

PRE-NURSERY - Y3
FEBRUARY 2026

SEASONAL FRUITS:

Banana, Apple, Pear
Strawberry & Orange

DIFFERENTIATING VALUE



ALLERGENS



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.

2 starter Seasonal vegetable salad KCAL 759,92 PROT 34,14g CA 334,36mg FE 4,44mg HDC 87,81g LIP 31,95g first Macaroni carbonara 334,36mg FE 4,44mg HDC 87,81g LIP 31,95g second Grilled hake with sauteed green beans 4,44mg HDC 87,81g LIP 31,95g dessert Fruit 31,95g dinner Grilled zucchini Poultry /Fruit	3 starter Seasonal vegetable salad KCAL 824,91 PROT 39,44g CA 201,92mg FE 5,51mg HDC 89,88g LIP 34,53g first Mashed potatoes with wholemeal bread 201,92mg FE 5,51mg HDC 89,88g LIP 34,53g second Lean pork with sauce 5,51mg HDC 89,88g LIP 34,53g dessert Fruit 34,53g dinner Spiced cous cous Grilled fish with lemon /Fruit	4 starter Fresh organic salad KCAL 828,87 PROT 33,72g CA 279,48mg FE 8,55mg HDC 74,73g LIP 43,87g first Baked rice (chickpeas, ribs, potatoes and tomatoes) 279,48mg FE 8,55mg HDC 74,73g LIP 43,87g second French omelette with mushrooms 8,55mg HDC 74,73g LIP 43,87g dessert Yogurt 43,87g dinner Full salad Lean white meat /Fruit	5 starter Fresh organic salad KCAL 653,98 PROT 35,46g CA 149,52mg FE 7,42mg HDC 84,49g LIP 24,23g first Cooked soup with vegetables BIO 35,46g CA 149,52mg FE 7,42mg HDC 84,49g LIP 24,23g second Boneless chicken with chips 7,42mg HDC 84,49g LIP 24,23g dessert Organic fruit 24,23g dinner Peas with ham and onion Blue fish /Fruit	6 starter Seasonal vegetable salad KCAL 761,78 PROT 22,69g CA 222,18mg FE 8,53mg HDC 116,21g LIP 23,45g first chickpea puree 22,69g CA 222,18mg FE 8,53mg HDC 116,21g LIP 23,45g second Breaded squid with pepper 8,53mg HDC 116,21g LIP 23,45g dessert Fruit 23,45g dinner Pumpkin and potato in the microwave made Cheese omelette /Fruit	
9 starter Seasonal vegetable salad KCAL 762,18 PROT 46,60g CA 171,31mg FE 10,32mg HDC 77,38g LIP 29,69g first Lentils with seasonal vegetables 46,60g CA 171,31mg FE 10,32mg HDC 77,38g LIP 29,69g second Baked sirloin with vegetables 10,32mg HDC 77,38g LIP 29,69g dessert Fruit 29,69g dinner Steamed broccoli Grilled fish with lemon /Fruit	10 starter Seasonal vegetable salad KCAL 979,64 PROT 36,27g CA 353,41mg FE 6,70mg HDC 101,17g LIP 61,94g first Pasta bolognese with tomato and cheese with cheese 36,27g CA 353,41mg FE 6,70mg HDC 101,17g LIP 61,94g second French omelette with ratatouille 6,70mg HDC 101,17g LIP 61,94g dessert Fruit 61,94g dinner Grilled onion tender and red pepper Scrambled eggs with vegetables /Fruit	11 starter Fresh organic salad KCAL 760,37 PROT 41,44g CA 343,65mg FE 7,51mg HDC 94,36g LIP 29,30g first Cooked soup with vegetables BIO 41,44g CA 343,65mg FE 7,51mg HDC 94,36g LIP 29,30g second Fried fish with carrot 7,51mg HDC 94,36g LIP 29,30g dessert Yogurt 29,30g dinner Gratin vegetable toast Steamed fish /Fruit	12 starter Hummus chickpea KCAL 849,95 PROT 29,30g CA 139,96mg FE 114,18g LIP 31,10g first Baked rice (chickpeas, ribs, potatoes and tomatoes) 29,30g CA 139,96mg FE 114,18g LIP 31,10g second Various croquettes with fresh vegetables salad 114,18g LIP 31,10g dessert Organic fruit 31,10g dinner Full salad Lean white meat /Fruit	13 starter Fresh organic salad KCAL 810,35 PROT 41,89g CA 273,86mg FE 9,22mg HDC 99,23g LIP 27,53g first Breton cream of beans 41,89g CA 273,86mg FE 9,22mg HDC 99,23g LIP 27,53g second Wing chicken breast with chips 9,22mg HDC 99,23g LIP 27,53g dessert Fruit 27,53g dinner Cob of corn with salt Blue fish /Fruit	
16 starter Seasonal vegetable salad KCAL 737,60 PROT 152,00mg FE 5,82mg HDC 84,75g LIP 30,53g first Pork stew 152,00mg FE 5,82mg HDC 84,75g LIP 30,53g second Turkey ragu with cous cous 5,82mg HDC 84,75g LIP 30,53g dessert Fruit 30,53g dinner Roasted sweet potato chips Whitefish /Fruit	17 starter Seasonal vegetable salad KCAL 882,83 PROT 27,45g CA 257,84mg FE 4,29mg HDC 113,70g LIP 35,96g first Vegetable puree 27,45g CA 257,84mg FE 4,29mg HDC 113,70g LIP 35,96g second Homemade pizza 4,29mg HDC 113,70g LIP 35,96g dessert Organic fruit 35,96g dinner Vegetable skewers Whitefish /Fruit	18 starter Winter lettuce salad KCAL 672,23 PROT 32,27g CA 349,70mg FE 8,33mg HDC 79,49g LIP 24,71g first Chickpea stew with spinach 32,27g CA 349,70mg FE 8,33mg HDC 79,49g LIP 24,71g second Boneless chicken with garlic Potatoes 8,33mg HDC 79,49g LIP 24,71g dessert Yogurt 24,71g dinner Vegetables wok Tuna and zucchini omelet /Fruit	19 starter Seasonal vegetable salad KCAL 669,72 PROT 23,22g CA 343,56mg FE 8,41mg HDC 66,62g LIP 46,02g first Pasta with carbonara sauce 23,22g CA 343,56mg FE 8,41mg HDC 66,62g LIP 46,02g second Hake in mery sauce with ORGANIC broccoli 8,41mg HDC 66,62g LIP 46,02g dessert Fruit 46,02g dinner Escalivada White meat /Fruit	20 starter Fresh organic salad KCAL 894,51 PROT 32,96g CA 276,93mg FE 7,16mg HDC 122,16g LIP 37,68g first White rice with tomato and egg 32,96g CA 276,93mg FE 7,16mg HDC 122,16g LIP 37,68g second Spanish omelette with cheese 7,16mg HDC 122,16g LIP 37,68g dessert Fruit 37,68g dinner Full salad Homemade pizza with seasonal fresh	
23 starter Seasonal vegetable salad KCAL 934,24 PROT 27,14g CA 136,53mg FE 5,01mg HDC 131,85g LIP 49,71g first Pasta Bolognese 27,14g CA 136,53mg FE 5,01mg HDC 131,85g LIP 49,71g second Cod fritters with mayonnaise 5,01mg HDC 131,85g LIP 49,71g dessert Fruit 49,71g dinner Leek cream Poultry /Fruit	24 starter French Gastronomic Day with ratatouille KCAL 911,20 PROT 49,23g CA 185,33mg FE 5,24mg HDC 76,22g LIP 69,89g first Tartiflette (bacon and cheese) 49,23g CA 185,33mg FE 5,24mg HDC 76,22g LIP 69,89g second Boeuf bourguignon with chips 5,24mg HDC 76,22g LIP 69,89g dessert Chocolate crepe 69,89g dinner Grated cauliflower Blue fish /Fruit	25 starter Seasonal vegetable salad KCAL 804,65 PROT 31,17g CA 250,49mg FE 8,59mg HDC 124,84g LIP 20,23g first Organic lentils with vegetables 31,17g CA 250,49mg FE 8,59mg HDC 124,84g LIP 20,23g second Complete hamburger with chips 8,59mg HDC 124,84g LIP 20,23g dessert Fruit 20,23g dinner Mushroom au gratin Lean red meat /Fruit	26 starter Seasonal vegetable salad KCAL 834,70 PROT 33,36g CA 171,18mg FE 4,76mg HDC 116,48g LIP 26,68g first Valencian paella 33,36g CA 171,18mg FE 4,76mg HDC 116,48g LIP 26,68g second Hake in sauce 4,76mg HDC 116,48g LIP 26,68g dessert Organic fruit 26,68g dinner Carrot dressed with peas Scrambled eggs with garlic /Fruit	27 starter Fresh organic salad KCAL 894,16 PROT 44,59g CA 276,65mg FE 11,50mg HDC 107,98g LIP 33,67g first Legume festival cream with wholemeal bread 44,59g CA 276,65mg FE 11,50mg HDC 107,98g LIP 33,67g second Lean in mushroom sauce with cous cous 11,50mg HDC 107,98g LIP 33,67g dessert Fruit 33,67g dinner Cooked potatoes Whitefish /Fruit	
starter KCAL PROT CA FE HDC LIP first CA FE HDC LIP second FE HDC LIP dessert LIP dinner	starter KCAL PROT CA FE HDC LIP first CA FE HDC LIP second FE HDC LIP dessert LIP dinner	starter KCAL PROT CA FE HDC LIP first CA FE HDC LIP second FE HDC LIP dessert LIP dinner	starter KCAL PROT CA FE HDC LIP first CA FE HDC LIP second FE HDC LIP dessert LIP dinner	starter KCAL PROT CA FE HDC LIP first CA FE HDC LIP second FE HDC LIP dessert LIP dinner	starter KCAL PROT CA FE HDC LIP first CA FE HDC LIP second FE HDC LIP dessert LIP dinner

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2	starter	Seasonal vegetable salad	KCAL 759,92 PROT 34,14g CA 334,36mg FE 4,44mg HDC 87,81g LIP 31,95g
	first	Macaroni carbonara	
	second	Grilled hake with sauteed green beans	
	dessert	Fruit	
	dinner	Grilled zucchini Poultry /Fruit	

3	starter	Seasonal vegetable salad	KCAL 781,20 PROT 28,22g CA 201,61mg FE 5,36mg HDC 77,76g LIP 53,59g
	first	Mashed potatoes with wholemeal bread	
	second	Marinated homemade tenderloin with ratatouille	
	dessert	Fruit	
	dinner	Spiced cous cous Grilled fish with lemon /Fruit	

4	starter	Fresh organic salad	KCAL 828,87 PROT 33,72g CA 279,48mg FE 8,55mg HDC 74,73g LIP 43,87g
	first	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	second	French omelette with mushrooms	
	dessert	Yogurt	
	dinner	Full salad Lean white meat /Fruit	

5	starter	Fresh organic salad	KCAL 753,36 PROT 49,47g CA 165,60mg FE 8,34mg HDC 85,06g LIP 27,36g
	first	Cooked soup with vegetables BIO	
	second	Grilled chicken with chips	
	dessert	Organic fruit	
	dinner	Peas with ham and onion Blue fish /Fruit	

6	starter	Seasonal vegetable salad	KCAL 807,01 PROT 36,64g CA 289,57mg FE 10,88mg HDC 111,09g LIP 24,59g
	first	Chickpea stew with chard	
	second	Breaded Calamari with pepper	
	dessert	Fruit	
	dinner	Pumpkin and potato in the microwave made Cheese omelette /Fruit	

9	starter	Seasonal vegetable salad	KCAL 912,91 PROT 46,30g CA 164,29mg FE 10,37mg HDC 100,53g LIP 36,27g
	first	Lentils with meat (Children: Lentils with vegetables) with rice	
	second	Baked sirloin with vegetables	
	dessert	Fruit	
	dinner	Steamed broccoli Grilled fish with lemon /Fruit	

10	starter	Seasonal vegetable salad	KCAL 1112,84 PROT 36,50g CA 356,56mg FE 5,85mg HDC 123,15g LIP 67,98g
	first	Pasta bolognese with tomato and cheese with cheese	
	second	"Coca de titaina valenciana"	
	dessert	Fruit	
	dinner	Grilled onion tender and red pepper Scrambled eggs with vegetables /Fruit	

11	starter	Fresh organic salad	KCAL 760,37 PROT 41,44g CA 343,65mg FE 7,51mg HDC 94,36g LIP 29,30g
	first	Cooked soup with vegetables BIO	
	second	Fried fish with carrot	
	dessert	Yogurt	
	dinner	Gratin vegetable toast Steamed fish /Fruit	

12	starter	Hummus chickpea	KCAL 849,95 PROT 29,30g CA 139,96mg FE 114,18g HDC 31,10g
	first	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	second	Various croquettes with fresh vegetables salad	
	dessert	Organic fruit	
	dinner	Full salad Lean white meat /Fruit	

13	starter	Fresh organic salad	KCAL 810,35 PROT 41,89g CA 273,86mg FE 9,22mg HDC 99,23g LIP 27,53g
	first	Breton cream of beans	
	second	Wing chicken breast with chips	
	dessert	Fruit	
	dinner	Cob of corn with salt Blue fish /Fruit	

16	starter	Seasonal vegetable salad	KCAL 744,29 PROT 39,52g CA 134,13mg FE 5,84mg HDC 81,13g LIP 30,92g
	first	Pork stew	
	second	Turkey curry with cous cous	
	dessert	Fruit	
	dinner	Roasted sweet potato chips Whitefish /Fruit	

17	starter	Seasonal vegetable salad	KCAL 882,83 PROT 27,45g CA 257,84mg FE 4,29mg HDC 113,70g LIP 35,96g
	first	Vegetable puree	
	second	Homemade pizza	
	dessert	Organic fruit	
	dinner	Vegetable skewers Whitefish /Fruit	

18	starter	Winter lettuce salad	KCAL 782,58 PROT 37,82g CA 371,36mg FE 9,14mg HDC 80,35g LIP 33,39g
	first	Chickpea stew with spinach	
	second	Chicken wings with garlic Potatoes	
	dessert	Yogurt	
	dinner	Vegetables wok Tuna and zucchini omelet /Fruit	

19	starter	Seasonal vegetable salad	KCAL 669,72 PROT 23,22g CA 343,56mg FE 4,41mg HDC 66,62g LIP 46,02g
	first	Pasta with carbonara sauce	
	second	Hake in mery sauce with ORGANIC broccoli	
	dessert	Fruit	
	dinner	Escalivada White meat /Fruit	

20	starter	Fresh organic salad	KCAL 918,21 PROT 30,23g CA 270,28mg FE 6,56mg HDC 101,86g LIP 37,33g
	first	White rice with tomato and egg	
	second	Spanish omelette with cheese	
	dessert	Fruit	
	dinner	Full salad Homemade pizza with seasonal fresh	

23	starter	Seasonal vegetable salad	KCAL 934,24 PROT 27,14g CA 136,53mg FE 5,01mg HDC 131,85g LIP 49,71g
	first	Pasta Bolognese	
	second	Cod fritters with mayonnaise	
	dessert	Fruit	
	dinner	Leek cream Poultry /Fruit	

24	starter	French Gastronomic Day with ratatouille	KCAL 911,20 PROT 49,23g CA 185,33mg FE 5,24mg HDC 76,22g LIP 69,89g
	first	Tartiflette (bacon and cheese)	
	second	Boeuf bourguignon with chips	
	dessert	Chocolate crepe	
	dinner	Grated cauliflower Blue fish /Fruit	

25	starter	Seasonal vegetable salad	KCAL 1032,60 PROT 31,17g CA 250,49mg FE 8,59mg HDC 124,84g LIP 20,23g
	first	Organic lentils with vegetables	
	second	Complete hamburger with chips	
	dessert	Fruit	
	dinner	Mushroom au gratin Lean red meat /Fruit	

26	starter	Seasonal vegetable salad	KCAL 1032,60 PROT 29,17g CA 200,52mg FE 6,83mg HDC 150,40g LIP 35,38g
	first	Valencian paella	
	second	Andalusian Rabas with chickpea hummus	
	dessert	Organic fruit	
	dinner	Carrot dressed with peas Scrambled eggs with garlic /Fruit	

27	starter	Fresh organic salad	KCAL 918,85 PROT 41,07g CA 236,85mg FE 12,23mg HDC 104,75g LIP 54,63g
	first	Legume festival cream with wholemeal bread	
	second	Roast pork loin with mushroom sauce with cous cous	
	dessert	Fruit	
	dinner	Cooked potatoes Whitefish /Fruit	

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

Y9 - Y11 - 2ND OPTION
FEBRUARY 2026

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	first	Macaroni carbonara	
	second	Marinated loin with sauteed green beans	
	dessert	Fruit	
	dinner	Grilled zucchini Poultry /Fruit	

3	starter	Seasonal vegetable salad	KCAL 628,25 PROT 18,10g CA 194,44mg FE 4,43mg HDC 74,40g LIP 29,14g
	first	Mashed potatoes with wholemeal bread	
	second	Scrambled mushrooms	
	dessert	Fruit	
	dinner	Spiced cous cous Grilled fish with lemon /Fruit	

4	starter	Fresh organic salad	KCAL 890,11 PROT 32,59g CA 248,02mg FE 6,95mg HDC 93,91g LIP 42,61g
	first	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	second	Grandma croquettes with mushrooms	
	dessert	Yogurt	
	dinner	Full salad Lean white meat /Fruit	

5	starter	Fresh organic salad	KCAL 807,63 PROT 42,58g CA 155,66mg FE 8,15mg HDC 89,15g LIP 36,10g
	first	Cooked soup with vegetables BIO	
	second	Salmon with dill with chips	
	dessert	Organic fruit	
	dinner	Peas with ham and onion Blue fish /Fruit	

6	starter	Seasonal vegetable salad	KCAL 788,00 PROT 29,39g CA 259,11mg FE 11,00mg HDC 118,63g LIP 22,34g
	first	Chickpea stew with chard	
	second	Spanish omelette with pepper	
	dessert	Fruit	
	dinner	Pumpkin and potato in the microwave made Cheese omelette /Fruit	

9	starter	Seasonal vegetable salad	KCAL 869,03 PROT 37,99g CA 171,57mg FE 8,64mg HDC 112,55g LIP 30,28g
	first	Lentils with meat (Children: Lentils with vegetables) with rice	
	second	Supreme hake with vegetables	
	dessert	Fruit	
	dinner	Steamed broccoli Grilled fish with lemon /Fruit	

10	starter	Seasonal vegetable salad	KCAL 1056,11 PROT 39,31g CA 345,03mg FE 6,28mg HDC 103,01g LIP 68,35g
	first	Pasta bolognese with tomato and cheese with cheese	
	second	Pork ragu	
	dessert	Fruit	
	dinner	Grilled onion tender and red pepper Scrambled eggs with vegetables /Fruit	

11	starter	Fresh organic salad	KCAL 850,73 PROT 53,07g CA 309,54mg FE 8,68mg HDC 79,87g LIP 39,47g
	first	Cooked soup with vegetables BIO	
	second	Turkey cutlets with carrot	
	dessert	Yogurt	
	dinner	Gratin vegetable toast Steamed fish /Fruit	

12	starter	Hummus chickpea	KCAL 1134,15 PROT 44,14g CA 147,96mg FE 10,30mg HDC 109,68g LIP 58,05g
	first	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	second	Teriyaki tuna with vegetables	
	dessert	Organic fruit	
	dinner	Full salad Lean white meat /Fruit	

13	starter	Fresh organic salad	KCAL 760,52 PROT 30,91g CA 265,32mg FE 10,71mg HDC 106,75g LIP 23,92g
	first	Breton cream of beans	
	second	Zucchini omelette	
	dessert	Fruit	
	dinner	Cob of corn with salt Blue fish /Fruit	

16	starter	Seasonal vegetable salad	KCAL 744,29 PROT 39,52g CA 134,13mg FE 5,84mg HDC 81,13g LIP 30,92g
	first	Pork stew	
	second	Hake in sauce with cous cous	
	dessert	Fruit	
	dinner	Roasted sweet potato chips Whitefish /Fruit	

17	starter	Seasonal vegetable salad	KCAL 882,83 PROT 27,45g CA 257,84mg FE 4,29mg HDC 113,70g LIP 35,96g
	first	Vegetable puree	
	second	Homemade pizza	
	dessert	Organic fruit	
	dinner	Vegetable skewers Whitefish /Fruit	

18	starter	Winter lettuce salad	KCAL 763,57 PROT 26,06g CA 342,65mg FE 7,79mg HDC 100,75g LIP 28,68g
	first	Chickpea stew with spinach	
	second	Cod skipper	
	dessert	Yogurt	
	dinner	Vegetables wok Tuna and zucchini omelet /Fruit	

19	starter	Seasonal vegetable salad	KCAL 799,10 PROT 38,25g CA 317,78mg FE 4,39mg HDC 65,14g LIP 54,33g
	first	Pasta with carbonara sauce	
	second	Grilled burger with ORGANIC broccoli	
	dessert	Fruit	
	dinner	Escalivada White meat /Fruit	

20	starter	Fresh organic salad	KCAL 845,39 PROT 26,80g CA 142,85mg FE 5,04mg HDC 97,19g LIP 38,91g
	first	White rice with tomato and egg	
	second	Cordon bleu	
	dessert	Fruit	
	dinner	Full salad Homemade pizza with seasonal fresh	

23	starter	Seasonal vegetable salad	KCAL 879,31 PROT 30,06g CA 149,52mg FE 6,17mg HDC 110,00g LIP 51,97g
	first	Pasta Bolognese	
	second	Baked sausages with vegetables	
	dessert	Fruit	
	dinner	Leek cream Poultry /Fruit	

24	starter	French Gastronomic Day with ratatouille	KCAL 911,20 PROT 49,23g CA 185,33mg FE 5,24mg HDC 76,22g LIP 69,89g
	first	Tartiflette (bacon and cheese)	
	second	Boeuf bourguignon with chips	
	dessert	Chocolate crepe	
	dinner	Grated cauliflower Blue fish /Fruit	

25	starter	Seasonal vegetable salad	KCAL 825,01 PROT 38,94g CA 145,84mg FE 8,11mg HDC 93,81g LIP 33,51g
	first	Organic lentils with vegetables	
	second	Grilled chicken breast with chips	
	dessert	Fruit	
	dinner	Mushroom au gratin Lean red meat /Fruit	

26	starter	Seasonal vegetable salad	KCAL 828,73 PROT 28,16g CA 139,62mg FE 4,81mg HDC 111,45g LIP 30,08g
	first	Valencian paella	
	second	Scrambled mushrooms	
	dessert	Organic fruit	
	dinner	Carrot dressed with peas Scrambled eggs with garlic /Fruit	

27	starter	Fresh organic salad	KCAL 844,94 PROT 35,10g CA 286,17mg FE 10,60mg HDC 121,32g LIP 25,11g
	first	Legume festival cream with wholemeal bread	
	second	Cod au gratin	
	dessert	Fruit	
	dinner	Cooked potatoes Whitefish /Fruit	

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
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	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

	starter		KCAL
	first		PROT
			CA
	second		FE
			HDC
	dessert		LIP
	dinner		

VALORES DIFERENCIADORES



RECETA VEGETARIANA



PESCA SOSTENIBLE



PRODUCTO ECOLÓGICO



RECETA FOODIE



GASTRONOMÍA TRADICIONAL



PRODUCTO DE TEMPORADA



PRODUCTO LOCAL KM.0

ALÉRGENOS



AJO



CACAHUETE



FRUTOS SECOS



SÉSAMO



CRUSTÁCEOS



HUEVO



GLUTEN



PESCADO



SOJA



MOLOSOS



LÁCTEOS



SULFITOS



ALTRAMUZES



MOSTAZA

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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.

2

Plato del día

Macarrones a la carbonara






3

Plato del día

Lomo asado con pisto



4

Plato del día

Arroz al horno





5

Plato del día

Pollo a l'ast con patatas



6

Plato del día

Calamares a la romana





9

Plato del día

Solomillo al horno con verduras asadas



10

Plato del día

Caracolas a la boloñesa con queso








11

Plato del día

Delicias de pescado con zanahoria







12

Plato del día

Atún teriyaki con verduras







13

Plato del día

Pechugas a la plancha con patatas




16

Plato del día

Pavo al curry con cous cous







17

Plato del día

Pizza artesana







18

Plato del día

Alitas de pollo al horno con patatas asadas al ajillo




19

Plato del día

Espirales a la carbonara







20

Plato del día

Arroz a la cubana



23

Plato del día

Espaguetis a la boloñesa







24

Plato del día

JORNADA FRANCESA
Tartiflette







25

Plato del día

Hamburguesa completa con patatas








26

Plato del día

Paella valenciana con pollo de campo y alcachofas naturales



27

Plato del día

Cabeza de lomo asada con salsa de setas y cous cous






Plato del día

Plato del día

Plato del día

Plato del día

Plato del día