



Caterguai



january-22

Monday

3 0 0 0 0

HOLIDAY.

10 801 102 37 27

Lettuce, tomato, corn, beet
1r. Spirals with tuna, tomato and cheese
2n. Gallineta fillet with Vegetables.
Seasonal fruit
Grilled vegetables. Grilled veal.
Lactéal

17 675 52 40 34

Lettuce ECO, tomato, tuna, ou
1r. ECO zucchini cream
2n. Baked Chicken with Potatoes.
ECO fruit
Vegetables patties.
Fresh Cheese.
Seasonal fruit

24 838 90 43 34

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

31 815 108 31 27

Lettuce, tomato, carrot, corn
1r. Rice alla Milanese
2n. Cod with Garrison.
Seasonal fruit
Baked Vegetables.
Grillet fish fillet.
Seasonal fruit

Tuesday

4 0 0 0 0

HOLIDAY.

11 735 78 38 24

ECO lettuce, tuna, corn, surimi
1r. ECO chickpea stew with carrot and spinach
2n. Marinated loin with Garrison.
ECO fruit
Sautéed of vegetables and ham.
Grilled Chicken Breast. Seasonal fruit

18 805 105 37 27

1r. Special salad with tuna
2n. Valencian Paella with halal chicken and vegetables.
Dairy and Fruit
vegetables cream.
Tuna omelette.
Lactéal

25 686 78 36 26

Lettuce, tomato, carrot, beet
1r. Julienne soup with noodles and legumes
2n. Chicken burger with ratatouille.
Seasonal fruit
Green salad with fresh cheese. sttuffed aubergine with vegetables and mince. Seasonal fruit

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Wednesday

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HOLIDAY.

12 816 109 32 29

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

19 774 98 43 25

Lettuce and tomato
1r. Puchero CATERGUAI Soup
2n. Putxero CATERGUAI.
Seasonal fruit
Vegetable Consomm.,
Grillet fish fillet.
Lactéal

26 849 98 39 30

Lettuce, tomato, carrot, corn
1r. Cuban rice with tomato
2n. Grilled Hake Filet.
Seasonal fruit
Rusian salad.
Grilled Chicken Breast.
Seasonal fruit

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Thursday

6 0 0 0 0

HOLIDAY.

13 802 105 42 28

Lettuce, tomato, carrot, quinoa
1r. Vegetables soup with starlets
2n. Baked Salmon With Vegetables.
Dairy and Fruit
vegetables cream.
Baked Hake Ventresca.
Seasonal fruit

20 824 95 27 39

Lettuce, tomato, carrot, olives
1r. Macaroni Bolognese with pork meat
2n. baked cod with Garrison.
Seasonal fruit
julianne soup.
Baked Loin.
Lactéal

27 847 111 44 25

ECO lettuce, tomato, carrot, olives
1r. Napolitana spirals with cheese
2n. Potato Omelette.
ECO fruit
Vegetable and Potato Puree.
crepes of ham and cheese.
Seasonal fruit

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Friday

7 0 0 0 0

HOLIDAY.

14 811 87 33 30

Lettuce, tomato, carrot, beet
1r. Spaghetti carbonara
2n. Potato and vegetables omelette.
Seasonal fruit
Grilled vegetables.
Baked loin with vegetables.
Seasonal fruit

21 856 112 43 26

Lettuce, tomato, tuna, olives
1r. Lentils with carrot and spinach
2n. Omelette with Vegetables.
Seasonal fruit
Three Delights Rice.
Grilled Squid.
Seasonal fruit

28 842 90 43 34

Lettuce, tomato, corn, tuna
1r. Carrot and pumpkin cream
2n. Meatballs in vegetable sauce.
Dairy and Fruit
Free Day

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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.)
	798,5	94,9	38,0	29,1
		49,5%	19,2 %	30,2%

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.