

**PRE-NURSERY - Y3
MAY 2026**

SEASONAL FRUITS:

**Banana, Apple, Pear
Strawberry & Orange**

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	first	second	dessert	dinner	KCAL	PROT	CA	FE	HDC	LIP
4	Seasonal vegetable salad	Lentils with seasonal vegetables	Homemade cod croquette with corn cob	Fruit		942,05	39,79g	199,05mg	9,00mg	95,64g	44,51g
5	Hummus chickpea	Whole wheat pasta with tomato sauce and tuna with cheese	Baked hake fillet and eggplant	Fruit		827,31	53,20g	287,38mg	6,87mg	105,65g	39,48g
6	Seasonal vegetable salad	Valencian paella with free-range chicken	Spanish omelette with fresh cheese	Yogurt		767,74	40,64g	339,66mg	4,53mg	81,55g	30,27g
7	Seasonal vegetable salad	Chickpea stew with vegetables - Ecological dish	Sausages with carrot			612,92	22,96g	226,00mg	8,16mg	56,88g	32,90g
8	Seasonal vegetable salad	Mediterranean seasonal vegetable cream with wholemeal bread	Baked chicken with chips	Fruit		593,67	31,20g	138,65mg	4,77mg	59,07g	25,58g
11	Seasonal vegetable salad	Pasta in cheese sauce	Hake Provençal with peas	Fruit		622,33	35,55g	415,52mg	4,92mg	100,93g	26,53g
12	Complete salad with tuna and egg	Chicken noodle soup	Turkey with sauce with carrot	Fruit		847,76	56,25g	222,47mg	6,31mg	67,87g	48,30g
13	Andalusian gazpacho	Baked rice (chickpeas, ribs, potatoes and tomatoes)	Scrambled eggs	Yogurt		709,68	30,88g	244,22mg	7,43mg	64,82g	36,03g
14	Fresh organic salad	Mashed beans	Lean pork ragout in sauce with chips	Fruit		854,87	32,07g	215,01mg	8,69mg	81,20g	44,67g
15	Fresh organic salad	Vegetable puree	Homemade pizza	Organic fruit		654,41	24,23g	253,56mg	3,78mg	89,64g	22,06g
18	Seasonal vegetable salad	Whole wheat macaroni with homemade vegetable bolognese	Vizcaina style codfish	Fruit		581,51	30,90g	205,87mg	4,93mg	93,60g	25,19g
19	Seasonal vegetable salad	Cuban rice (tomato and egg)	Lean pork goulash with cous cous	Fruit		881,59	32,89g	123,37mg	5,15mg	113,40g	35,17g
20	Chickpea hummus with nachos	Meat cannelloni au gratin	Potato omelette and fresh cheese with fresh vegetable salad	Yogurt		805,45	60,51g	490,60mg	9,92mg	56,98g	45,16g
21	Seasonal vegetable salad	Lentils with vegetables and chorizo	Chicken drumsticks (Children's: Chicken ragout) with chips	Fruit		778,85	48,10g	153,48mg	12,91mg	79,01g	34,60g
22	Thai Gastronomic Day Thai salad with pickled mushroom	Italian noodles (tomato, cheese)	Lean pork goulash Vegetable wok	Special dessert		802,74	68,42g	236,53mg	6,25mg	223,21g	50,65g
25	Hummus chickpea	Caracolas to the Neapolitan	Spanish omelette with serrano ham (children: cooked ham)	Fruit		711,85	30,82g	221,10mg	7,38mg	106,07g	31,76g
26	Seasonal vegetable salad	Poultry soup with vegetables	Fish finger with broccoli	Fruit		538,55	25,16g	146,50mg	4,61mg	77,96g	25,60g
27	California salad	Bacon cheese fries	Paramount Burger with onion rings	Yogurt		930,72	28,83g	516,42mg	2,92mg	70,70g	58,10g
28	Fresh organic salad	Stewed lentils with seasonal vegetables with chips	Low fat pork and eggplant	Organic fruit		826,09	39,24g	162,11mg	9,59mg	94,90g	32,28g
29	Fresh organic salad	Milanese rice	Baked hake with Vichy carrot	Fruit		854,02	31,86g	173,18mg	5,83mg	123,74g	26,61g

**Y4 - Y11
MAY 2026**

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	starter	first	second	dessert	dinner	KCAL	PROT	CA	FE	HDC	LIP
4	Seasonal vegetable salad	Lentils with seasonal vegetables	Homemade cod croquette with corn cob	Fruit		942,05	39,79g	199,05mg	9,00mg	195,64g	44,51g
5	Hummus chickpea	Whole wheat pasta with tomato sauce and tuna with cheese	Baked hake fillet and eggplant	Fruit		827,31	53,20g	287,38mg	6,87mg	105,65g	39,48g
6	Seasonal vegetable salad	Valencian paella with free-range chicken	Spanish omelette with fresh cheese	Yogurt		767,74	40,64g	339,66mg	4,53mg	81,55g	30,27g
7	Seasonal vegetable salad	Chickpea stew with vegetables - Ecological dish	Sausages with carrot			612,92	22,96g	226,00mg	8,16mg	56,88g	32,90g
8	Seasonal vegetable salad	Mediterranean seasonal vegetable cream with wholemeal bread	Baked chicken with chips	Fruit		593,67	31,20g	138,65mg	4,77mg	59,07g	25,58g
11	Seasonal vegetable salad	Pasta in cheese sauce	Hake Provençal with peas	Fruit		622,33	35,55g	415,52mg	4,92mg	100,93g	26,53g
12	Complete salad with tuna and egg	Chicken noodle soup	Turkey curry with sticks of carrot and yogurt sauce	Fruit		718,27	45,19g	261,25mg	6,15mg	69,39g	37,20g
13	Andalusian gazpacho	Baked rice (chickpeas, ribs, potatoes and tomatoes)	Scrambled eggs with serrano ham	Yogurt		781,12	34,08g	246,10mg	7,90mg	64,82g	42,61g
14	Fresh organic salad	Vegetable "fabada"	Baked tenderloin with chips	Fruit		862,84	40,40g	216,08mg	11,32mg	76,14g	59,16g
15	Fresh organic salad	Vegetable puree	Homemade pizza	Organic fruit		654,41	24,23g	253,56mg	3,78mg	89,64g	22,06g
18	Seasonal vegetable salad	Whole wheat Macaroni with homemade vegetable bolognese	Vizzaina style codfish	Fruit		581,51	30,90g	205,87mg	4,93mg	93,60g	25,19g
19	Seasonal vegetable salad	Cuban rice (tomato and egg)	Lean pork goulash with cous cous	Fruit		881,59	32,89g	123,37mg	5,15mg	113,40g	35,17g
20	Chickpea hummus with nachos	Meat cannelloni au gratin	Potato omelette and fresh cheese with fresh vegetable salad	Yogurt		805,45	60,51g	490,60mg	9,92mg	56,98g	45,16g
21	Seasonal vegetable salad	Lentils with vegetables and chorizo	Chicken drumsticks (Children's: Chicken ragout) with chips	Fruit		778,85	48,10g	153,48mg	12,91mg	79,01g	34,60g
22	Thai Gastronomic Day Thai salad with pickled mushroom	Noodles with shrimp and vegetables	Siamese style pork with thai vegetables	Special dessert		685,54	54,61g	188,23mg	6,74mg	206,08g	37,19g
25	Hummus chickpea	Elbow salad with vegetables and cheese	Spanish omelette with serrano ham (children: cooked ham)	Fruit		700,28	32,21g	242,08mg	7,95mg	103,10g	29,98g
26	Seasonal vegetable salad	Poultry soup with vegetables	Fish finger with broccoli	Fruit		538,55	25,16g	146,50mg	4,61mg	77,96g	25,60g
27	California salad	Bacon cheese fries	Paramount Burger with onion rings	Yogurt		930,72	28,83g	516,42mg	2,92mg	70,70g	58,10g
28	Fresh organic salad	Stewed lentils with seasonal vegetables with chips	Loin escalope and eggplant	Organic fruit		755,73	34,27g	126,98mg	9,75mg	83,05g	43,16g
29	Fresh organic salad	Milanese rice	Baked hake with Vichy carrot	Fruit		854,02	31,86g	173,18mg	5,83mg	123,74g	26,61g



BRITISH SCHOOL OF VALENCIA

**Y9 - Y11 - 2ND OPTION
MAY 2026**

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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		

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

4	starter	Seasonal vegetable salad	KCAL
			727,36
			PROT
	first	Lentils with seasonal vegetables	35,61g
			CA
			152,00mg
			FE
	second	Scrambled eggs with chistorra sausage with chips	9,48mg
			HDC
			72,19g
			LIP
			33,01g
	dessert	Fruit	
	dinner		

5	starter	Hummus chickpea	KCAL
			843,40
			PROT
	first	Whole wheat pasta with tomato sauce and tuna with cheese	50,31g
			CA
			270,24mg
			FE
	second	Tenderloin in sauce	8,64mg
			HDC
			109,78g
			LIP
			50,63g
	dessert	Fruit	
	dinner		

6	starter	Seasonal vegetable salad	KCAL
			899,64
			PROT
	first	Valencian paella with free-range chicken	63,37g
			CA
			272,91mg
			FE
	second	Turkey cutlets with zucchini	5,88mg
			HDC
			75,15g
			LIP
			36,62g
	dessert	Yogurt	
	dinner		

7	starter	Seasonal vegetable salad	KCAL
			486,45
			PROT
	first	Chickpea stew with vegetables - Ecological dish	27,21g
			CA
			253,11mg
			FE
	second	Baked haddock	7,67mg
			HDC
			52,65g
			LIP
			18,75g
	dessert		
	dinner		

8	starter	Seasonal vegetable salad	KCAL
			496,91
			PROT
	first	Mediterranean seasonal vegetable cream with wholemeal bread	15,87g
			CA
			116,02mg
			FE
	second	Fish fingers	3,17mg
			HDC
			58,97g
			LIP
			21,80g
	dessert	Fruit	
	dinner		

11	starter	Seasonal vegetable salad	KCAL
			695,19
			PROT
	first	Pasta in cheese sauce	47,24g
			CA
			382,88mg
			FE
	second	Lean pork with tomato sauce	5,36mg
			HDC
			89,25g
			LIP
			35,07g
	dessert	Fruit	
	dinner		

12	starter	Complete salad with tuna and egg	KCAL
			813,33
			PROT
	first	Chicken noodle soup	33,85g
			CA
			223,95mg
			FE
	second	Chicken nuggets and coleslaw	6,03mg
			HDC
			84,02g
			LIP
			47,80g
	dessert	Fruit	
	dinner		

13	starter	Andalusian gazpacho	KCAL
			730,58
			PROT
	first	Baked rice (chickpeas, ribs, potatoes and tomatoes)	43,84g
			CA
			228,94mg
			FE
	second	Chicken with garlic	7,25mg
			HDC
			65,03g
			LIP
			32,44g
	dessert	Yogurt	
	dinner		

14	starter	Fresh organic salad	KCAL
			708,32
			PROT
	first	Vegetable "fabada"	39,27g
			CA
			212,38mg
			FE
	second	Salmon Crunch	9,58mg
			HDC
			74,57g
			LIP
			28,28g
	dessert	Fruit	
	dinner		

15	starter	Fresh organic salad	KCAL
			654,41
			PROT
	first	Vegetable puree	24,23g
			CA
			253,56mg
			FE
	second	Homemade pizza	3,78mg
			HDC
			89,64g
			LIP
			22,06g
	dessert	Organic fruit	
	dinner		

18	starter	Seasonal vegetable salad	KCAL
			590,41
			PROT
	first	Whole wheat macaroni with homemade vegetable bolognese	25,35g
			CA
			118,06mg
			FE
	second	Sausages	4,17mg
			HDC
			84,81g
			LIP
			32,85g
	dessert	Fruit	
	dinner		

19	starter	Seasonal vegetable salad	KCAL
			622,05
			PROT
	first	Cuban rice (tomato and egg)	21,42g
			CA
			121,85mg
			FE
	second	Baked fish fillet	3,50mg
			HDC
			83,98g
			LIP
			22,30g
	dessert	Fruit	
	dinner		

20	starter	Chickpea hummus with nachos	KCAL
			851,14
			PROT
	first	Fish fideuà	70,44g
			CA
			345,68mg
			FE
	second	Loin escalope	13,33mg
			HDC
			108,87g
			LIP
			52,97g
	dessert	Yogurt	
	dinner		

21	starter	Seasonal vegetable salad	KCAL
			853,93
			PROT
	first	Lentils with vegetables and chorizo	40,17g
			CA
			300,09mg
			FE
	second	Panini with tuna and cheese	9,00mg
			HDC
			104,19g
			LIP
			31,72g
	dessert	Fruit	
	dinner		

22	starter	Thai Gastronomic Day Thai salad with pickled mushroom	KCAL
			685,54
			PROT
	first	Noodles with shrimp and vegetables	54,61g
			CA
			188,23mg
			FE
	second	Siamese style pork with thai vegetables	7,4mg
			HDC
			206,08g
			LIP
			37,19g
	dessert	Special dessert	
	dinner		

25	starter	Hummus chickpea	KCAL
			635,55
			PROT
	first	Pasta salad (tuna, egg and vegetables) / inf. Pasta with tomato and tuna with cheese	32,37g
			CA
			241,56mg
			FE
	second	Various croquettes	6,14mg
			HDC
			106,92g
			LIP
			26,69g
	dessert	Fruit	
	dinner		

26	starter	Seasonal vegetable salad	KCAL
			630,86
			PROT
	first	Poultry soup with vegetables	42,60g
			CA
			106,56mg
			FE
	second	Turkey chops grilled fine herbs	5,67mg
			HDC
			66,98g
			LIP
			31,92g
	dessert	Fruit	
	dinner		

27	starter	California salad	KCAL
			682,88
			PROT
	first	Bacon cheese fries	31,30g
			CA
			398,67mg
			FE
	second	Grilled fish	2,37mg
			HDC
			23,97g
			LIP
			50,71g
	dessert	Yogurt	
	dinner		

28	starter	Fresh organic salad	KCAL
			854,71
			PROT
	first	Homemade lentils with chips	49,56g
			CA
			141,32mg
			FE
	second	Floured blue whiting	9,58mg
			HDC
			91,60g
			LIP
			32,28g
	dessert	Organic fruit	
	dinner		

29	starter	Fresh organic salad	KCAL
			919,02
			PROT
	first	Milanese rice	30,32g
			CA
			144,32mg
			FE
	second	Scrambled	6,91mg
			HDC
			126,85g
			LIP
			33,03g
	dessert	Fruit	
	dinner		



MENÚ CAFETERÍA MAYO 2026

VALORES DIFERENCIADORES

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

ALÉRGENOS

- APRO
- CACAHUETE
- FRUTOS SECOS
- SÉSAMO
- CRUSTÁCEOS
- HUEVO
- GLUTEN
- PESCADO
- SOJA
- MOLUSCOS
- LÁCTEOS
- SUFREDO
- ALTRAMUCCES
- MOSTAZA

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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.

Plato del día	Plato del día	Plato del día	Plato del día	1 Plato del día
				FESTIVO
4 Plato del día	5 Plato del día	6 Plato del día	7 Plato del día	8 Plato del día
Croquetas de bacalao con mazorca de maíz	Espaguetis integrales con tomate, atún y queso	Paella valenciana con pollo de campo	Longanizas magras con zanahoria baby	Pollo al horno con patatas
11 Plato del día	12 Plato del día	13 Plato del día	14 Plato del día	15 Plato del día
Espaguetis con salsa de queso	Pavo al curry con bastoncitos de zanahoria y salsa de yogur	Arroz al horno	Lomo al horno con patatas	Pizzero Artesano
18 Plato del día	19 Plato del día	20 Plato del día	21 Plato del día	22 Plato del día
Macarrones integrales con boloñesa vegetal (soja texturizada)	Arroz a la cubana	Canelones de carne	Pollo con chips de patata	Tallarines con gambas estilo thai
25 Plato del día	26 Plato del día	27 Plato del día	28 Plato del día	29 Plato del día
Tortilla de patatas con jamón	Fingers de pescado con brócoli	Hamburguesa Paramount con aros de cebolla	Lomo a la plancha con berenjena	Arroz milanese