

SEASONAL FRUITS:

Cherry, Strawberry, Peach, Melon, Nectarine, Watermelon, Banana & Pineapple

DIFFERENTIATING VALUE



ALLERGENS



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

1	Starter	Seasonal vegetable salad	KCAL: 735,82 PROT: 34,82g CA: 365,23mg FE: 4,01mg HDC: 111,69g LP: 35,16g
	First	Four cheese wheat pasta	
	Second	Fish figurines and eggplant	
	Dessert	Fruit	
	Dinner	Grilled zucchini Blue fish /Fruit	

2	Starter	Seasonal vegetable salad	KCAL: 931,01 PROT: 64,12g CA: 151,75mg FE: 9,78mg HDC: 85,50g LP: 40,91g
	First	Cooked soup with vegetables BIO	
	Second	Roast turkey with roasted peppers	
	Dessert	Fruit	
	Dinner	Gazpacho Poultry /Fruit	

3	Starter	Fresh organic salad	KCAL: 880,05 PROT: 46,58g CA: 276,77mg FE: 8,41mg HDC: 110,50g LP: 28,10g
	First	Lentils with seasonal vegetables	
	Second	Fish and chips	
	Dessert	Yogurt	
	Dinner	Sautéed green beans Scrambled eggs with vegetables /Fruit	

4	Starter	Salmorejo	KCAL: 972,43 PROT: 44,31g CA: 415,59mg FE: 6,08mg HDC: 102,91g LP: 42,47g
	First	Milanese rice	
	Second	Spanish omelette Turkey and cheese	
	Dessert	Fruit	
	Dinner	Full salad Lean pork /Fruit	

5	Starter	Fresh organic salad	KCAL: 654,41 PROT: 24,23g CA: 253,56mg FE: 3,78mg HDC: 89,64g LP: 22,06g
	First	Vegetable puree	
	Second	Homemade pizza	
	Dessert	Organic fruit	
	Dinner	Cooked potatoes Steamed fish /Fruit	

8	Starter	Seasonal vegetable salad	KCAL: 737,78 PROT: 20,16g CA: 93,34mg FE: 3,35mg HDC: 86,12g LP: 35,45g
	First	Cream of zucchini, new potato and sweet onion	
	Second	Boneless chicken with brown rice	
	Dessert	Fruit	
	Dinner	Roasted sweet potato chips Whitefish /Fruit	

9	Starter	Seasonal vegetable salad	KCAL: 783,05 PROT: 30,96g CA: 133,34mg FE: 8,61mg HDC: 96,92g LP: 30,93g
	First	Lentils with vegetables	
	Second	Sausages with chips	
	Dessert	Fruit	
	Dinner	Quinoa with spices Lean red meat /Fruit	

10	Starter	Seasonal vegetable salad	KCAL: 1085,95 PROT: 23,47g CA: 256,74mg FE: 9,60mg HDC: 139,08g LP: 48,65g
	First	Whole wheat pasta carbonara	
	Second	Breaded squid with potato wedges	
	Dessert	Organic fruit	
	Dinner	Hummus toast Vegetable omelette /Fruit	

11	Starter	Fresh organic salad	KCAL: 861,38 PROT: 42,47g CA: 314,73mg FE: 9,48mg HDC: 86,29g LP: 53,56g
	First	Mashed beans	
	Second	Roasted pork loin with chips	
	Dessert	Yogurt	
	Dinner	Full salad Grilled fish with lemon /Fruit	

12	Starter	Fresh organic salad	KCAL: 662,61 PROT: 24,58g CA: 299,92mg FE: 7,43mg HDC: 119,87g LP: 19,90g
	First	Poultry soup	
	Second	Complete hamburger with deluxe potatoes	
	Dessert	Fruit	
	Dinner	Gazpacho White meat /Fruit	

15	Starter	Seasonal vegetable salad	KCAL: 757,35 PROT: 31,79g CA: 164,97mg FE: 7,62mg HDC: 85,26g LP: 32,07g
	First	Grain spaghetti bolognes	
	Second	Grilled fish with stir fried vegetables	
	Dessert	Fruit	
	Dinner	Cob of corn with salt Poultry /Fruit	

16	Starter	Seasonal vegetable salad	KCAL: 1118,20 PROT: 29,83g CA: 158,99mg FE: 6,86mg HDC: 118,97g LP: 58,80g
	First	Cuban rice (tomato and egg)	
	Second	Scrambled potatoes and cured ham with tartar sauce (apart)	
	Dessert	Fruit	
	Dinner	Roasted sweet potato chips Homemade pizza with seasonal fresh	

17	Starter	Cold melon soup	KCAL: 899,35 PROT: 51,80g CA: 265,67mg FE: 9,99mg HDC: 102,79g LP: 30,96g
	First	Chickpeas with vegetables	
	Second	Hähnchenschenkel ohne Knochen with corn on the cob	
	Dessert	Organic fruit	
	Dinner	Roasted vegetables Grilled fish with lemon /Fruit	

18	Starter	Seasonal vegetable salad	KCAL: 961,37 PROT: 36,53g CA: 154,26mg FE: 9,26mg HDC: 121,41g LP: 37,36g
	First	Stewed lentils with seasonal vegetables	
	Second	Gardener Meatballs with chips	
	Dessert	Fruit	
	Dinner	Toast with avocado and lettuce Fried eggs /Fruit	

19	Starter	END-OF-YEAR MENU Complete salad with tuna and egg	KCAL: 925,40 PROT: 50,46g CA: 583,71mg FE: 8,36mg HDC: 62,31g LP: 52,01g
	First	Ham and cheese	
	Second	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	Dessert	Yogurt	
	Dinner	Gazpacho Lean pork /Fruit	

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

	Starter		KCAL
	First		PROT
	Second		CA
	Dessert		FE
	Dinner		HDC
			LP

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Cherry, Strawberry, Peach, Melon, Nectarine, Watermelon, Banana & Pineapple

DIFFERENTIATING VALUE

- VEGETARIAN RECIPE
- SUSTAINABLE FISHING
- ORGANIC PRODUCTS
- FOODIE RECIPE
- TRADITIONAL GASTRONOMY
- SEASONAL PRODUCT
- LOCAL PRODUCT KMD

ALLERGENS

- CELERY
- PEANUTS
- NUTS
- SESAME
- CRUSTACEANS
- EGG
- GLUTEN
- FISH
- SOY
- MOLLUSKS
- DAIRY
- SULPHITES
- LUPINS
- MUSTARD

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1	Starter	Seasonal vegetable salad	KCAL: 781,68 PROT: 30,02g CA: 410,51mg FE: 5,08mg HDC: 128,11g LIP: 35,00g
	First	Four cheese wheat pasta	
	Second	Breaded squids and eggplant	
	Dessert	Fruit	
	Dinner	Grilled zucchini Blue fish /Fruit	

2	Starter	Seasonal vegetable salad	KCAL: 931,01 PROT: 64,12g CA: 151,75mg FE: 9,78mg HDC: 85,50g LIP: 40,91g
	First	Cooked soup with vegetables BIO	
	Second	Roast turkey with roasted peppers	
	Dessert	Fruit	
	Dinner	Gazpacho Poultry /Fruit	

3	Starter	Fresh organic salad	KCAL: 880,05 PROT: 46,58g CA: 276,77mg FE: 8,41mg HDC: 110,50g LIP: 28,10g
	First	Lentils with seasonal vegetables	
	Second	Fish and chips	
	Dessert	Yogurt	
	Dinner	Sautéed green beans Scrambled eggs with vegetables /Fruit	

4	Starter	Salmorejo	KCAL: 972,43 PROT: 44,31g CA: 415,59mg FE: 6,08mg HDC: 102,91g LIP: 42,47g
	First	Milanese rice	
	Second	Spanish omelette Turkey and cheese	
	Dessert	Fruit	
	Dinner	Full salad Lean pork /Fruit	

5	Starter	Fresh organic salad	KCAL: 654,41 PROT: 24,23g CA: 253,56mg FE: 3,78mg HDC: 89,64g LIP: 22,06g
	First	Vegetable puree	
	Second	Homemade pizza	
	Dessert	Organic fruit	
	Dinner	Cooked potatoes Steamed fish /Fruit	

8	Starter	Seasonal vegetable salad	KCAL: 823,17 PROT: 34,16g CA: 108,02mg FE: 4,25mg HDC: 86,27g LIP: 38,58g
	First	Cream of zucchini, new potato and sweet onion	
	Second	Baked chicken with brown rice	
	Dessert	Fruit	
	Dinner	Roasted sweet potato chips Whitefish /Fruit	

9	Starter	Seasonal vegetable salad	KCAL: 783,05 PROT: 30,96g CA: 133,34mg FE: 8,61mg HDC: 96,92g LIP: 30,93g
	First	Lentils with vegetables	
	Second	Sausages with chips	
	Dessert	Fruit	
	Dinner	Quinoa with spices Lean red meat /Fruit	

10	Starter	Seasonal vegetable salad	KCAL: 1138,33 PROT: 35,09g CA: 281,36mg FE: 10,57mg HDC: 133,34g LIP: 51,83g
	First	Whole wheat pasta carbonara	
	Second	Breaded Calamari with potato wedges	
	Dessert	Organic fruit	
	Dinner	Hummus toast Vegetable omelette /Fruit	

11	Starter	Fresh organic salad	KCAL: 787,25 PROT: 37,54g CA: 313,35mg FE: 8,58mg HDC: 72,61g LIP: 53,52g
	First	Beans with organic vegetables ECO	
	Second	Roasted pork loin with chips	
	Dessert	Yogurt	
	Dinner	Full salad Grilled fish with lemon /Fruit	

12	Starter	Fresh organic salad	KCAL: 863,62 PROT: 31,62g CA: 345,63mg FE: 7,70mg HDC: 121,82g LIP: 38,25g
	First	Poultry soup	
	Second	Full burger with bacon, cheese and deluxe potatoes	
	Dessert	Fruit	
	Dinner	Gazpacho White meat /Fruit	

15	Starter	Seasonal vegetable salad	KCAL: 757,35 PROT: 31,79g CA: 164,97mg FE: 7,62mg HDC: 85,26g LIP: 32,07g
	First	Grain spaghetti bolognes	
	Second	Grilled fish with stir fried vegetables	
	Dessert	Fruit	
	Dinner	Cob of corn with salt Poultry /Fruit	

16	Starter	Seasonal vegetable salad	KCAL: 1118,20 PROT: 29,83g CA: 158,99mg FE: 6,86mg HDC: 118,97g LIP: 58,80g
	First	Cuban rice (tomato and egg)	
	Second	Scrambled potatoes and cured ham with tartar sauce (apart)	
	Dessert	Fruit	
	Dinner	Roasted sweet potato chips Homemade pizza with seasonal fresh	

17	Starter	Cold melon soup	KCAL: 843,25 PROT: 49,74g CA: 217,51mg FE: 8,12mg HDC: 84,69g LIP: 33,79g
	First	Chickpea, vegetable, and feta cheese salad	
	Second	Chicken thigh "ajillo" with corn on the cob	
	Dessert	Organic fruit	
	Dinner	Roasted vegetables Grilled fish with lemon /Fruit	

18	Starter	Seasonal vegetable salad	KCAL: 961,37 PROT: 36,53g CA: 154,26mg FE: 9,26mg HDC: 121,41g LIP: 37,36g
	First	Stewed lentils with seasonal vegetables	
	Second	Gardener Meatballs with chips	
	Dessert	Fruit	
	Dinner	Toast with avocado and lettuce Fried eggs /Fruit	

19	Starter	END-OF-YEAR MENU Complete salad with tuna and egg	KCAL: 977,08 PROT: 50,62g CA: 466,64mg FE: 8,68mg HDC: 70,22g LIP: 54,12g
	First	Gyozas with varied cold cuts	
	Second	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	Dessert	Yogurt	
	Dinner	Gazpacho Lean pork /Fruit	

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
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	Dessert		
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	Starter		KCAL: PROT: CA: FE: HDC: LIP:
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	Starter		KCAL: PROT: CA: FE: HDC: LIP:
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	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

	Starter		KCAL: PROT: CA: FE: HDC: LIP:
	First		
	Second		
	Dessert		
	Dinner		

1	Starter	Seasonal vegetable salad	KCAL 639,59 PROT 26,33g CA 363,73mg FE 3,97mg HDC 113,64g LP 27,34g
	first	Four cheese wheat pasta	
	second	Various croquettes with chips	
	dessert	Fruit	
	dinner	Grilled zucchini Blue fish /Fruit	

2	Starter	Seasonal vegetable salad	KCAL 838,38 PROT 40,97g CA 194,42mg FE 10,32mg HDC 97,64g LP 46,62g
	first	Cooked soup with vegetables BIO	
	second	Tenderloin in sauce with peas	
	dessert	Fruit	
	dinner	Gazpacho Poultry /Fruit	

3	Starter	Fresh organic salad	KCAL 856,16 PROT 54,37g CA 332,97mg FE 9,06mg HDC 90,88g LP 30,76g
	first	Lentils with seasonal vegetables	
	second	Wing chicken breast with corn	
	dessert	Yogurt	
	dinner	Sautéed green beans Scrambled eggs with vegetables /Fruit	

4	Starter	Salmorejo	KCAL 926,80 PROT 47,91g CA 82,29mg FE 6,26mg HDC 97,81g LP 37,48g
	first	Milanese rice	
	second	Turkey chops grilled fine herbs with tomato	
	dessert	Fruit	
	dinner	Full salad Lean pork /Fruit	

5	Starter	Fresh organic salad	KCAL 654,41 PROT 24,23g CA 253,56mg FE 3,78mg HDC 89,64g LP 22,05g
	first	Vegetable puree	
	second	Homemade pizza	
	dessert	Organic fruit	
	dinner	Cooked potatoes Steamed fish /Fruit	

8	Starter	Seasonal vegetable salad	KCAL 775,23 PROT 19,94g CA 322,52mg FE 4,07mg HDC 97,53g LP 35,62g
	first	Cream of zucchini, new potato and sweet onion	
	second	Gratin panini	
	dessert	Fruit	
	dinner	Roasted sweet potato chips Whitefish /Fruit	

9	Starter	Seasonal vegetable salad	KCAL 764,00 PROT 38,65g CA 192,38mg FE 9,43mg HDC 99,46g LP 24,18g
	first	Lentils with vegetables	
	second	Breaded Calamari with mayonnaise	
	dessert	Fruit	
	dinner	Quinoa with spices Lean red meat /Fruit	

10	Starter	Seasonal vegetable salad	KCAL 1209,39 PROT 29,86g CA 246,66mg FE 9,37mg HDC 137,84g LP 60,12g
	first	Whole wheat pasta carbonara	
	second	Chicken Nuggets with potato wedges	
	dessert	Organic fruit	
	dinner	Hummus toast Vegetable omelette /Fruit	

11	Starter	Fresh organic salad	KCAL 716,51 PROT 30,45g CA 338,08mg FE 7,84mg HDC 72,98g LP 33,77g
	first	Beans with organic vegetables ECO	
	second	Scrambled eggs with chistorra sausage with chips	
	dessert	Yogurt	
	dinner	Full salad Grilled fish with lemon /Fruit	

12	Starter	Fresh organic salad	KCAL 566,41 PROT 29,54g CA 167,74mg FE 4,66mg HDC 76,52g LP 27,28g
	first	Poultry soup	
	second	Pan gried hake with zucchini	
	dessert	Fruit	
	dinner	Gazpacho White meat /Fruit	

15	Starter	Seasonal vegetable salad	KCAL 729,78 PROT 27,86g CA 160,58mg FE 8,33mg HDC 84,36g LP 41,05g
	first	Grain spaghetti bolognes	
	second	Loin escalope with chips	
	dessert	Fruit	
	dinner	Cob of corn with salt Poultry /Fruit	

16	Starter	Seasonal vegetable salad	KCAL 919,88 PROT 32,48g CA 140,36mg FE 6,13mg HDC 109,31g LP 38,51g
	first	Cuban rice (tomato and egg)	
	second	Chicken drumsticks with cauliflower	
	dessert	Fruit	
	dinner	Roasted sweet potato chips Homemade pizza with seasonal fresh	

17	Starter	Cold melon soup	KCAL 678,73 PROT 24,77g CA 222,51mg FE 6,82mg HDC 87,17g LP 26,36g
	first	Chickpea, vegetable, and feta cheese salad	
	second	Spanish omelette	
	dessert	Organic fruit	
	dinner	Roasted vegetables Grilled fish with lemon /Fruit	

18	Starter	Seasonal vegetable salad	KCAL 709,10 PROT 39,40g CA 180,74mg FE 8,76mg HDC 94,20g LP 20,03g
	first	Stewed lentils with seasonal vegetables	
	second	Hake with lemon with vegetables	
	dessert	Fruit	
	dinner	Toast with avocado and lettuce Fried eggs /Fruit	

19	Starter	END-OF-YEAR MENU	KCAL 977,08 PROT 50,62g CA 466,64mg FE 8,68mg HDC 70,22g LP 54,12g
	first	Complete salad with tuna and egg	
	second	Gyozas with varied cold cuts	
	dessert	Baked rice (chickpeas, ribs, potatoes and tomatoes)	
	dinner	Yogurt Gazpacho Lean pork /Fruit	

	Starter		KCAL PROT CA FE HDC LP dinner
	first		
	second		
	dessert		
	dinner		

	Starter		KCAL PROT CA FE HDC LP dinner
	first		
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	dessert		
	dinner		

	Starter		KCAL PROT CA FE HDC LP dinner
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	Starter		KCAL PROT CA FE HDC LP dinner
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	Starter		KCAL PROT CA FE HDC LP dinner
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	Starter		KCAL PROT CA FE HDC LP dinner
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	Starter		KCAL PROT CA FE HDC LP dinner
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	Starter		KCAL PROT CA FE HDC LP dinner
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	dinner		

	Starter		KCAL PROT CA FE HDC LP dinner
	first		
	second		
	dessert		
	dinner		

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MENÚ CAFETERÍA JUNIO 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
- CRUSTÁCEOS
- HUEVO
- GLUTEN
- PESCADO
- SOJA
- MOLUSCOS
- LÁCTEOS
- SULFITOS
- ALTRAMUZES
- MOSTAZA

1 Plato del día

Macarrones integrales con salsa de quesos

2 Plato del día

Pavo al horno con asadillo de pimientos

3 Plato del día

Fish & Chips

4 Plato del día

Arroz milanesa

5 Plato del día

Pizza Artesana

8 Plato del día

Pollo al horno con arroz integral

9 Plato del día

Longanizas con patatas

10 Plato del día

Calamares a la romana con patatas gajo

11 Plato del día

Cabeza de lomo asado con patatas

12 Plato del día

Hamburguesa completa (queso y bacon) con patatas deluxe

15 Plato del día

Espaguetis integrales a la boloñesa

16 Plato del día

Arroz a la cubana

17 Plato del día

Jamoncitos al ajillo con mazorca

18 Plato del día

Albóndiga a la jardinera con patatas

19 Plato del día

Arroz al horno

22 Plato del día

23 Plato del día

24 Plato del día

25 Plato del día

26 Plato del día

29 Plato del día

30 Plato del día

Plato del día

Plato del día

Plato del día

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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.