

PRE-NURSERY - Y3
OCTOBER 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.

<div><div>1</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>738,65</div><div>PROT</div><div>37,11g</div><div>CA</div><div>226,72mg</div><div>FE</div><div>9,47mg</div><div>HDC</div><div>90,81g</div><div>LIP</div><div>27,50g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Chickpeas with vegetables</div><div>second</div><div></div><div>Baked sirloin Couscous</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>2</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>806,00</div><div>PROT</div><div>30,43g</div><div>CA</div><div>271,72mg</div><div>FE</div><div>3,56mg</div><div>HDC</div><div>90,94g</div><div>LIP</div><div>35,12g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Rice of meat and mushrooms</div><div>second</div><div></div><div>Hake Provencal Baked potatoes</div><div>dessert</div><div></div><div>Yogurt</div></div>	<div><div>3</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>834,67</div><div>PROT</div><div>36,62g</div><div>CA</div><div>500,72mg</div><div>FE</div><div>6,03mg</div><div>HDC</div><div>86,78g</div><div>LIP</div><div>39,03g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Spaghetti with 4 cheeses</div><div>second</div><div></div><div>Spanish omelette with rulito york</div><div>dessert</div><div></div><div>Fruit</div></div>		
<div><div>6</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>774,42</div><div>PROT</div><div>35,19g</div><div>CA</div><div>334,22mg</div><div>FE</div><div>6,48mg</div><div>HDC</div><div>82,58g</div><div>LIP</div><div>35,04g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Macaroni Bolognese with cheese</div><div>second</div><div></div><div>Baked cod with carrot</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>7</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>856,67</div><div>PROT</div><div>27,61g</div><div>CA</div><div>259,59mg</div><div>FE</div><div>4,37mg</div><div>HDC</div><div>110,70g</div><div>LIP</div><div>34,37g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Vegetable puree</div><div>second</div><div></div><div>Homemade pizza</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>8</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>1073,55</div><div>PROT</div><div>53,85g</div><div>CA</div><div>412,03mg</div><div>FE</div><div>9,50mg</div><div>HDC</div><div>107,64g</div><div>LIP</div><div>48,05g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Mashed beans</div><div>second</div><div></div><div>Italian boneless thigh with zucchini</div><div>dessert</div><div></div><div>Valencian natural yogurt</div></div>	<div><div>9</div><div>starter</div><div></div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div>Holiday</div><div>dessert</div><div></div></div>	<div><div>10</div><div>starter</div><div></div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div>Holiday</div><div>dessert</div><div></div></div>
<div><div>13</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>590,40</div><div>PROT</div><div>16,16g</div><div>CA</div><div>127,77mg</div><div>FE</div><div>4,20mg</div><div>HDC</div><div>60,47g</div><div>LIP</div><div>32,31g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Mashed vegetables</div><div>second</div><div></div><div>Sausages and eggplant</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>14</div><div>starter</div><div>Fresh seasonal salad with fruit</div><div>KCAL</div><div>1052,07</div><div>PROT</div><div>62,42g</div><div>CA</div><div>479,13mg</div><div>FE</div><div>11,32mg</div><div>HDC</div><div>99,90g</div><div>LIP</div><div>45,18g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Stewed lentils (lean pork, sausage, potato, onion, carrot)</div><div>second</div><div></div><div>Omelette Turkey and cheese</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>15</div><div>starter</div><div>Eggplant hummus with bread sticks</div><div>KCAL</div><div>1037,14</div><div>PROT</div><div>40,52g</div><div>CA</div><div>340,73mg</div><div>FE</div><div>10,51mg</div><div>HDC</div><div>164,85g</div><div>LIP</div><div>24,33g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Tomato and cheese</div><div>second</div><div></div><div>Milanese rice</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>16</div><div>starter</div><div>Andalusian gazpacho</div><div>KCAL</div><div>681,36</div><div>PROT</div><div>36,79g</div><div>CA</div><div>195,64mg</div><div>FE</div><div>5,83mg</div><div>HDC</div><div>128,92g</div><div>LIP</div><div>20,86g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Italian pasta (tomato, cheese)</div><div>second</div><div></div><div>Baked hake fillet with peas</div><div>dessert</div><div></div><div>Organic fruit</div></div>	<div><div>17</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>668,67</div><div>PROT</div><div>35,94g</div><div>CA</div><div>350,19mg</div><div>FE</div><div>8,95mg</div><div>HDC</div><div>80,53g</div><div>LIP</div><div>22,41g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Legume festival cream with croutons</div><div>second</div><div></div><div>Boneless chicken with sauteed corn</div><div>dessert</div><div></div><div>Plain yogurt</div></div>
<div><div>20</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>770,09</div><div>PROT</div><div>29,56g</div><div>CA</div><div>260,34mg</div><div>FE</div><div>5,13mg</div><div>HDC</div><div>104,84g</div><div>LIP</div><div>39,87g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Caracolas to the Neapolitan</div><div>second</div><div></div><div>Vizcaina style codfish</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>21</div><div>starter</div><div>Fresh seasonal salad with fruit</div><div>KCAL</div><div>836,86</div><div>PROT</div><div>49,38g</div><div>CA</div><div>622,39mg</div><div>FE</div><div>4,70mg</div><div>HDC</div><div>75,38g</div><div>LIP</div><div>37,03g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Cream of peas and mozzarella</div><div>second</div><div></div><div>Turkey curry with rice</div><div>dessert</div><div></div><div>Yogurt</div></div>	<div><div>22</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>733,89</div><div>PROT</div><div>37,53g</div><div>CA</div><div>146,30mg</div><div>FE</div><div>7,19mg</div><div>HDC</div><div>98,08g</div><div>LIP</div><div>28,58g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Noodle soup</div><div>second</div><div></div><div>Boneless chicken thigh with paprika potatoes</div><div>dessert</div><div></div><div>Organic fruit</div></div>	<div><div>23</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>823,63</div><div>PROT</div><div>26,21g</div><div>CA</div><div>155,07mg</div><div>FE</div><div>8,29mg</div><div>HDC</div><div>103,55g</div><div>LIP</div><div>34,45g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Baked rice (chickpeas, ribs, potatoes and tomatoes)</div><div>second</div><div></div><div>Breaded squid with carrot</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>24</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>986,24</div><div>PROT</div><div>44,10g</div><div>CA</div><div>240,13mg</div><div>FE</div><div>11,29mg</div><div>HDC</div><div>118,92g</div><div>LIP</div><div>37,76g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Chickpea stew with chard</div><div>second</div><div></div><div>Grilled burger with potatoes</div><div>dessert</div><div></div><div>Organic fruit</div></div>
<div><div>27</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>801,64</div><div>PROT</div><div>38,43g</div><div>CA</div><div>163,44mg</div><div>FE</div><div>10,52mg</div><div>HDC</div><div>83,05g</div><div>LIP</div><div>45,04g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Lentils with seasonal vegetables</div><div>second</div><div></div><div>Tenderloin in sauce with potatoes</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>28</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>715,01</div><div>PROT</div><div>21,27g</div><div>CA</div><div>163,43mg</div><div>FE</div><div>4,62mg</div><div>HDC</div><div>94,17g</div><div>LIP</div><div>28,82g</div><div>dinner</div></div> <div><div>first</div><div></div><div>White rice with tomato and egg</div><div>second</div><div></div><div>Hake in mery sauce with sauteed green beans</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>29</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>671,26</div><div>PROT</div><div>31,65g</div><div>CA</div><div>165,45mg</div><div>FE</div><div>7,78mg</div><div>HDC</div><div>93,99g</div><div>LIP</div><div>19,48g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Mashed beans</div><div>second</div><div></div><div>Boneless chicken and eggplant</div><div>dessert</div><div></div><div>Fruit</div></div>	<div><div>30</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>1001,81</div><div>PROT</div><div>40,78g</div><div>CA</div><div>203,66mg</div><div>FE</div><div>7,90mg</div><div>HDC</div><div>143,85g</div><div>LIP</div><div>48,02g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Italian spaghetti with tuna</div><div>second</div><div></div><div>Spanish omelette with rulito york</div><div>dessert</div><div></div><div>Organic fruit</div></div>	<div><div>31</div><div>starter</div><div>Hummus chickpea</div><div>KCAL</div><div>1124,50</div><div>PROT</div><div>44,71g</div><div>CA</div><div>192,17mg</div><div>FE</div><div>7,29mg</div><div>HDC</div><div>211,67g</div><div>LIP</div><div>66,53g</div><div>dinner</div></div> <div><div>first</div><div></div><div>Chinese fried rice</div><div>second</div><div></div><div>Meatballs with mashed potatoes</div><div>dessert</div><div></div><div>Special dessert</div></div>
<div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div></div>	<div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div></div>	<div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div></div>	<div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div></div>	<div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div></div><div>PROT</div><div></div><div>CA</div><div></div><div>FE</div><div></div><div>HDC</div><div></div><div>LIP</div><div></div><div>dinner</div></div> <div><div>first</div><div></div><div>second</div><div></div><div>dessert</div><div></div></div>

SEASONAL FRUITS:

Banana, Pineapple,
Melon, Watermelon
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<div><div>1</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>738,65</div><div>PROT</div><div>37,11g</div><div>CA</div><div>226,72mg</div><div>FE</div><div>9,47mg</div><div>HDC</div><div>90,81g</div><div>LIP</div><div>27,50g</div></div>	<div><div>2</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>806,00</div><div>PROT</div><div>30,43g</div><div>CA</div><div>271,72mg</div><div>FE</div><div>3,56mg</div><div>HDC</div><div>90,94g</div><div>LIP</div><div>35,12g</div></div>	<div><div>3</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>819,41</div><div>PROT</div><div>33,54g</div><div>CA</div><div>499,90mg</div><div>FE</div><div>5,69mg</div><div>HDC</div><div>86,78g</div><div>LIP</div><div>38,98g</div></div>
<div><div>6</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>774,42</div><div>PROT</div><div>35,19g</div><div>CA</div><div>334,22mg</div><div>FE</div><div>6,48mg</div><div>HDC</div><div>82,58g</div><div>LIP</div><div>35,04g</div></div>	<div><div>7</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>856,67</div><div>PROT</div><div>27,61g</div><div>CA</div><div>259,59mg</div><div>FE</div><div>4,37mg</div><div>HDC</div><div>110,70g</div><div>LIP</div><div>34,37g</div></div>	<div><div>8</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>1126,79</div><div>PROT</div><div>55,14g</div><div>CA</div><div>456,40mg</div><div>FE</div><div>10,78mg</div><div>HDC</div><div>118,81g</div><div>LIP</div><div>48,41g</div></div>
<div><div>13</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>590,40</div><div>PROT</div><div>16,16g</div><div>CA</div><div>127,77mg</div><div>FE</div><div>4,20mg</div><div>HDC</div><div>60,47g</div><div>LIP</div><div>32,31g</div></div>	<div><div>14</div><div>starter</div><div>Fresh seasonal salad with fruit</div><div>KCAL</div><div>1052,07</div><div>PROT</div><div>62,42g</div><div>CA</div><div>479,13mg</div><div>FE</div><div>11,32mg</div><div>HDC</div><div>99,90g</div><div>LIP</div><div>45,18g</div></div>	<div><div>15</div><div>starter</div><div>Eggplant hummus with bread sticks</div><div>KCAL</div><div>1110,54</div><div>PROT</div><div>42,90g</div><div>CA</div><div>242,09mg</div><div>FE</div><div>11,74mg</div><div>HDC</div><div>178,92g</div><div>LIP</div><div>25,19g</div></div>
<div><div>20</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>832,17</div><div>PROT</div><div>34,48g</div><div>CA</div><div>411,04mg</div><div>FE</div><div>5,30mg</div><div>HDC</div><div>106,38g</div><div>LIP</div><div>43,88g</div></div>	<div><div>21</div><div>starter</div><div>Fresh seasonal salad with fruit</div><div>KCAL</div><div>836,86</div><div>PROT</div><div>49,38g</div><div>CA</div><div>622,39mg</div><div>FE</div><div>4,70mg</div><div>HDC</div><div>75,38g</div><div>LIP</div><div>37,03g</div></div>	<div><div>22</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>880,01</div><div>PROT</div><div>46,65g</div><div>CA</div><div>186,83mg</div><div>FE</div><div>9,17mg</div><div>HDC</div><div>99,14g</div><div>LIP</div><div>39,05g</div></div>
<div><div>27</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>801,64</div><div>PROT</div><div>38,43g</div><div>CA</div><div>163,44mg</div><div>FE</div><div>10,52mg</div><div>HDC</div><div>83,05g</div><div>LIP</div><div>45,04g</div></div>	<div><div>28</div><div>starter</div><div>Seasonal vegetable salad</div><div>KCAL</div><div>715,01</div><div>PROT</div><div>21,27g</div><div>CA</div><div>163,43mg</div><div>FE</div><div>4,62mg</div><div>HDC</div><div>94,17g</div><div>LIP</div><div>28,82g</div></div>	<div><div>29</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>816,29</div><div>PROT</div><div>45,69g</div><div>CA</div><div>189,20mg</div><div>FE</div><div>9,04mg</div><div>HDC</div><div>94,36g</div><div>LIP</div><div>29,14g</div></div>
<div><div>30</div><div>starter</div><div>Fresh organic salad</div><div>KCAL</div><div>986,55</div><div>PROT</div><div>37,71g</div><div>CA</div><div>202,84mg</div><div>FE</div><div>7,56mg</div><div>HDC</div><div>143,85g</div><div>LIP</div><div>47,97g</div></div>	<div><div>31</div><div>starter</div><div>Hummus chickpea</div><div>KCAL</div><div>1352,90</div><div>PROT</div><div>34,89g</div><div>CA</div><div>207,75mg</div><div>FE</div><div>8,77mg</div><div>HDC</div><div>166,15g</div><div>LIP</div><div>62,40g</div></div>	

