

PRE-NURSERY - Y3
MAY 2025

SEASONAL FRUITS:

Banana, Apple, Pear,
Strawberry, Pineapple
& Orange

DIFFERENTIATING VALUE



ALLERGENS



Avda. 1^o de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)
T. 963 169 106 / F. 963 169 107 - www.colevisa.com
colevisa@colevisa.com - www.facebook.com/colevisa

We have menus adapted to the age of children, diets, allergies, celiac disease, etc. Nutritional assessment is based on age group. Our menus are prepared according to the guidelines of the "Guide to school dining rooms" of the Generalitat Valenciana.

Information on allergens is available in the kitchen and the address of the center. Whole wheat bread will be offered one day a week.

	<table><tr><td>starter</td><td></td><td>KCAL</td></tr><tr><td></td><td></td><td>PROT</td></tr><tr><td>first</td><td></td><td>CA</td></tr><tr><td></td><td></td><td>FE</td></tr><tr><td>second</td><td></td><td>HDC</td></tr><tr><td>dessert</td><td></td><td>LIP</td></tr><tr><td>dinner</td><td></td><td></td></tr></table>	starter		KCAL			PROT	first		CA			FE	second		HDC	dessert		LIP	dinner			<table><tr><td>starter</td><td></td><td>KCAL</td></tr><tr><td></td><td></td><td>PROT</td></tr><tr><td>first</td><td></td><td>CA</td></tr><tr><td></td><td></td><td>FE</td></tr><tr><td>second</td><td></td><td>HDC</td></tr><tr><td>dessert</td><td></td><td>LIP</td></tr><tr><td>dinner</td><td></td><td></td></tr></table>	starter		KCAL			PROT	first		CA			FE	second		HDC	dessert		LIP	dinner			<table><tr><td>1</td><td>starter</td><td></td><td>KCAL</td></tr><tr><td></td><td>first</td><td>Holiday</td><td>PROT</td></tr><tr><td></td><td></td><td></td><td>CA</td></tr><tr><td></td><td></td><td></td><td>FE</td></tr><tr><td></td><td>second</td><td></td><td>HDC</td></tr><tr><td></td><td>dessert</td><td></td><td>LIP</td></tr><tr><td></td><td>dinner</td><td></td><td></td></tr></table>	1	starter		KCAL		first	Holiday	PROT				CA				FE		second		HDC		dessert		LIP		dinner			<table><tr><td>2</td><td>starter</td><td></td><td>KCAL</td></tr><tr><td></td><td>first</td><td>Holiday</td><td>PROT</td></tr><tr><td></td><td></td><td></td><td>CA</td></tr><tr><td></td><td></td><td></td><td>FE</td></tr><tr><td></td><td>second</td><td></td><td>HDC</td></tr><tr><td></td><td>dessert</td><td></td><td>LIP</td></tr><tr><td></td><td>dinner</td><td></td><td></td></tr></table>	2	starter		KCAL		first	Holiday	PROT				CA				FE		second		HDC		dessert		LIP		dinner																																																																																									
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second	Tenderloin in sauce with ratatouille	CA																																																																																																																																																																																											
		9,33mg																																																																																																																																																																																											
		91,24g																																																																																																																																																																																											
dessert	Fruit	HDC																																																																																																																																																																																											
		54,91g																																																																																																																																																																																											
dinner	Gazpacho	LIP																																																																																																																																																																																											
	Sole with asparagus /Fruit																																																																																																																																																																																												
starter	Seasonal vegetable salad	KCAL																																																																																																																																																																																											
		1086,75																																																																																																																																																																																											
first	Pasta bolognese (pork, beef, onion, tomato, cheese) with cheese	PROT																																																																																																																																																																																											
		46,78g																																																																																																																																																																																											
		503,76mg																																																																																																																																																																																											
second	Baked cod with ORGANIC broccoli	CA																																																																																																																																																																																											
		7,84mg																																																																																																																																																																																											
		124,41g																																																																																																																																																																																											
dessert	Fruit	HDC																																																																																																																																																																																											
		61,53g																																																																																																																																																																																											
dinner	Sautéed green beans	LIP																																																																																																																																																																																											
	Scrambled eggs with mushrooms and ham																																																																																																																																																																																												
starter	Seasonal vegetable salad	KCAL																																																																																																																																																																																											
		693,62																																																																																																																																																																																											
first	Chickpea stew	PROT																																																																																																																																																																																											
		38,17g																																																																																																																																																																																											
		356,19mg																																																																																																																																																																																											
second	Pork tenderloin with sauce and bread with soft wheat	CA																																																																																																																																																																																											
		8,37mg																																																																																																																																																																																											
		78,48g																																																																																																																																																																																											
dessert	Artisan yogurt smoothie with fruit	HDC																																																																																																																																																																																											
		29,30g																																																																																																																																																																																											
dinner	Cream of broccoli and cheese soup	LIP																																																																																																																																																																																											
	Steamed fish /Fruit																																																																																																																																																																																												
starter	Fresh organic salad	KCAL																																																																																																																																																																																											
		702,89																																																																																																																																																																																											
first	Cheese fingers	PROT																																																																																																																																																																																											
		33,58g																																																																																																																																																																																											
		240,03mg																																																																																																																																																																																											
second	Valencian paella with free-range chicken	CA																																																																																																																																																																																											
		3,65mg																																																																																																																																																																																											
		86,65g																																																																																																																																																																																											
dessert	Ice cream	HDC																																																																																																																																																																																											
		24,87g																																																																																																																																																																																											
dinner	Cucumber salad with tomato and cheese	LIP																																																																																																																																																																																											
	Mini chicken skewers with vegetables /Fruit																																																																																																																																																																																												
starter	Organic Trocadero and Cucumber Salad in Vinaigrette	KCAL																																																																																																																																																																																											
		927,77																																																																																																																																																																																											
first	Macaroni carbonara	PROT																																																																																																																																																																																											
		32,25g																																																																																																																																																																																											
		436,99mg																																																																																																																																																																																											
second	Spanish omelette with grilled tomato	CA																																																																																																																																																																																											
		6,19mg																																																																																																																																																																																											
		112,91g																																																																																																																																																																																											
dessert	Organic fruit	HDC																																																																																																																																																																																											
		40,14g																																																																																																																																																																																											
dinner	Grilled zucchini	LIP																																																																																																																																																																																											
	Veggie "meat" balls /Fruit																																																																																																																																																																																												

SEASONAL FRUITS:

Banana, Apple, Pear, Strawberry, Pineapple & Orange

DIFFERENTIATING VALUE

VEGETARIAN RECIPE

SUSTAINABLE FISHING

ORGANIC PRODUCTS

FOODIE RECIPE

TRADITIONAL GASTRONOMY

SEASONAL PRODUCT

LOCAL PRODUCT KM0

ALLERGENS

CELERY

PEANUTS

NUTS

SESAME

CRUSTACEANS

EGG

GLUTEN

FISH

SOY

MOLLUSKS

DAIRY

SULPHITES






























LUPINS

MUSTARD

Avda. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)
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colevisa@colevisa.com - www.facebook.com/colevisa

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<div><div></div><div>starter</div><div></div><div></div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div></div><div>starter</div><div></div><div></div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div></div><div>starter</div><div></div><div></div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>1</div><div>starter</div><div></div><div></div><div>first</div><div>Holiday</div><div>second</div><div></div><div>dessert</div><div></div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>2</div><div>starter</div><div></div><div></div><div>first</div><div>Holiday</div><div>second</div><div></div><div>dessert</div><div></div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>
<div><div>5</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>Lentils with seasonal vegetables with sausage</div><div></div><div>second</div><div></div><div>Spanish omelette with fresh cheese</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Boiled vegetables Homemade pizza /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>6</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>Soup with vegetables</div><div></div><div>second</div><div></div><div>Boneless chicken with sautéed corn</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Sautéed green beans Sea bass with salt /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>7</div><div>starter</div><div></div><div>Hummus chickpea</div><div></div><div>first</div><div></div><div>Neapolitan spirals (carrot and onion) with cheese</div><div></div><div>second</div><div></div><div>Gratined hake provencal with peas</div><div></div><div>dessert</div><div></div><div>Dairy</div><div></div><div>dinner</div><div>Vegetable skewers Scrambled eggs with mushrooms and ham</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>8</div><div>starter</div><div></div><div>Fresh organic salad</div><div></div><div>first</div><div></div><div>Stewed chickpeas with vegetables</div><div></div><div>second</div><div></div><div>Turkey breast grilled with chips</div><div></div><div>dessert</div><div></div><div>Organic fruit</div><div></div><div>dinner</div><div>Gazpacho Turbot with peppers /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>9</div><div>starter</div><div></div><div>Andalusian gazpacho</div><div></div><div>first</div><div></div><div>Milanese rice with lean and chickpeas</div><div></div><div>second</div><div></div><div>Crunch de salmon with valencian salad</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Grilled zucchini Marinated pork loin with baked potato /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>
<div><div>12</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>Spaghetti with tomato sauce with tuna</div><div></div><div>second</div><div></div><div>Fish with seafood</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Cob of corn with salt Fillet of beef with potatoes /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>13</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>Organic lentils with vegetables</div><div></div><div>second</div><div></div><div>Homemade pizza</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Chicken vegetable soup Spinach omelet /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>14</div><div>starter</div><div></div><div>Andalusian gazpacho</div><div></div><div>first</div><div></div><div>Complete salad with vegetables, egg, avocado and mackerel</div><div></div><div>second</div><div></div><div>Baked rice (chickpeas, ribs, potatoes and tomatoes)</div><div></div><div>dessert</div><div></div><div>Dairy</div><div></div><div>dinner</div><div>Potato gratin with cheese Baked hake with homemade ratatouille /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>15</div><div>starter</div><div></div><div>Fresh organic salad</div><div></div><div>first</div><div></div><div>Tomato pasta with cheese</div><div></div><div>second</div><div></div><div>Codfish a la Vizcaina (tomato, pepper and onion)</div><div></div><div>dessert</div><div></div><div>Organic fruit</div><div></div><div>dinner</div><div>Roasted vegetables Homemade fajita /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>16</div><div>starter</div><div></div><div>Fresh organic salad</div><div></div><div>first</div><div></div><div>Vegetarian "fabada" P/BIO</div><div></div><div>second</div><div></div><div>Grilled burger with chips</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Creamed vegetables Baked cod wit cous cous /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>
<div><div>19</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>White rice with tomato and egg</div><div></div><div>second</div><div></div><div>Hake in mery sauce with sautéed vegetables</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Gazpacho Chicken and broccoli burgers /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>20</div><div>starter</div><div></div><div>Hummus chickpea</div><div></div><div>first</div><div></div><div>Salad with potato, vegetables and tuna</div><div></div><div>second</div><div></div><div>Turkey curry with cous cous</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Grilled zucchini Rooster San Pedro grilled /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>21</div><div>starter</div><div></div><div>British Gastronomic Day Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>London particular (Pea cream with bacon)</div><div></div><div>second</div><div></div><div>Fish and chips</div><div></div><div>dessert</div><div></div><div>Victoria Sponge Cake</div><div></div><div>dinner</div><div>Creamed vegetables Baked pork loin with tomato provenzal /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>22</div><div>starter</div><div></div><div>Fresh organic salad</div><div></div><div>first</div><div></div><div>Lentils with vegetables ECO with rice</div><div></div><div>second</div><div></div><div>Scrambled free-range eggs with ham</div><div></div><div>dessert</div><div></div><div>Organic fruit</div><div></div><div>dinner</div><div>Sautéed vegetable stew Hake and toast with tomato /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>23</div><div>starter</div><div></div><div>Fresh organic salad</div><div></div><div>first</div><div></div><div>Tuna salad and toast with oil and paprika</div><div></div><div>second</div><div></div><div>Hot dog with vegetables</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Steamed broccoli Poultry /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>
<div><div>26</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>Cream of beans and vegetables</div><div></div><div>second</div><div></div><div>Loin escalope and eggplant</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Gazpacho Sole with asparagus /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>27</div><div>starter</div><div></div><div>Seasonal vegetable salad</div><div></div><div>first</div><div></div><div>Pasta bolognese (pork, beef, onion, tomato, cheese) with cheese</div><div></div><div>second</div><div></div><div>Croaker on the back with ORGANIC broccoli</div><div></div><div>dessert</div><div></div><div>Fruit</div><div></div><div>dinner</div><div>Sautéed green beans Scrambled eggs with mushrooms and ham</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>28</div><div>starter</div><div></div><div>Guacamole with nachos</div><div></div><div>first</div><div></div><div>Chickpea stew</div><div></div><div>second</div><div></div><div>Pork tenderloin with sauce and bread with soft wheat</div><div></div><div>dessert</div><div></div><div>Artisan yogurt smoothie with fruit</div><div></div><div>dinner</div><div>Cream of broccoli and cheese soup Steamed fish /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>29</div><div>starter</div><div></div><div>Fresh organic salad</div><div></div><div>first</div><div></div><div>Combo (cheese fingers and tex-mex chips)</div><div></div><div>second</div><div></div><div>Valencian paella with free-range chicken</div><div></div><div>dessert</div><div></div><div>Ice cream</div><div></div><div>dinner</div><div>Cucumber salad with tomato and cheese Mini chicken skewers with vegetables /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	<div><div>30</div><div>starter</div><div></div><div>Organic Trocadero and Cucumber Salad in Vinaigrette</div><div></div><div>first</div><div></div><div>Macaroni carbonara</div><div></div><div>second</div><div></div><div>Spanish omelette with grilled tomato</div><div></div><div>dessert</div><div></div><div>Organic fruit</div><div></div><div>dinner</div><div>Grilled zucchini Veggie "meat" balls /Fruit</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>

SEASONAL FRUITS:

Banana, Apple, Pear,
Strawberry, Pineapple
& Orange

DIFFERENTIATING VALUE

VEGETARIAN RECIPE

SUSTAINABLE FISHING

ORGANIC PRODUCTS

FOODIE RECIPE

TRADITIONAL GASTRONOMY

SEASONAL PRODUCT

LOCAL PRODUCT KM0

ALLERGENS

CELERY

PEANUTS

NUTS

SESAME

CRUSTACEANS

EGG

GLUTEN

FISH

SOY

MOLLUSKS

DAIRY

SULPHITES

LUPINS

MUSTARD

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We have menus adapted to the age of children, diets, allergies, celiac disease, etc. Nutritional assessment is based on age group. Our menus are prepared according to the guidelines of the "Guide to school dining rooms" of the Generalitat Valenciana.

Information on allergens is available in the kitchen and the address of the center. Whole wheat bread will be offered one day a week.

	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>		<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>		<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div>	1	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Holiday</div>	2	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Holiday</div>
5	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>Lentils with seasonal vegetables with sausage</div> <div>Turkey cutlets with zucchini</div> <div>Fruit</div> <div>Boiled vegetables Homemade pizza /Fruit</div>	6	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>Soup with vegetables</div> <div>Baked cod with corn on the cob</div> <div>Fruit</div> <div>Sautéed green beans Sea bass with salt /Fruit</div>	7	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Hummus chickpea</div> <div>Neapolitan spirals (carrot and onion) with cheese</div> <div>Loin escalope with peas</div> <div>Dairy</div> <div>Vegetable skewers Scrambled eggs with mushrooms and ham</div>	8	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Fresh organic salad</div> <div>Stewed chickpeas with vegetables</div> <div>Floured anchovies with chips</div> <div>Organic fruit</div> <div>Gazpacho Turbot with peppers /Fruit</div>	9	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Andalusian gazpacho</div> <div>Milanese rice with lean and chickpeas</div> <div>Meatballs</div> <div>Fruit</div> <div>Grilled zucchini Marinated pork loin with baked potato /Fruit</div>
12	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>Spaghetti with tomato sauce with tuna</div> <div>Baked chicken with roasted potatoes</div> <div>Fruit</div> <div>Cob of corn with salt Fillet of beef with potatoes /Fruit</div>	13	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>Organic lentils with vegetables</div> <div>Homemade pizza</div> <div>Fruit</div> <div>Chicken vegetable soup Spinach omelet /Fruit</div>	14	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Andalusian gazpacho</div> <div>Complete salad with vegetables, egg, avocado and mackerel</div> <div>Turkey cutlets with vegetables</div> <div>Dairy</div> <div>Potato gratin with cheese Baked hake with homemade ratatouille /Fruit</div>	15	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Fresh organic salad</div> <div>Tomato pasta with cheese</div> <div>Spanish omelette with ratatouille</div> <div>Organic fruit</div> <div>Roasted vegetables Homemade fajita /Fruit</div>	16	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Fresh organic salad</div> <div>Vegetarian "fabada" P/BIO</div> <div>Grilled fish with chips</div> <div>Fruit</div> <div>Creamed vegetables Baked cod wit cous cous /Fruit</div>
19	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>White rice with tomato and egg</div> <div>Pork stew with vegetables and potatoes</div> <div>Fruit</div> <div>Gazpacho Chicken and broccoli burgers /Fruit</div>	20	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Hummus chickpea</div> <div>Salad with potato, vegetables and tuna with hard boiled egg</div> <div>Cod balls with cous cous</div> <div>Fruit</div> <div>Grilled zucchini Rooster San Pedro grilled /Fruit</div>	21	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>British Gastronomic Day Seasonal vegetable salad</div> <div>London particular (Pea cream with bacon)</div> <div>Fish and chips</div> <div>Victoria Sponge Cake</div> <div>Creamed vegetables Baked pork loin with tomato provenzal /Fruit</div>	22	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Fresh organic salad</div> <div>Lentils with vegetables ECO with rice</div> <div>with vegetables</div> <div>Organic fruit</div> <div>Sautéed vegetable stew Hake and toast with tomate /Fruit</div>	23	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Fresh organic salad</div> <div>Tuna salad and toast with oil and paprika</div> <div>Fish fideua</div> <div>Fruit</div> <div>Steamed broccoli Poultry /Fruit</div>
26	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>Cream of beans and vegetables</div> <div>Cod confit and eggplant</div> <div>Fruit</div> <div>Gazpacho Sole with asparagus /Fruit</div>	27	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Seasonal vegetable salad</div> <div>Pasta bolognese (pork, beef, onion, tomato, cheese) with cheese</div> <div>Sausages with ORGANIC broccoli</div> <div>Fruit</div> <div>Sautéed green beans Scrambled eggs with mushrooms and ham</div>	28	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Guacamole with nachos</div> <div>Chickpea stew</div> <div>Chicken goulash</div> <div>Artisan yogurt smoothie with fruit</div> <div>Cream of broccoli and cheese soup Steamed fish /Fruit</div>	29	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Fresh organic salad</div> <div>Combo (onion rings, cheese fingers and tex-mex chips)</div> <div>Hake with lemon</div> <div>Ice cream</div> <div>Cucumber salad with tomato and cheese Mini chicken skewers with vegetables /Fruit</div>	30	<div><div>starter</div><div>first</div><div>second</div><div>dessert</div><div>dinner</div></div> <div><div>KCAL</div><div>PROT</div><div>CA</div><div>FE</div><div>HDC</div><div>LIP</div></div> <div>Organic Trocadero and Cucumber Salad in Vinaigrette</div> <div>Macaroni carbonara</div> <div>Chicken wings BBQ</div> <div>Organic fruit</div> <div>Grilled zucchini Veggie "meat" balls /Fruit</div>