



# Caterguai



Energy  
Kcal

Carbohydrates  
Gr.

Proteins  
Gr.

Fat  
Gr.

september-2023

Monday

Tuesday

Wednesday

Thursday

Friday



## Back to school

11

796 99 39 25

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

Vegetable stew.  
Grilled veal.  
Seasonal fruit

12

758 79 35 23

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

Valencian boiled.  
Chicken with sanfania.  
Seasonal fruit

13

788 89 34 22

Lettuce, tomato, carrot, beet  
1r. Macaroni Bolognese with cheese  
2n. Tilapia fillet with Vegetables.  
Lactéal

Green Beans with Ham.  
Chicken with sanfania.  
Seasonal fruit

14

675 74 33 23

Lettuce, tomato, carrot, corn  
1r. ECO zucchini cream  
2n. Burger with Vegetables.  
Seasonal fruit

Murcian salad. Tender Garlic  
Omelette.  
Seasonal fruit

15

767 81 35 22

1r. chickpea salad.  
2n. White sausages with ratatouille.  
Seasonal fruit

Complete Salad.  
Baked fish.  
Lactéal

18

705 78 35 24

Lettuce, beet, corn, carrot  
1r. Vegetable soup with legumes.  
2n. Loin marinated with potatoes.  
Seasonal fruit

Valencian boiled. lamb chops.  
Lactéal

19

799 93 37 25

1r. Pasta salad.  
2n. Potato Omelette with Vegetables.  
Seasonal fruit

Salad with pineapple and raisins.  
Mushrooms scrambled with vegetables and onions.  
Seasonal fruit

20

767 81 36 24

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

Roaster Peper and Eggplant Salad.  
hake at griddle.  
Seasonal fruit

21

829 112 41 27

1r. Special Salad  
2n. Baked rice with rib, chickpeas and potato.  
Seasonal fruit

Mediterranean cream.  
Garlic chicken.  
Seasonal fruit

22

777 72 35 23

Lettuce, tomato, carrot, corn  
1r. Meat stew with potato and vegetables  
2n. Halibut with vegetables.  
Lactéal

Noodle soup.  
Grilled Fish.  
Seasonal fruit

25

809 108 33 25

Lettuce, tomato, carrot, olives  
1r. Integral Neapolitan spirals with cheese.  
2n. Potato Omelette with Vegetables.  
Seasonal fruit

Tomato and Fresh Cheese Salad.  
Grilled Squid.  
Seasonal fruit

26

673 75 34 23

Lettuce, tomato, carrot, beet  
1r. Garlic leek and potato cream.  
2n. roasted chicken with rosemary and lemon..  
Seasonal fruit

Vegetable stew.  
Grilled veal.  
Seasonal fruit

27

810 94 37 23

Lettuce, tomato, carrot, olives  
1r. Cuban rice with tomato and egg  
2n. Cod croquettes.  
Lactéal

Sauté Green Beans with Onion.  
Grilled tuna.  
Seasonal fruit

28

705 78 35 25

Lettuce, tomato, olives, corn  
1r. Vegetable soup with ECO legumes.  
2n. Meatballs in vegetable sauce.  
ECO fruit

Carrot and pumpkin cream.  
Mediterranean Loin with mushrooms.  
Seasonal fruit

29

763 99 36 26

1r. Special salad with garden products.  
2n. Fideuà de Gandia.  
Seasonal fruit

Verdura en tempura.  
Grilled Fish.  
Lactéal

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. • 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.



www.caterguai.com



ISO 9001:2015  
B-C Certification