

Y4 - Y11
NOVEMBER 2025

SEASONAL FRUITS:

Banana, Apple, Pear
Persimon & Mandarin

DIFFERENTIATING VALUE



ALLERGENS



Avda. 1^o 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.

3 starter Seasonal vegetable salad KCAL 854,89 PROT 34,31g CA first Gratin cannelloni 197,70mg FE 16,64mg HDC second Scrambled eggs with potatoes and ham 68,02g LIP 50,42g dessert Fruit dinner Vegetable skewers Egg /Fruit	4 starter Seasonal vegetable salad KCAL 780,27 PROT 43,03g CA first Chickpea stew with chard 235,73mg FE 9,90mg HDC second Baked chicken and baked potatoes 79,13g LIP 28,83g dessert Fruit dinner Roasted sweet potato chips Grilled fish with lemon /Fruit	5 starter Fresh organic salad KCAL 841,01 PROT 41,72g CA first Macaroni Bolognese 368,29mg FE 7,05mg HDC second Homemade Salmon Crunch with broccoli 79,13g LIP 40,67g dessert Yogurt dinner Mushroom au gratin Soy burgers /Fruit	6 starter Coleslaw KCAL 831,92 PROT 33,69g CA first Gratin eggs 224,01mg FE 6,10mg HDC second Milanese rice 115,32g LIP 26,58g dessert Fruit dinner Leek cream White meat /Fruit	7 starter Fresh organic salad KCAL 896,43 PROT 40,98g CA first Lentils with vegetables and sausage 124,10mg FE 9,88mg HDC second Baked pork loin with mushrooms with cous cous 100,33g LIP 54,85g dessert Organic fruit dinner Spiced cous cous Steamed fish /Fruit
10 starter Seasonal vegetable salad KCAL 895,99 PROT 33,50g CA first Pasta with carbonara sauce 214,24mg FE 6,05mg HDC second Redfish on the back with carrot 124,39g LIP 48,51g dessert Fruit dinner Sautéed vegetable stew Lean red meat /Fruit	11 starter Seasonal vegetable salad KCAL 853,11 PROT 37,01g CA first Garden beans 345,16mg FE 7,92mg HDC second Homemade pizza 127,85g LIP 21,71g dessert Fruit dinner Vegetables wok Blue fish /Fruit	12 starter Fresh organic salad KCAL 701,41 PROT 43,11g CA first Cooked soup with vegetables BIO 305,42mg FE 7,18mg HDC second Chicken wings with chips 58,32g LIP 36,11g dessert Yogurt dinner Full salad Scrambled eggs with spinach /Fruit	13 starter Fresh organic salad KCAL 856,88 PROT 37,54g CA first 'Rossejat' rice 171,97mg FE 6,16mg HDC second with peas 99,19g LIP 34,48g dessert Fruit dinner Grilled zucchini Poultry /Fruit	14 starter Inset Day KCAL CA FE HDC LIP dinner
17 starter Seasonal vegetable salad KCAL 937,40 PROT 35,58g CA first Lentils with meat (Children: Lentils with vegetables) 140,52mg FE 9,27mg HDC second French omelette with croquettes 100,14g LIP 44,58g dessert Fruit dinner Quinoa soap Lean white meat /Fruit	18 starter Hummus chickpea KCAL 958,68 PROT 36,52g CA first Vegetable quesadilla with avocado 288,44mg FE 9,62mg HDC second Baked rice (chickpeas, ribs, potatoes and tomatoes) 130,25g LIP 32,30g dessert Fruit dinner Roasted vegetables Whitefish /Fruit	19 starter Fresh organic salad KCAL 978,52 PROT 48,92g CA first Legume festival cream with wholemeal bread 417,98mg FE 12,85mg HDC second Tenderloin baked in sauce with gnocchi 112,27g LIP 60,59g dessert Yogurt dinner Full salad Grilled fish with lemon /Fruit	20 starter Fresh organic salad KCAL 668,77 PROT 35,44g CA first Italian noodles (tomato, cheese) with tuna 222,49mg FE 5,94mg HDC second Hake Provençal with Vichy carrot 126,58g LIP 21,12g dessert Organic fruit dinner Cauliflower with potato White meat /Fruit	21 starter Seasonal vegetable salad KCAL 647,32 PROT 22,97g CA first Poultry soup 135,35mg FE 4,09mg HDC second Chicken Nuggets with samfaina 81,66g LIP 36,92g dessert Fruit dinner Grilled onion tender and red pepper Onion omelet /Fruit
24 starter Seasonal vegetable salad KCAL 819,37 PROT 26,23g CA first Macaroni Neapolitan (vegetables) gratin 213,43mg FE 4,60mg HDC second Hake in mery sauce with corn on the cob 118,02g LIP 29,32g dessert Fruit dinner Grilled zucchini Poultry /Fruit	25 starter Coleslaw KCAL 838,52 PROT 38,63g CA first Chickpea stew 167,75mg FE 8,42mg HDC second Grilled burger and eggplant 94,73g LIP 34,34g dessert Fruit dinner Eggplant au gratin Blue fish /Fruit	26 starter Fresh organic salad KCAL 861,08 PROT 18,85g CA first Breaded squids with homemade tartar sauce 164,33mg FE 4,84mg HDC second Cuban rice (tomato and egg) 114,97g LIP 36,20g dessert Organic fruit dinner Boiled vegetables Egg /Fruit	27 starter Seasonal vegetable salad KCAL 944,83 PROT 32,43g CA first Pasta Soup 151,40mg FE 4,91mg HDC second Moroccan style meatballs 97,63g LIP 59,16g dessert Homemade biscuit and chocolate cake dinner Hummus toast Soy burgers /Fruit	28 starter Fresh organic salad KCAL 874,86 PROT 30,87g CA first Creamed vegetables and lentils 161,67mg FE 7,54mg HDC second Hot dog with potatoes 107,50g LIP 36,86g dessert Fruit dinner Cooked potatoes Whitefish /Fruit
starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner

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3 starter Seasonal vegetable salad KCAL 851,86 PROT 45,05g CA 231,28mg FE first Gratin cannelloni second Wing chicken breast dessert Fruit dinner Vegetable skewers Egg /Fruit	4 starter Seasonal vegetable salad KCAL 744,55 PROT 32,37g CA 253,31mg FE first Chickpea stew with chard second Floured whiting dessert Fruit dinner Roasted sweet potato chips Grilled fish with lemon /Fruit	5 starter Fresh organic salad KCAL 749,47 PROT 30,34g CA 340,48mg FE first Macaroni Bolognese second Meatballs dessert Yogurt dinner Mushroom au graten Soy burgers /Fruit	6 starter Coleslaw KCAL 716,83 PROT 80,76g CA 215,78mg FE first Gratin eggs second Pil-pil cod dessert Fruit dinner Leek cream White meat /Fruit	7 starter Fresh organic salad KCAL 754,09 PROT 31,08g CA 134,28mg FE first Lentils with vegetables and sausage second Scrambled eggs with serrano ham dessert Organic fruit dinner Spiced cous cous Steamed fish /Fruit
10 starter Seasonal vegetable salad KCAL 796,57 PROT 45,39g CA 120,83mg FE first Pasta with carbonara sauce second Mixed hamburger dessert Fruit dinner Sautéed vegetable stew Lean red meat /Fruit	11 starter Seasonal vegetable salad KCAL 671,16 PROT 31,17g CA 195,84mg FE first Garden beans second Loin escalope with tomato dessert Fruit dinner Vegetables wok Blue fish /Fruit	12 starter Fresh organic salad KCAL 888,55 PROT 47,40g CA 348,94mg FE first Cooked soup with vegetables BIO second Hake with lemon dessert Yogurt dinner Full salad Scrambled eggs with spinach /Fruit	13 starter Fresh organic salad KCAL 724,35 PROT 25,73g CA 132,81mg FE first 'Rossejat' rice second Scrambled mushrooms dessert Fruit dinner Grilled zucchini Poultry /Fruit	14 starter INSET DAY KCAL 775,24 PROT 24,55g CA 140,35mg FE first INSET DAY second Spanish omelette dessert Fruit dinner Grilled onion tender and red pepper Onion omelet /Fruit
17 starter Seasonal vegetable salad KCAL 729,68 PROT 34,83g CA 109,06mg FE first Lentils with meat (Children: Lentils with vegetables) second Fish fingers dessert Fruit dinner Quinoa soap Lean white meat /Fruit	18 starter Hummus chickpea KCAL 755,97 PROT 38,45g CA 260,56mg FE first Vegetable quesadilla with avocado second Grilled chicken breast dessert Fruit dinner Roasted vegetables Whitefish /Fruit	19 starter Fresh organic salad KCAL 752,61 PROT 37,16g CA 403,61mg FE first Legume festival cream with wholemeal bread second Cod confit dessert Yogurt dinner Full salad Grilled fish with lemon /Fruit	20 starter Fresh organic salad KCAL 880,19 PROT 32,16g CA 194,24mg FE first Pasta with tuna with tomato second Pork ragu dessert Organic fruit dinner Cauliflower with potato White meat /Fruit	21 starter Seasonal vegetable salad KCAL 775,24 PROT 24,55g CA 140,35mg FE first Poultry soup second Spanish omelette dessert Fruit dinner Grilled onion tender and red pepper Onion omelet /Fruit
24 starter Seasonal vegetable salad KCAL 870,48 PROT 35,99g CA 222,35mg FE first Macaroni Neapolitan (vegetables) gratin second Chicken drumsticks dessert Fruit dinner Grilled zucchini Poultry /Fruit	25 starter Coleslaw KCAL 823,86 PROT 28,61g CA 208,31mg FE first Chickpea stew second Hake Provencal dessert Fruit dinner Eggplant au gratin Blue fish /Fruit	26 starter Fresh organic salad KCAL 726,77 PROT 33,01g CA 158,50mg FE first Breaded squids with homemade tartar sauce second Turkey stew dessert Organic fruit dinner Boiled vegetables Egg /Fruit	27 starter Seasonal vegetable salad KCAL 806,65 PROT 45,46g CA 151,25mg FE first Pasta Soup second Baked chicken dessert Homemade biscuit and chocolate cake dinner Hummus toast Soy burgers /Fruit	28 starter Fresh organic salad KCAL 811,94 PROT 27,18g CA 135,80mg FE first Creamed vegetables and lentils second Scrambled garlic tienos dessert Fruit dinner Cooked potatoes Whitefish /Fruit
starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner	starter KCAL PROT CA FE HDC LIP dinner