Caterguai

GENERALITAT VALENCIANA

MENÚ COLES CATERING

JANUARY 2025

Energia Kcal | Glúcids Gr. | Proteïnes Gr. | Greix Gr.

Dilluns	Dimarts	Dimecres	Dijous	Divendres
		1 FESTIVE	**2** FESTIVE	**3** FESTIVE
6 FESTIVE	**7** 799 98 35 24 1st. Special salad. 2nd. Valencian paella with chicken and vegetables Seasonal fruit. Grilled vegetables. Grilled beef. Dairy.	**8** 778 83 36 24 Lettuce, tomato, olives and corn 1st. Organic lentils with vegetables. 2nd. French omelette with cheese. ORGANIC fruit Sautéed vegetables with legumes and ham Grilled chicken Dairy.	**9** 801 98 36 24 Lettuce, beetroot, tomato, corn. 1st. Macaroni with creamy mushroom and cheese sauce 2nd. Grilled hake with country-style stir-fry. Dairy/fruit Complete salad. Baked fish with potatoes. Fruit.	**10** 673 75 34 23 Lettuce, carrot, tomato and quinoa. 1st. Vegetable cream with legumes. 2nd. Baked chicken with potato and onion. Seasonal fruit. Vegetable cream. Hake belly. Dairy.
13 763 99 36 26 1st. Complete special salad. 2nd. Fish fideuà with seafood. Seasonal fruit Grilled assorted vegetables. Hake belly Fruit	**14** 715 83 36 24 Lettuce, tomato, corn and olives 1st. Chicken, vegetable and legume soup. 2nd. Marinated pork loin with potato and onion. Seasonal fruit Cream of vegetable and potato soup. Tuna omelette. Dairy	**15** 807 101 36 23 Lettuce, tomato, beetroot. 1st. Milanese rice. 2nd. Pollock with onion and carrot. Dairy and fruit. Vegetable broth. Grilled fish fillet. Dairy	**16** 754 78 37 25 Lettuce, beetroot, tomato, corn 1st. Organic chickpea stew with vegetables. 2nd. Zucchini omelette with fresh cheese. Organic fruit Julienne soup with fried plantains. Baked pork loin. Dairy.	**17** 812 102 38 24 Lettuce, tomato and olives. 1st. Spaghetti with tuna, tomato and cheese. 2nd. Tilapia with peas and diced carrots. Seasonal fruit Three-delight rice. Grilled squid. Fruit
20 698 73 36 24 Lettuce, tomato, corn, olives 1st. Carrot and pumpkin cream 2nd. Sausages with vegetable couscous. Seasonal fruit Baked fish with potatoes and onions Seasonal fruit.	**21** 819 112 38 28 1st. Special full salad. 2nd. Paella with ribs and artichokes Seasonal fruit Sautéed vegetables with legumes and ham. Grilled chicken Dairy	**22** 789 87 38 27 Lettuce, beetroot, tomato, corn 1st. Beef stew with vegetables. 2nd. Halibut with mushrooms and onions Seasonal fruit Carrot, leek and potato puree Ham and cheese crepes. Fruit	**23** 804 98 36 23 Lettuce, tomato, olives, beetroot. 1st. Bolognese spirals with cheese. 2nd. Hake with baked potatoes. Dairy and fruit Grilled assorted vegetables. Hake belly Fruit	**24** 778 76 38 24 Lettuce, tomato and olives. 1st. Organic lentils with vegetables. 2nd. Potato omelette with cooked ham. Organic fruit. Russian salad. Grilled chicken. Fruit.
27 703 76 35 25 Lettuce, tomato, olive, beetroot. 1st. Valencian boiled meat with hard-boiled egg. 2nd. Pork loin with tomato. Seasonal fruit Green salad. Stuffed eggplant. Fruit	**28** 706 79 37 22 Lettuce, tomato, corn and olives 1st. Vegetable soup with legumes. 2nd. Baked chicken with potatoes. Dairy and fruit Baked vegetables Sea bream fillet. Fruit.	**29** 796 99 39 25 1st. Complete special salad. 2nd. Señoret rice. Seasonal fruit. Baked fish with vegetables. Seasonal fruit	**30** 756 76 36 23 Lettuce, tomato, corn and beetroot. 1st. Organic chickpea stew with vegetables. 2nd. French omelette with fresh cheese. Organic fruit Vegetable empanadas. Fresh cheese and tomato. Fruit	**31** 797 94 32 22 Lettuce, tomato and corn 1st. Macaroni and cheese Neapolitan style. 2nd. Haddock with peas and onion. Seasonal fruit. Vegetable stew. Grilled beef. Fruit.

• Tots els menús són elaborats baix supervisió i seguiment del departament de dietètica de Caterguai, S.L. • Per causes de força major Caterguai s.l. es reserva el dret de fer canvis en el menú.
• Els colorants que co ntenen alguns plats són E-102 I E-129. Aquests colorants poden tenir efecte negatius sobre l'atenció i l'activitat dels nens. Els menús van acompanyats de 20 gr. de pa.

ISO 9001:2015 LL-C (Certification)

Part inferior: Propostes per al sopar. El registre d'al·lergen es pot consultar al centre i a la web www.caterguai.com

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