

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 offered one day a week.

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

1	starter	Nachos with cheese	KCAL
	first	Fish finger	622,82
	second	Valencian paella with free-range chicken and fresh artichokes	35,04g
	dessert	Ice cream	118,64mg
	dinner	Vegetable soup	5,06mg
		Lean white meat /Fruit	64,36g
			29,54g

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

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

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

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

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

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

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

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

14	starter	Seasonal vegetable salad	KCAL
	first	Italian pasta	686,27
	second	Supreme hake with potatoes	25,35g
	dessert	Fruit	186,45mg
	dinner	Grilled zucchini	4,22mg
		Poultry /Fruit	96,57g
			35,99g

15	starter	Seasonal vegetable salad	KCAL
	first	Chickpeas with vegetables	714,34
	second	Spanish omelette with fresh cheese	28,17g
	dessert	Fruit	273,90mg
	dinner	Leek cream	9,01mg
		Vegetable quiche /Fruit	95,28g
			24,75g

16	starter	Seasonal vegetable salad	KCAL
	first	Pasta Soup	711,91
	second	Chicken ragu with corn on the cob	36,20g
	dessert	Fruit	107,37mg
	dinner	Sautéed green beans	5,03mg
		Steamed fish /Fruit	86,61g
			36,54g

17	starter	Nachos with guacamole MEXICAN JOURNEY	KCAL
	first	Corn puree	789,01
	second	Chicken tacos	76,63g
	dessert	Chocoflan	369,98mg
	dinner	Full salad	4,30mg
		Turkey skewers /Fruit	90,08g
			64,38g

20	starter	Seasonal vegetable salad	KCAL
	first	Lentils with seasonal vegetables	911,59
	second	Roast turkey with rice	65,19g
	dessert	Fruit	128,08mg
	dinner	Sautéed vegetable stew	10,64mg
		Grilled fish with lemon /Fruit	90,47g
			31,00g

21	starter	Seasonal vegetable salad	KCAL
	first	Whole grain Neapolitan style spaghetti	622,76
	second	Baked hake with broccoli	27,49g
	dessert	Fruit	245,66mg
	dinner	Roasted sweet potato chips	5,91mg
		Chicken meatballs /Fruit	85,18g
			19,63g

22	starter	Seasonal vegetable salad	KCAL
	first	York and cheese fajita	910,67
	second	Vegetable "fabada"	73,50g
	dessert	Fruit	357,38mg
	dinner	Peas with ham and onion	9,48mg
		Whitefish /Fruit	116,22g
			65,22g

23	starter	Fresh seasonal salad with fruit	KCAL
	first	Valencian paella	961,65
	second	Breaded squid with potatoes	28,77g
	dessert	Yogurt	318,23mg
	dinner	Cob of corn with salt	4,44mg
		Lean red meat /Fruit	131,46g
			35,55g

24	starter	Fresh organic salad	KCAL
	first	Seasonal vegetable cream	602,81
	second	Homemade pizza	23,03g
	dessert	Organic fruit	246,96mg
	dinner	Full salad	3,36mg
		Scrambled eggs with vegetables /Fruit	78,24g
			22,00g

27	starter	Seasonal vegetable salad	KCAL
	first	Pasta with cheese sauce	783,48
	second	Hake Provençal with grilled tomato	42,16g
	dessert	Fruit	580,17mg
	dinner	Spinach with bechamel	5,79mg
		Lean pork /Fruit	119,75g
			33,73g

28	starter	Seasonal vegetable salad	KCAL
	first	Chickpeas with vegetables	910,42
	second	Lean pork with sauce and eggplant	47,39g
	dessert	Fruit	236,50mg
	dinner	Creamed vegetables	10,69mg
		Homemade pizza with seasonal fresh	105,90g
			33,48g

29	starter	Fresh organic salad	KCAL
	first	Cooked soup with vegetables BIO	742,45
	second	Roasted chicken with baked potatoes	48,95g
	dessert	Yogurt	305,69mg
	dinner	Sautéed green beans	6,29mg
		Blue fish /Fruit	83,78g
			27,63g

30	starter	Ecological beetroot	KCAL
	first	Curry rice/inf: Creamy chicken rice with vegetables	838,66
	second	Grilled fish with carrot	38,24g
	dessert	Fruit	113,57mg
	dinner	Cooked potatoes	6,05mg
		Chicken and broccoli burgers /Fruit	99,49g
			31,99g

	starter		KCAL
	first		PROT
	second		CA
	dessert		FE
	dinner		HDC
			LIP

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 offered one day a week.

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

1	starter	Nachos with cheese	KCAL
	first	Breaded squids with tartar sauce	809,43 PROT 30,19g CA
	second	Valencian paella with free-range chicken and fresh artichokes	176,89mg FE 5,79mg HDC
	dessert	Ice cream	77,07g LIP
	dinner	Vegetable soup Lean white meat /Fruit	46,74g

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

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

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

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

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

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

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

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

14	starter	Seasonal vegetable salad	KCAL
	first	Italian pasta	686,27 PROT 25,35g CA
	second	Supreme hake with potatoes	186,45mg FE 4,22mg HDC
	dessert	Fruit	96,57g LIP
	dinner	Grilled zucchini Poultry /Fruit	35,99g

15	starter	Seasonal vegetable salad	KCAL
	first	Chickpeas with vegetables	756,34 PROT 28,17g CA
	second	Spanish omelette with fresh cheese	273,90mg FE 9,01mg HDC
	dessert	Fruit	95,28g LIP
	dinner	Leek cream Vegetable quiche /Fruit	24,75g

16	starter	Seasonal vegetable salad	KCAL
	first	Pasta Soup	108,21mg FE 37,34g CA
	second	Chicken wings with corn on the cob	5,28mg HDC
	dessert	Fruit	83,78g LIP
	dinner	Sautéed green beans Steamed fish /Fruit	41,26g

17	starter	Nachos with guacamole MEXICAN JOURNEY	KCAL
	first	Corn puree	789,01 PROT 76,63g CA
	second	Chicken tacos	369,98mg FE 4,30mg HDC
	dessert	Chocoflan	90,08g LIP
	dinner	Full salad Turkey skewers /Fruit	64,38g

20	starter	Seasonal vegetable salad	KCAL
	first	Lentils with seasonal vegetables	911,59 PROT 65,19g CA
	second	Roast turkey with rice	128,08mg FE 10,64mg HDC
	dessert	Fruit	90,47g LIP
	dinner	Sautéed vegetable stew Grilled fish with lemon /Fruit	31,00g

21	starter	Seasonal vegetable salad	KCAL
	first	Whole grain Neapolitan style spaghetti	622,76 PROT 27,49g CA
	second	Baked hake with broccoli	245,66mg FE 5,91mg HDC
	dessert	Fruit	85,18g LIP
	dinner	Roasted sweet potato chips Chicken meatballs /Fruit	19,63g

22	starter	Seasonal vegetable salad	KCAL
	first	York and cheese fajita	1014,67 PROT 73,50g CA
	second	Vegetable "fabada"	357,38mg FE 9,48mg HDC
	dessert	Fruit	116,22g LIP
	dinner	Peas with ham and onion Whitefish /Fruit	65,22g

23	starter	Fresh seasonal salad with fruit	KCAL
	first	Valencian paella	910,03 PROT 40,39g CA
	second	Breaded Calamari with potatoes	342,85mg FE 5,41mg HDC
	dessert	Yogurt	125,73g LIP
	dinner	Cob of corn with salt Lean red meat /Fruit	38,73g

24	starter	Fresh organic salad	KCAL
	first	Seasonal vegetable cream	602,81 PROT 23,03g CA
	second	Homemade pizza	246,96mg FE 3,36mg HDC
	dessert	Organic fruit	78,24g LIP
	dinner	Full salad Scrambled eggs with vegetables /Fruit	22,00g

27	starter	Seasonal vegetable salad	KCAL
	first	Pasta with cheese sauce	783,48 PROT 42,16g CA
	second	Hake Provençal with grilled tomato	580,17mg FE 5,79mg HDC
	dessert	Fruit	119,75g LIP
	dinner	Spinach with bechamel Lean pork /Fruit	33,73g

28	starter	Seasonal vegetable salad	KCAL
	first	Chickpeas with vegetables	801,82 PROT 34,72g CA
	second	Marinated homemade tenderloin and eggplant	202,95mg FE 9,92mg HDC
	dessert	Fruit	89,01g LIP
	dinner	Creamed vegetables Homemade pizza with seasonal fresh	48,25g

29	starter	Fresh organic salad	KCAL
	first	Cooked soup with vegetables BIO	742,45 PROT 48,95g CA
	second	Roasted chicken with baked potatoes	305,69mg FE 8,29mg HDC
	dessert	Yogurt	83,78g LIP
	dinner	Sautéed green beans Blue fish /Fruit	27,63g

30	starter	Ecological beetroot	KCAL
	first	Curry rice with vegetables	838,66 PROT 38,24g CA
	second	Grilled fish with carrot	113,57mg FE 6,05mg HDC
	dessert	Fruit	99,49g LIP
	dinner	Cooked potatoes Chicken and broccoli burgers /Fruit	31,99g

	starter		KCAL
	first		PROT
	second		CA
	dessert		FE
	dinner		HDC
			LIP

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.

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

1	starter	Nachos with cheese	KCAL
	first	Breaded squids with tartar sauce	877,80
	second	Turkey chops grilled fine herbs	50,91g
	dessert	Ice cream	162,06mg
	dinner	Vegetable soup	7,19mg
		Lean white meat /Fruit	44,01g
			58,91g

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

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

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

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

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

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

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

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

14	starter	Seasonal vegetable salad	KCAL
	first	Italian pasta	680,35
	second	Grilled burger with cheese	37,89g
	dessert	Fruit	264,44mg
	dinner	Grilled zucchini	4,93mg
		Poultry /Fruit	71,04g
			40,66g

15	starter	Seasonal vegetable salad	KCAL
	first	Chickpeas with vegetables	712,60
	second	Tenderloin in sauce	30,05g
	dessert	Fruit	233,96mg
	dinner	Leek cream	10,29mg
		Vegetable quiche /Fruit	92,69g
			35,06g

16	starter	Seasonal vegetable salad	KCAL
	first	Pasta Soup	705,56
	second	Hake in "marinera" style	40,18g
	dessert	Fruit	168,08mg
	dinner	Sautéed green beans	5,73mg
		Steamed fish /Fruit	91,32g
			31,57g

17	starter	Nachos with guacamole MEXICAN JOURNEY	KCAL
	first	Corn puree	789,01
	second	Chicken tacos	76,63g
	dessert	Chocoflan	369,98mg
	dinner	Full salad	4,30mg
		Turkey skewers /Fruit	90,08g
			64,38g

20	starter	Seasonal vegetable salad	KCAL
	first	Lentils with seasonal vegetables	640,49
	second	Cod Bilbao-style	34,27g
	dessert	Fruit	153,02mg
	dinner	Sautéed vegetable stew	8,15mg
		Grilled fish with lemon /Fruit	73,30g
			23,37g

21	starter	Seasonal vegetable salad	KCAL
	first	Whole grain Neapolitan style spaghetti	613,91
	second	Various croquettes	14,99g
	dessert	Fruit	159,66mg
	dinner	Roasted sweet potato chips	4,68mg
		Chicken meatballs /Fruit	88,14g
			22,74g

22	starter	Seasonal vegetable salad	KCAL
	first	York and cheese fajita	897,54
	second	Marinated homemade tenderloin with potatoes	71,37g
	dessert	Fruit	228,57mg
	dinner	Peas with ham and onion	5,54mg
		Whitefish /Fruit	78,87g
			94,89g

23	starter	Fresh seasonal salad with fruit	KCAL
	first	Valencian paella	880,03
	second	Spanish omelette	32,14g
	dessert	Yogurt	306,89mg
	dinner	Cob of corn with salt	5,17mg
		Lean red meat /Fruit	123,76g
			28,42g

24	starter	Fresh organic salad	KCAL
	first	Seasonal vegetable cream	602,81
	second	Homemade pizza	23,03g
	dessert	Organic fruit	246,96mg
	dinner	Full salad	3,36mg
		Scrambled eggs with vegetables /Fruit	78,24g
			22,00g

27	starter	Seasonal vegetable salad	KCAL
	first	Pasta with cheese sauce	697,20
	second	Scrambled mushrooms	33,56g
	dessert	Fruit	398,14mg
	dinner	Spinach with bechamel	9,25mg
		Lean pork /Fruit	112,22g
			31,39g

28	starter	Seasonal vegetable salad	KCAL
	first	Chickpeas with vegetables	670,22
	second	Loin escalope	28,93g
	dessert	Fruit	196,86mg
	dinner	Creamed vegetables	9,25mg
		Homemade pizza with seasonal fresh	86,21g
			33,74g

29	starter	Fresh organic salad	KCAL
	first	Cooked soup with vegetables BIO	684,35
	second	Fish fingers	39,45g
	dessert	Yogurt	287,79mg
	dinner	Sautéed green beans	6,39mg
		Blue fish /Fruit	80,98g
			27,19g

30	starter	Ecological beetroot	KCAL
	first	Curry rice with vegetables	799,56
	second	Meatballs	30,39g
	dessert	Fruit	132,63mg
	dinner	Cooked potatoes	5,74mg
		Chicken and broccoli burgers /Fruit	106,06g
			28,14g

	starter		KCAL
	first		PROT
	second		CA
	dessert		FE
	dinner		HDC
			LIP



**MENÚ CAFETERÍA
ABRIL 2026**

VALORES DIFERENCIADORES

- RECETA VEGETARIANA
- PESCA SOSTENIBLE
- PRODUCTO ECOLÓGICO
- RECETA FOODIE
- GASTRONOMÍA TRADICIONAL
- PRODUCTO DE TEMPORADA
- PRODUCTO LOCAL KM.0

ALÉRGENOS

- APIO
- CACAHUETE
- FRUTOS SECOS
- SÉSAMO
- ORUSTÁCIOS
- HUEVO
- GLUTEN
- PESCADO
- SOJA
- MOLUSCOS
- LÁCTEOS
- SUFIDOS
- ALTRAMUCCES
- MOSTAZA

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

Disponemos de menús adaptados a la edad de los niños, dietas, alergias, celiacía, 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.

Plato del día	Plato del día	1 Plato del día Paella Valenciana de pollo de campo y alcachofa natural	2 Plato del día FESTIVO	3 Plato del día FESTIVO
6 Plato del día FESTIVO	7 Plato del día FESTIVO	8 Plato del día FESTIVO	9 Plato del día FESTIVO	10 Plato del día FESTIVO
13 Plato del día FESTIVO	14 Plato del día Caracolas a la italiana	15 Plato del día Tortilla de patatas con queso	16 Plato del día Alitas de pollo al horno con mazorca de maíz	17 Plato del día JORNADA MEXICANA Tacos de pollo
20 Plato del día Lentejas con verduras frescas de temporada	21 Plato del día Espaguetis integrales a la napolitana	22 Plato del día Fajita de york y queso	23 Plato del día Calamares a la romana con patatas	24 Plato del día Pizzero Artesano
27 Plato del día Tallarines con salsa de queso	28 Plato del día Lomo asado con berenjena	29 Plato del día Varitas de pescado	30 Plato del día Arroz a la cubana	Plato del día