



Y4 - Y11  
JUNY 2025

SEASONAL FRUITS:

Banana, Plum, Melon  
Nectarine & Pineapple

DIFFERENTIATING VALUE



ALLERGENS



Avda. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)  
T. 963 169 106 / F. 963 169 107 - [www.colevisa.com](http://www.colevisa.com)  
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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.

2	starter	Seasonal vegetable salad	KCAL
			753,02
			PROT
			27,96g
	first	Spaghetti with mushrooms and tomato	CA
			224,61mg
			FE
	second	Hake Provencal with ORGANIC broccoli	HDC
			116,27g
			LIP
			21,85g
	dessert	Fruit	
	dinner	Vegetable skewers	
		White meat /Fruit	

3	starter	Seasonal vegetable salad	KCAL
			978,99
			PROT
			46,01g
	first	Vegetable Lentil soup	CA
			335,88mg
			FE
	second	Homemade pizza	HDC
			10,07mg
			HDC
			142,75g
			LIP
			25,34g
	dessert	Fruit	
	dinner	Gazpacho	
		Soy burgers /Fruit	

4	starter	Fresh organic salad	KCAL
			867,36
			PROT
			54,66g
	first	Cooked soup with chickpeas and vegetables BIO	CA
			318,03mg
			FE
	second	Baked chicken with carrot	HDC
			8,21mg
			HDC
			79,85g
			LIP
			41,78g
	dessert	Yogurt	
	dinner	Grilled zucchini	
		Grilled fish with lemon /Fruit	

5	starter	Andalusian gazpacho	KCAL
			777,02
			PROT
			27,22g
	first	Potato salad with vegetables, tuna, egg and olives	CA
			105,11mg
			FE
	second	Sausages with samfaina	HDC
			5,82mg
			HDC
			79,35g
			LIP
			39,66g
	dessert	Organic fruit	
	dinner	Peas with ham and onion	
		Scrambled eggs with garlic /Fruit	

6	starter	Fresh organic salad	KCAL
			827,46
			PROT
			21,43g
	first	Secret rice and avocado	CA
			208,83mg
			FE
	second	Breaded squids and eggplant	HDC
			5,37mg
			HDC
			111,83g
			LIP
			37,34g
	dessert	Ice cream	
	dinner	Hummus toast	
		Poultry /Fruit	

9	starter	Seasonal vegetable salad	KCAL
			791,55
			PROT
			35,60g
	first	Stewed chickpeas with vegetables	CA
			322,81mg
			FE
	second	Gratin cannelloni	HDC
			8,40mg
			HDC
			106,72g
			LIP
			25,49g
	dessert	Fruit	
	dinner	Vegetables wok	
		Blue fish /Fruit	

10	starter	Seasonal vegetable salad	KCAL
			824,20
			PROT
			30,06g
	first	White rice with tomato and egg	CA
			147,58mg
			FE
	second	Floured whiting with italian pepper	HDC
			4,94mg
			HDC
			93,08g
			LIP
			36,87g
	dessert	Fruit	
	dinner	Full salad	
		White meat /Fruit	

11	starter	Fresh organic salad	KCAL
			909,69
			PROT
			46,13g
	first	Pardina lentils with vegetables BIO	CA
			322,81mg
			FE
	second	Spanish omelette and bread with oil and paprika	HDC
			11,10mg
			HDC
			116,24g
			LIP
			29,39g
	dessert	Plain yogurt	
	dinner	Toast with Dijon mustard, smoked cheese and	
		Stewed vegetables with chicken /Fruit	

12	starter	Salmorejo	KCAL
			802,50
			PROT
			43,90g
	first	Tricolor pasta salad (vegetables, cherry tomatoes, tuna, and egg)	CA
			126,24mg
			FE
	second	Baked cod with peas	HDC
			5,92mg
			HDC
			117,03g
			LIP
			36,66g
	dessert	Fruit	
	dinner	Roasted vegetables	
		Lean pork /Fruit	

13	starter	Hummus chickpea	KCAL
			887,60
			PROT
			31,12g
	first	Egg and tuna salad	CA
			232,26mg
			FE
	second	Pork ragu with cous cous	HDC
			6,29mg
			HDC
			90,04g
			LIP
			47,93g
	dessert	Ice cream	
	dinner	Eggplant au gratin	
		Fried eggs /Fruit	

16	starter	Trocadero lettuce and beet salad	KCAL
			899,63
			PROT
			36,80g
	first	Macaroni carbonara	CA
			305,31mg
			FE
	second	Hake marinara style with mussels	HDC
			4,84mg
			HDC
			100,03g
			LIP
			40,69g
	dessert	Fruit	
	dinner	Gazpacho	
		Lean red meat /Fruit	

17	starter	Cold organic melon soup	KCAL
			931,15
			PROT
			32,11g
	first	Stewed chickpeas with vegetables	CA
			402,03mg
			FE
	second	Complete hamburger with Tex-Mex roasted potatoes	HDC
			10,03mg
			HDC
			148,58g
			LIP
			23,32g
	dessert	Organic fruit	
	dinner	Couscous with zucchini and onion	
		Steamed fish /Fruit	

18	starter	SPECIAL END-OF-YEAR MENU	KCAL
		Complete salad with tuna and egg	712,22
			PROT
			27,47g
	first	Gyozas	CA
			196,40mg
			FE
	second	Valencian paella (rice, chicken, green beans, broad beans)	HDC
			3,68mg
			HDC
			96,70g
			LIP
			24,04g
	dessert	Ice cream	
	dinner	Roasted sweet potato chips	
		Veggie "meat" balls /Fruit	

	starter		KCAL
			PROT
	first		CA
			FE
	second		HDC
			HDC
			LIP
	dessert		
	dinner		

	starter		KCAL
			PROT
	first		CA
			FE
	second		HDC
			HDC
			LIP
	dessert		
	dinner		

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			PROT
	first		CA
			FE
	second		HDC
			HDC
			LIP
	dessert		
	dinner		

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			FE
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			HDC
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			FE
	second		HDC
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			LIP
	dessert		
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	second		HDC
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	second		HDC
			HDC
			LIP
	dessert		
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	first		CA
			FE
	second		HDC
			HDC
			LIP
	dessert		
	dinner		

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2	starter	Seasonal vegetable salad	KCAL
			831,49
			PROT
			30,63g
	first	Spaghetti with mushrooms and tomato	184,03mg
			CA
			335,88mg
			FE
	second	Loin escalope with ORGANIC broccoli	7,41mg
			HDC
			110,48g
			LIP
	dessert	Fruit	43,14g
	dinner	Vegetable skewers White meat /Fruit	

3	starter	Seasonal vegetable salad	KCAL
			978,99
			PROT
			46,01g
	first	Vegetable Lentil soup	335,88mg
			CA
			10,07mg
			HDC
	second	Homemade pizza	142,75g
			LIP
			25,34g
	dessert	Fruit	
	dinner	Gazpacho Soy burgers /Fruit	

4	starter	Fresh organic salad	KCAL
			894,01
			PROT
			42,47g
	first	Cooked soup with chickpeas and vegetables BIO	392,58mg
			CA
			8,47mg
			HDC
	second	Codfish a la Vizcaína (tomato, pepper and onion) with carrot	89,25g
			LIP
			45,45g
	dessert	Yogurt	
	dinner	Grilled zucchini Grilled fish with lemon /Fruit	

5	starter	Andalusian gazpacho	KCAL
			777,19
			PROT
			34,06g
	first	Potato salad with vegetables, tuna, egg and olives	98,13mg
			CA
			5,79mg
			HDC
	second	Grilled fish with samfaina	78,65g
			LIP
			36,90g
	dessert	Organic fruit	
	dinner	Peas with ham and onion Scrambled eggs with garlic /Fruit	

6	starter	Fresh organic salad	KCAL
			873,19
			PROT
			50,10g
	first	Secret rice and avocado	208,49mg
			CA
			8,01mg
			HDC
	second	Turkey cutlets with Seasoned aubergine	92,11g
			LIP
			36,95g
	dessert	Ice cream	
	dinner	Hummus toast Poultry /Fruit	

9	starter	Seasonal vegetable salad	KCAL
			690,13
			PROT
			34,69g
	first	Stewed chickpeas with vegetables	285,72mg
			CA
			9,80mg
			HDC
	second	Koskera hake	99,22g
			LIP
			17,85g
	dessert	Fruit	
	dinner	Vegetables wok Blue fish /Fruit	

10	starter	Seasonal vegetable salad	KCAL
			812,92
			PROT
			42,26g
	first	White rice with tomato and egg	131,30mg
			CA
			5,66mg
			HDC
	second	Baked chicken with italian pepper	85,16g
			LIP
			33,62g
	dessert	Fruit	
	dinner	Full salad White meat /Fruit	

11	starter	Fresh organic salad	KCAL
			934,31
			PROT
			58,56g
	first	Pardina lentils with vegetables BIO	304,64mg
			CA
			10,68mg
			HDC
	second	Turkey curry and bread with oil and paprika	101,43g
			LIP
			32,62g
	dessert	Plain yogurt	
	dinner	Toast with Dijon mustard, smoked cheese and Stewed vegetables with chicken /Fruit	

12	starter	Salmorejo	KCAL
			923,27
			PROT
			54,48g
	first	Tricolor pasta salad (vegetables, cherry tomatoes, tuna, and egg)	92,03mg
			CA
			6,90mg
			HDC
	second	Grilled burger with peas	117,03g
			LIP
			45,32g
	dessert	Fruit	
	dinner	Roasted vegetables Lean pork /Fruit	

13	starter	Hummus chickpea	KCAL
			724,32
			PROT
			23,42g
	first	Egg and tuna salad	170,05mg
			CA
			4,35mg
			HDC
	second	Chicken croquette	82,54g
			LIP
			34,30g
	dessert	Ice cream	
	dinner	Eggplant au gratin Fried eggs /Fruit	

16	starter	Trocadero lettuce and beet salad	KCAL
			814,81
			PROT
			30,89g
	first	Macaroni carbonara	219,38mg
			CA
			3,28mg
			HDC
	second	Fingers of chicken	86,14g
			LIP
			40,28g
	dessert	Fruit	
	dinner	Gazpacho Lean red meat /Fruit	

17	starter	Cold organic melon soup	KCAL
			776,59
			PROT
			34,39g
	first	Stewed chickpeas with vegetables	364,78mg
			CA
			9,29mg
			HDC
	second	Cod lactonese with Tex-Mex roasted potatoes	114,21g
			LIP
			20,90g
	dessert	Organic fruit	
	dinner	Couscous with zucchini and onion Steamed fish /Fruit	

18	starter	SPECIAL END-OF-YEAR MENU Complete salad with tuna and egg	KCAL
			712,22
			PROT
			27,47g
	first	Gyozas	196,40mg
			CA
			3,68mg
			HDC
	second	Valencian paella (rice, chicken, green beans, broad beans)	96,70g
			LIP
			24,04g
	dessert	Ice cream	
	dinner	Roasted sweet potato chips Veggie "meat" balls /Fruit	

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	first		CA
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