

PRE-NURSERY - Y3
JANUARY 2026

SEASONAL FRUITS:

Banana, Apple, Pear
Persimon & Mandarin

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

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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	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

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

8	starter	Seasonal vegetable salad	KCAL
			PROT
	first	Vegetable puree with croutons	CA
			FE
	second	Gardener Meatballs	HDC
	dessert	Yogurt	LIP
	dinner	Quinoa with spices Blue fish /Fruit	

9	starter	Fresh organic salad	KCAL
			PROT
	first	Rice with lean pork and vegetables	CA
			FE
	second	Spanish omelette with ham and cheese	HDC
	dessert	Organic fruit	LIP
	dinner	Boiled vegetables Poultry /Fruit	

12	starter	Fresh seasonal salad with fruit	KCAL
			PROT
	first	Stewed potatoes with lean pork	CA
			FE
	second	Cod croquettes with pepper	HDC
	dessert	Fruit	LIP
	dinner	Sautéed vegetable stew Steamed fish /Fruit	

13	starter	Fresh seasonal salad with escarole	KCAL
			PROT
	first	Cream of peas and mozzarella	CA
			FE
	second	Homemade pizza	HDC
	dessert	Yogurt	LIP
	dinner	Grilled zucchini Chicken and broccoli burgers /Fruit	

14	starter	Fresh organic salad	KCAL
			PROT
	first	Vegetable lentils ECO	CA
			FE
	second	Loin escalope with corn on the cob (Children: sautéed corn)	HDC
	dessert	Organic fruit	LIP
	dinner	Roasted sweet potato chips Whitefish /Fruit	

15	starter	Fresh organic salad	KCAL
			PROT
	first	White rice with tomato and egg	CA
			FE
	second	Fish and chips	HDC
	dessert	Fruit	LIP
	dinner	Cob of corn with salt Lean red meat /Fruit	

16	starter	WORLD CROQUETTE DAY Home-made croquettes	KCAL
			PROT
	first	"Minestrone" soup	CA
			FE
	second	Baked chicken with bacon cheese fries	HDC
	dessert	Fruit	LIP
	dinner	Peas with ham and onion Potato and onion omelette /Fruit	

19	starter	Coleslaw	KCAL
			PROT
	first	Pasta Bolognese	CA
			FE
	second	Pollock lactones with peas onions	HDC
	dessert	Fruit	LIP
	dinner	Sautéed green beans Lean white meat /Fruit	

20	starter	Seasonal vegetable salad	KCAL
			PROT
	first	Vegetable puree with croutons	CA
			FE
	second	Complete vegetable burger i vegetable xips	HDC
	dessert	Fruit	LIP
	dinner	Full salad Grilled fish with lemon /Fruit	

21	starter	Seasonal vegetable salad	KCAL
			PROT
	first	Cooked soup with vegetables BIO	CA
			FE
	second	Wing chicken breast with chips	HDC
	dessert	Yogurt	LIP
	dinner	Peas with ham and onion Scrambled eggs with vegetables /Fruit	

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

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

26	starter	Seasonal vegetable salad	KCAL
			PROT
	first	Lentils with vegetables and rice	CA
			FE
	second	Complete hamburger with deluxe potatoes	HDC
	dessert	Fruit	LIP
	dinner	Carrot cream Tuna and zucchini omelet /Fruit	

27	starter	Seasonal vegetable salad	KCAL
			PROT
	first	Pasta with tuna, tomato, onion and cheese	CA
			FE
	second	Grilled fish with Vichy carrot	HDC
	dessert	Fruit	LIP
	dinner	Vegetable skewers Poultry /Fruit	

28	starter		KCAL
			PROT
	first	GERMAN GASTRONOMIC DAY	CA
			FE
	second		HDC
	dessert		LIP
	dinner		

29	starter	Coleslaw	KCAL
			PROT
	first	Variety of cold meats	CA
			FE
	second	Valencian paella with artichokes and free-range chicken	HDC
	dessert	Yogurt	LIP
	dinner	Vegetables wok Lean pork /Fruit	

30	starter	Fresh organic salad	KCAL
			PROT
	first	Soup pot	CA
			FE
	second	Sausages with broad beans	HDC
	dessert	Organic fruit	LIP
	dinner	Quinoa with sautéed zucchini and carrots Steamed fish /Fruit	

Y4 - Y11
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	first	Cream of peas and mozzarella	45,57g																																																																																																																																													
	second	Homemade pizza	750,81mg																																																																																																																																													
	dessert	Yogurt	3,60mg																																																																																																																																													
	dinner	Grilled zucchini	89,19g																																																																																																																																													
		Chicken and broccoli burgers /Fruit	39,12g																																																																																																																																													
14	starter	Fresh organic salad	KCAL																																																																																																																																													
			867,76																																																																																																																																													
	first	Vegetable lentils ECO	50,61g																																																																																																																																													
	second	Loin escalope with corn on the cob (Children: sautéed corn)	135,57mg																																																																																																																																													
	dessert	Organic fruit	11,22mg																																																																																																																																													
	dinner	Roasted sweet potato chips	80,98g																																																																																																																																													
		Whitefish /Fruit	49,22g																																																																																																																																													
15	starter	Fresh organic salad	KCAL																																																																																																																																													
			917,59																																																																																																																																													
	first	White rice with tomato and egg	32,53g																																																																																																																																													
	second	Fish and chips	123,05mg																																																																																																																																													
	dessert	Fruit	5,13mg																																																																																																																																													
	dinner	Cob of corn with salt	114,82g																																																																																																																																													
		Lean red meat /Fruit	36,44g																																																																																																																																													
16	starter	WORLD CROQUETTE DAY	KCAL																																																																																																																																													
		Home-made croquettes	800,67																																																																																																																																													
	first	"Minestrone" soup	49,27g																																																																																																																																													
	second	Baked chicken with bacon cheese fries	153,16mg																																																																																																																																													
	dessert	Fruit	97,65g																																																																																																																																													
	dinner	Peas with ham and onion	4,31mg																																																																																																																																													
		Potato and onion omelette /Fruit	39,38g																																																																																																																																													
<table><tr><td>19</td><td>starter</td><td>Coleslaw</td><td>KCAL</td></tr><tr><td></td><td></td><td></td><td>847,13</td></tr><tr><td></td><td>first</td><td>Pasta Bolognese</td><td>36,18g</td></tr><tr><td></td><td>second</td><td>Pollock lactonese with peas onions</td><td>226,16mg</td></tr><tr><td></td><td>dessert</td><td>Fruit</td><td>5,99mg</td></tr><tr><td></td><td>dinner</td><td>Sautéed green beans</td><td>125,86g</td></tr><tr><td></td><td></td><td>Lean white meat /Fruit</td><td>38,48g</td></tr></table>	19	starter	Coleslaw	KCAL				847,13		first	Pasta Bolognese	36,18g		second	Pollock lactonese with peas onions	226,16mg		dessert	Fruit	5,99mg		dinner	Sautéed green beans	125,86g			Lean white meat /Fruit	38,48g	<table><tr><td>20</td><td>starter</td><td>Seasonal vegetable salad</td><td>KCAL</td></tr><tr><td></td><td></td><td></td><td>714,31</td></tr><tr><td></td><td>first</td><td>Vegetable puree with croutons</td><td>13,51g</td></tr><tr><td></td><td>second</td><td>Complete vegetable burger i vegetable xips</td><td>113,68mg</td></tr><tr><td></td><td>dessert</td><td>Fruit</td><td>4,18mg</td></tr><tr><td></td><td>dinner</td><td>Full salad</td><td>88,53g</td></tr><tr><td></td><td></td><td>Grilled fish with lemon /Fruit</td><td>35,41g</td></tr></table>	20	starter	Seasonal vegetable salad	KCAL				714,31		first	Vegetable puree with croutons	13,51g		second	Complete vegetable burger i vegetable xips	113,68mg		dessert	Fruit	4,18mg		dinner	Full salad	88,53g			Grilled fish with lemon /Fruit	35,41g	<table><tr><td>21</td><td>starter</td><td>Seasonal vegetable salad</td><td>KCAL</td></tr><tr><td></td><td></td><td></td><td>863,98</td></tr><tr><td></td><td>first</td><td>Cooked soup with vegetables BIO</td><td>52,07g</td></tr><tr><td></td><td>second</td><td>Wing chicken breast with chips</td><td>351,67mg</td></tr><tr><td></td><td>dessert</td><td>Yogurt</td><td>7,61mg</td></tr><tr><td></td><td>dinner</td><td>Peas with ham and onion</td><td>83,54g</td></tr><tr><td></td><td></td><td>Scrambled eggs with vegetables /Fruit</td><td>40,30g</td></tr></table>	21	starter	Seasonal vegetable salad	KCAL				863,98		first	Cooked soup with vegetables BIO	52,07g		second	Wing chicken breast with chips	351,67mg		dessert	Yogurt	7,61mg		dinner	Peas with ham and onion	83,54g			Scrambled eggs with vegetables /Fruit	40,30g	<table><tr><td>22</td><td>starter</td><td></td><td>KCAL</td></tr><tr><td></td><td></td><td></td><td>PROT</td></tr><tr><td></td><td>first</td><td></td><td>CA</td></tr><tr><td></td><td>second</td><td>Holiday</td><td>FE</td></tr><tr><td></td><td>dessert</td><td></td><td>HDC</td></tr><tr><td></td><td>dinner</td><td></td><td>LIP</td></tr></table>	22	starter		KCAL				PROT		first		CA		second	Holiday	FE		dessert		HDC		dinner		LIP	<table><tr><td>23</td><td>starter</td><td></td><td>KCAL</td></tr><tr><td></td><td></td><td></td><td>PROT</td></tr><tr><td></td><td>first</td><td></td><td>CA</td></tr><tr><td></td><td>second</td><td>Holiday</td><td>FE</td></tr><tr><td></td><td>dessert</td><td></td><td>HDC</td></tr><tr><td></td><td>dinner</td><td></td><td>LIP</td></tr></table>	23	starter		KCAL				PROT		first		CA		second	Holiday	FE		dessert		HDC		dinner		LIP								
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Y9 - Y11 - 2ND OPTION
JANUARY 2026

SEASONAL FRUITS:

Banana, Apple, Pear
Persimon & Mandarin

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

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

8	starter	Seasonal vegetable salad	KCAL
			515,88
		PROT	
	first	Vegetable puree with croutons	22,56g
			276,17mg
	second	Cod confit	3,56mg
		HDC	62,32g
	dessert	Yogurt	LIP
			20,10g
	dinner	Quinoa with spices	
		Blue fish /Fruit	

9	starter	Fresh organic salad	KCAL
			755,77
		PROT	
	first	Rice with lean pork and vegetables	31,94g
		CA	91,59mg
	second	Marinated loin	5,84mg
		HDC	87,63g
	dessert	Organic fruit	LIP
			44,92g
	dinner	Boiled vegetables	
		Poultry /Fruit	

12	starter	Fresh seasonal salad with fruit	KCAL
			665,75
		PROT	
	first	Stewed potatoes with lean pork	25,45g
		CA	150,94mg
	second	Scrambled mushrooms	5,83mg
		HDC	93,68g
	dessert	Fruit	LIP
			21,38g
	dinner	Sautéed vegetable stew	
		Steamed fish /Fruit	

13	starter	Fresh seasonal salad with escarole	KCAL
			891,40
		PROT	
	first	Cream of peas and mozzarella	45,57g
		CA	750,81mg
	second	Homemade pizza	3,60mg
		HDC	89,19g
	dessert	Yogurt	LIP
			39,12g
	dinner	Grilled zucchini	
		Chicken and broccoli burgers /Fruit	

14	starter	Fresh organic salad	KCAL
			796,04
		PROT	
	first	Vegetable lentils ECO	47,21g
		CA	127,29mg
	second	Fish fingers with corn on the cob (Children: sautéed corn)	9,15mg
		HDC	85,78g
	dessert	Organic fruit	LIP
			29,45g
	dinner	Roasted sweet potato chips	
		Whitefish /Fruit	

15	starter	Fresh organic salad	KCAL
			951,79
		PROT	
	first	White rice with tomato and egg	47,63g
		CA	125,45mg
	second	Mixed hamburger	6,66mg
		HDC	86,27g
	dessert	Fruit	LIP
			46,27g
	dinner	Cob of corn with salt	
		Lean red meat /Fruit	

16	starter	WORLD CROQUETTE DAY Home-made croquettes	KCAL
			689,50
		PROT	
	first	"Minestrone" soup	36,06g
		CA	124,88mg
	second	Breaded Calamari	4,41mg
		HDC	99,17g
	dessert	Fruit	LIP
			32,32g
	dinner	Peas with ham and onion	
		Potato and onion omelette /Fruit	

19	starter	Coleslaw	KCAL
			974,69
		PROT	
	first	Pasta Bolognese	52,64g
		CA	137,68mg
	second	Turkey chops grilled fine herbs	7,22mg
		HDC	117,81g
	dessert	Fruit	LIP
			47,94g
	dinner	Sautéed green beans	
		Lean white meat /Fruit	

20	starter	Seasonal vegetable salad	KCAL
			794,31
		PROT	
	first	Vegetable puree with croutons	22,88g
		CA	192,60mg
	second	Codfish a la Vizcaína (tomato, pepper and onion)	5,51mg
		HDC	94,38g
	dessert	Fruit	LIP
			37,32g
	dinner	Full salad	
		Grilled fish with lemon /Fruit	

21	starter	Seasonal vegetable salad	KCAL
			822,56
		PROT	
	first	Cooked soup with vegetables BIO	39,79g
		CA	317,85mg
	second	Scrambled egg with potato and cured ham	8,37mg
		HDC	88,87g
	dessert	Yogurt	LIP
			38,82g
	dinner	Peas with ham and onion	
		Scrambled eggs with vegetables /Fruit	

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

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

26	starter	Seasonal vegetable salad	KCAL
			708,39
		PROT	
	first	Lentils with vegetables and rice	38,26g
		CA	192,98mg
	second	Hake in "marinera" style	7,86mg
		HDC	102,79g
	dessert	Fruit	LIP
			16,33g
	dinner	Carrot cream	
		Tuna and zucchini omelet /Fruit	

27	starter	Seasonal vegetable salad	KCAL
			788,14
		PROT	
	first	Pasta with tuna, tomato, onion and cheese	37,46g
		CA	231,65mg
	second	Fingers of chicken	4,87mg
		HDC	96,20g
	dessert	Fruit	LIP
			42,29g
	dinner	Vegetable skewers	
		Poultry /Fruit	

28	starter		KCAL
		PROT	
	first	GERMAN GASTRONOMIC DAY	CA
			FE
	second		HDC
			LIP
	dessert		
	dinner		

29	starter	Coleslaw	KCAL
			831,57
		PROT	
	first	Variety of cold meats	27,31g
		CA	325,48mg
	second	Andalusian Rabas	3,62mg
		HDC	63,46g
	dessert	Yogurt	LIP
			52,02g
	dinner	Vegetables wok	
		Lean pork /Fruit	

30	starter	Fresh organic salad	KCAL
			740,84
		PROT	
	first	Soup pot	27,25g
		CA	159,73mg
	second	Spinach omelette	7,58mg
		HDC	81,48g
	dessert	Organic fruit	LIP
			41,68g
	dinner	Quinoa with sautéed zucchini and carrots	
		Steamed fish /Fruit	

Avda. 1^o 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 offered one day a week.

MENÚ CAFETERÍA
ENERO 2026

VALORES DIFERENCIADORES



ALÉRGENOS



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Disponemos de menús adaptados a la edad de los niños, dietas, alergias, celiaquía, etc. La evaluación nutricional se basa en el grupo de edad. Nuestros menús se preparan de acuerdo con las directrices de la "Guía de menús de comedores escolares" de la Generalitat Valenciana.

La información sobre los alérgenos está disponible en la cocina y en la dirección del centro. Se dará pan integral un día a la semana.

