood.
Dairy and Fruit
Garlic soup.
Iberian prey fillet.
Seasonal fruit

10 0 0 0 0

1r. Special salad with tuna
2n. Valencian Paella with chicken and vegetables.
Seasonal fruit
Grilled vegetables.
Mediterranean Loin with mushrooms.
Seasonal fruit

17 769 85 38 24

Lettuce, tomato, corn, cucumber
1r. Beans and vegetables potage
2n. Chicken burger with Garrison.
Seasonal fruit
sauteed mushrooms,
vegetables and onion. blue fish to the papillote.
Lactéal

24 702 88 37 25

Lettuce, tomato, carrot, beet
1r. Valencian boiled
2n. Baked loin with Vegetables.
Seasonal fruit
Fish soup with pasta.
Grilled Fish.
Seasonal fruit

31 0 0 0 0

Thursday

4 788 93 33 28

Lettuce, carrot, corn, olives
1r. Chikpeas and vegetables potage
2n. White sausages with mashed potatoes.
Seasonal fruit
Rice Greece style. Omelette.
Seasonal fruit

11 778 87 36 24

ECO lettuce, tomato, carrot, quinoa
1r. ECO Lentils with vegetables
2r. Omelette with Mackerel.
Dairy and Fruit
Three Delights Rice.
Seasonal fruit

18 824 106 36 27

1r. Special Salad
2n. Baked rice with ribs and botifarra.
Seasonal fruit
Chicken soup, crepes of ham and cheese. Seasonal fruit

25 787 93 39 27

Lettuce, tomato, carrot, olives
1r. Lentils with carrot and spinach
2n. Omelette with Cheese.
Seasonal fruit
Seafood Salad.
Grilled Veal Fillet.
Lactéal

32 0 0 0 0

Friday

5 837 111 36 27

Lettuce, tomato, carrot, tuna
1r. Cuban rice with tomato and egg
2n. Cod with Vegetables.
Seasonal fruit
Salad with pineapple and raisins.
Grilled Chicken Breast. Lactéal

12 819 101 37 28

Lettuce, tomato, corn, surimi
1r. Carbonara macaroni with bacon, onion and cream
2n. Marinated loin with Garrison.
Seasonal fruit
Peasant Salad.
Emperor Grilled. Lactéal

19 799 96 39 25

Lettuce, tomato, carrot, corn
1r. Meat stew with potato and vegetables
2n. Cod with Vegetables.
Dairy and Fruit
Mushrooms scrambled with vegetables and onions.
Carn a la Planxa. Lactéal

26 789 99 36 24

Lettuce, tomato, corn, olives
1r. Spirals with tuna, tomato and cheese
2n. hake at griddle with Vegetables.
Seasonal fruit
semolina of rice with fish soup.
Grilled Squid.
Seasonal fruit

33 0 0 0 0



Bottom: Proposals for dinner.

eixgràfic 66561316



| Average percentage of the nutritional value of the month: | Energ. (Kcal) | HdC (gr.) | Prot. (gr.) | Lipidos (gr.) |
|---|---------------|-----------|-------------|---------------|
| | 773,5 | 95,2 | 36,5 | 25,6 |
| | | 49,2% | 18,9% | 29,7% |

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.

- 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.

Caterguai



November-21

Monday

Tuesday

Wednesday

Thursday

Friday



- 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.) |
|---|---------------|-----------|-------------|---------------|
| | 773,5 | 95,2 | 36,5 | 25,6 |
| | | 49,2 % | 18,9 % | 29,7 % |

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.

Bottom: Proposals for dinner.