

PRE-NURSERY - Y3
SEPTEMBER 2025

SEASONAL FRUITS:

Banana, Pineapple,
Melon, Watermelon
& Apple

DIFFERENTIATING VALUE



ALLERGENS



Avda. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)
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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.

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

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8	starter	Seasonal vegetable salad	KCAL
			846,10
			PROT
	first	Chinese fried rice	26,89g
			CA
			114,70mg
			FE
	second	Gardener Meatballs	4,73mg
			HDC
			92,60g
			LIP
	dessert	Fruit	40,92g
	dinner	Stuffed aubergine with vegetables Grilled fish with lemon /Fruit	

9	starter	Fresh organic salad	KCAL
			917,07
			PROT
	first	Organic lentils with vegetables	39,43g
			CA
			351,50mg
			FE
	second	Spanish omelette with valencian cheese	9,70mg
			HDC
			104,71g
			LIP
	dessert	Fruit	38,50g
	dinner	Asparagur with ham Lean white meat /Fruit	

10	starter	Seasonal vegetable salad	KCAL
			687,40
			PROT
	first	"Minestrone" soup	34,50g
			CA
			252,43mg
			FE
	second	Boneless chicken with roasted pepper	3,96mg
			HDC
			98,29g
			LIP
	dessert	Plain yogurt	33,44g
	dinner	Sautéed green beans Toast with tomato, cheese and anchovies	

11	starter	Fresh organic salad	KCAL
			998,62
			PROT
	first	Neapolitan wholemeal macaroni with tuna	46,56g
			CA
			285,67mg
			FE
	second	Hake in "marinera" style with baked potatoes	6,92mg
			HDC
			145,42g
			LIP
	dessert	Organic fruit	28,02g
	dinner	Quinoa with spices Zucchini omelette with avocado /Fruit	

12	starter	Hummus eggplant with bread peaks	KCAL
			970,07
			PROT
	first	Chickpea and vegetables	41,86g
			CA
			190,71mg
			FE
	second	Lean pork goulash with rice	9,63mg
			HDC
			132,69g
			LIP
	dessert	Fruit	30,65g
	dinner	Peas with ham and onion Poultry /Fruit	

15	starter	Fresh seasonal salad with fruit	KCAL
			806,92
			PROT
	first	Cream of red lentils	34,21g
			CA
			181,76mg
			FE
	second	Sausages with tomato	9,79mg
			HDC
			106,98g
			LIP
	dessert	Fruit	27,77g
	dinner	Cauliflower with potato Grilled fish with lemon /Fruit	

16	starter	Seasonal vegetable salad	KCAL
			880,71
			PROT
	first	Cooked soup with vegetables and noodles	36,97g
			CA
			172,04mg
			FE
	second	Spanish omelette with croquettes	8,65mg
			HDC
			109,28g
			LIP
	dessert	Fruit	37,92g
	dinner	Spinach with raisins and pine nuts Homemade vegetable croquettes /Fruit	

17	starter	Andalusian gazpacho	KCAL
			889,94
			PROT
	first	Beans cream	37,83g
			CA
			420,33mg
			FE
	second	Homemade pizza	5,61mg
			HDC
			116,64g
			LIP
	dessert	Yogurt	30,31g
	dinner	Mushroom au graten Salmon in papillote /Fruit	

18	starter	Fresh organic salad	KCAL
			817,05
			PROT
	first	Pasta with 4 cheeses	35,52g
			CA
			377,59mg
			FE
	second	Hake fillet a la meunière with peas	5,42mg
			HDC
			107,37g
			LIP
	dessert	Fruit	41,59g
	dinner	Vegetable crepe Fried eggs /Fruit	

19	starter	PAELLA WORLD WEEK Hummus toast	KCAL
			891,15
			PROT
	first	Boiled green beans, potatoes, carrots with hard boiled egg	38,88g
			CA
			190,31mg
			FE
	second	Valencian paella with free-range chicken	7,29mg
			HDC
			136,78g
			LIP
	dessert	Organic fruit	20,18g
	dinner	Cob of corn with salt Scrambled eggs with broccoli and cheese /Fruit	

22	starter	Salmorejo	KCAL
			757,22
			PROT
	first	Pasta Bolognese	34,91g
			CA
			162,20mg
			FE
	second	Hake Provençal with grilled eggplant	5,99mg
			HDC
			115,66g
			LIP
	dessert	Fruit	33,75g
	dinner	Gratin potatoes Scrambled eggs with vegetables /Fruit	

23	starter	Seasonal vegetable salad	KCAL
			608,60
			PROT
	first	Chickpeas with vegetables	28,25g
			CA
			195,10mg
			FE
	second	Boneless chicken with corn	8,01mg
			HDC
			90,49g
			LIP
	dessert	Fruit	15,29g
	dinner	Roasted sweet potato chips Tuna and zucchini omelet /Fruit	

24	starter	Hummus chickpea	KCAL
			941,51
			PROT
	first	White rice with tomato and egg	36,44g
			CA
			303,45mg
			FE
	second	Hake sticks with valencian salad	6,21mg
			HDC
			110,83g
			LIP
	dessert	Smoothie	39,67g
	dinner	Broad beans sautéed with tender garlic Diced turkey with zucchini /Fruit	

25	starter	Fresh organic salad	KCAL
			889,66
			PROT
	first	Chickpea Soup	41,92g
			CA
			154,82mg
			FE
	second	Turkey curry with potatoes	7,60mg
			HDC
			105,41g
			LIP
	dessert	Organic fruit	34,11g
	dinner	Vegetables wok Sautéed prawns with mushrooms /Fruit	

26	starter	Fresh organic salad	KCAL
			909,43
			PROT
	first	Lentils with vegetables and apple P/ECO	45,21g
			CA
			493,42mg
			FE
	second	French omelette with ham and cheese	10,54mg
			HDC
			77,68g
			LIP
	dessert	Fruit	46,64g
	dinner	Boiled vegetables Turkey skewers /Fruit	

29	starter	Seasonal vegetable salad	KCAL
			895,19
			PROT
	first	"Fideua" of vegetables and mushrooms	39,17g
			CA
			132,26mg
			FE
	second	Crunch de salmon with concassé tomato	6,29mg
			HDC
			144,84g
			LIP
	dessert	Fruit	43,36g
	dinner	Grilled zucchini Poultry /Fruit	

30	starter	Seasonal vegetable salad	KCAL
			938,64
			PROT
	first	Leek and pumpkin cream P/ECO	32,51g
			CA
			158,98mg
			FE
	second	Grilled burger with potatoes	6,01mg
			HDC
			84,60g
			LIP
	dessert	Fruit	53,55g
	dinner	Grilled onion tender and red pepper Lean pork /Fruit	

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