

6

Stuffed aubergine with vegetables

Grilled fish with lemon /Fruit

Seasonal vegetable salad

Mashed vegetables

Sausages and eggplant

Fruit

(b)

100

A

(4)

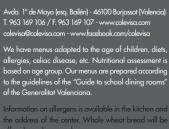
PRE-NURSERY - Y3 **OCTOBER 2025**

SEASONAL FRUITS:

Banana, Pineapple, Melon, Watermelon & Apple

DIFFERENTIATING VALUE **ALLERGENS**









Omelette Turkey and cheese

Fruit

15

22

29

11,32mg

45,18q



590,40

16,16g

127,77r

4.20mg

32,31q





Eggplant hummus with bread sticks

Tomato and cheese

Milanese rice

Fruit

Peas with ham and onion

Fresh organic salad

Noodle soup

Boneless chicken thigh with paprika

potatoes

Organic fruit

Gratin potatoes

Scrambled eggs with vegetables /Fruit

Fresh organic salad

Mashed beans

Boneless chicken and eggplant

Fruit

Grilled zucchini

11000

(1)





Seasonal vegetable salad

Rice of meat and mushrooms

Hake Provencal Baked potatoes

Yogurt

806,00

30,43g

271,72mc

3,56mg









1 1 6



Legume festival cream with croutons 35,94g

Boneless chicken with sauteed corn 8,95mg





Y4 - Y11 **OCTOBER 2025**

SEASONAL FRUITS:

Banana, Pineapple, Melon, Watermelon & Apple

DIFFERENTIATING VALUE









ALLERGENS















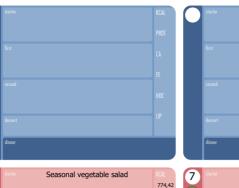




Avda. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia) T. 963 169 106 / F. 963 169 107 - www.colevisa.com colevisa@colevisa.com - www.facebook.com/colevisa

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





Seasonal vegetable salad

Mashed vegetables

Sausages and eggplant

Fruit

Spinach with raisins and pine nuts

Seasonal vegetable salad

Pasta with 4 cheeses

Vizcaina style codfish

Fruit

Vegetable crepe

Fried eggs /Fruit

Seasonal vegetable salad

Lentils with seasonal vegetables

Tenderloin in sauce with potatoes

Fruit

Boiled vegetables

(2)

116

A

(2)

(2)

1000

20

590,40

16,16g

127,77r

32,31g

832,17

34,48a

411.04m

5,30mg

106.380

43,88q

801,64





15

22

29







Country salad

Milanese rice

Fruit

Peas with ham and onion

Fresh organic salad

Noodle soup

Chicken drumsticks with paprika

potatoes

Organic fruit

Gratin potatoes

Scrambled eggs with vegetables /Fruit

Fresh organic salad

Beans with sausage

Baked chicken and eggplant

Fruit

1192

880,01

(1)





Seasonal vegetable salad

Rice of meat and mushrooms

Hake Provencal Baked potatoes

Yogurt

806,00

30,43g

271,72mc







Seasonal vegetable salad

Spaghetti with 4 cheeses

33,54g

499,90m



Quinoa with spices







Y9 - Y11 - 2ND OPTION **OCTOBER 2025**

6

(1) (1) (2) (3)

1000

(2)

116

10

(2)

(2)

(6.

20

Meatballs with carrot

Fruit

Stuffed aubergine with vegetables

Grilled fish with lemon /Fruit

Seasonal vegetable salad

Mashed vegetables

Hake in sauce and eggplant

Fruit

Spinach with raisins and pine nuts

Seasonal vegetable salad

Pasta with 4 cheeses

Chicken Nuggets

Fruit

Vegetable crepe

Fried eggs /Fruit

Seasonal vegetable salad

Lentils with seasonal vegetables

Supreme hake with potatoes

Boiled vegetables

Turkey skewers /Fruit

SEASONAL FRUITS:

Banana, Pineapple, Melon, Watermelon & Apple

DIFFERENTIATING VALUE



ALLERGENS



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nformation on allergens is available in the kitchen and



528,98

22,60g

177,00n

21,46q

802,17

92,67g

31.51a











Gratin hake with zucchini

Valencian natural vogurt

Sautéed green beans

Toast with tomato, cheese and anchovies

Eggplant hummus with bread sticks

Country salad

Roti turkey

Peas with ham and onion

Fresh organic salad

Noodle soup

Cod balls with paprika potatoes

Organic fruit

10000

15

22



Seasonal vegetable salad

Rice of meat and mushrooms

Grilled burger

Yogurt

(b)

8

829,45

41,05g

227,26mg

4,09mg

38,97q







1026,79

34,33g

142.23mg

6,79mg

122,56g

51,86g



Holiday



240,53mg

11,94mg

119,81g

50,77g

