

1 starter Fresh seasonal salad KCAL 871,66 PROT 30,61g CA 261,41mg FE 5,20mg HDC 111,52g LIP 34,30g first Valencian paella second Scrambled eggs with cheese dessert Fruit dinner Grilled zucchini White meat /Fruit	2 starter Fresh organic salad KCAL 765,75 PROT 35,71g CA 179,24mg FE 10,15mg HDC 98,00g LIP 37,50g first Organic lentils with vegetables second Loin escalope with ratatouille dessert Organic fruit dinner Vegetable skewers Steamed fish /Fruit			
5 starter Fresh seasonal salad KCAL 812,99 PROT 29,64g CA 234,03mg FE 6,78mg HDC 111,52g LIP 28,07g first Whole grain Neapolitan style spaghetti second Cod with seafood and eggplant dessert Fruit dinner Full salad White meat /Fruit	6 starter Fresh organic salad KCAL 1066,38 PROT 54,34g CA 186,88mg FE 8,92mg HDC 126,60g LIP 36,68g first Autumn rice (mushrooms, squash and lean pork) second Turkey stew with chips dessert Organic fruit dinner Carrot cream Lean red meat /Fruit	7 starter Fresh seasonal salad KCAL 646,54 PROT 27,51g CA 303,69mg FE 3,98mg HDC 53,12g LIP 36,18g first Minestrone soup with vegetables BIO second Boneless chicken with corn on the cob (Children: sautéed corn) dessert Yogurt dinner Sautéed green beans Grilled fish with lemon /Fruit	8 starter Fresh organic salad KCAL 709,34 PROT 28,20g CA 233,28mg FE 10,21mg HDC 70,93g LIP 34,69g first Chickpea stew with spinach second French omelette with ham dessert Fruit dinner Steamed broccoli Spanish omelette /Fruit	9 starter Holiday KCAL 809,38 PROT 26,12g CA 248,72mg FE 3,70mg HDC 97,26g LIP 35,76g first Holiday second Holiday dessert Holiday dinner Holiday
12 starter Holiday KCAL 735,91 PROT 43,38g CA 284,55mg FE 6,30mg HDC 80,17g LIP 33,66g first Holiday second Holiday dessert Holiday dinner Holiday	13 starter Fresh seasonal salad KCAL 747,18 PROT 29,64g CA 251,79mg FE 4,95mg HDC 124,47g LIP 33,27g first Whole Macaroni with tomatoe with cheese second Cordon bleu with chips dessert Fruit dinner Vegetables wok Whitefish /Fruit	14 starter Fresh organic salad KCAL 735,91 PROT 43,38g CA 284,55mg FE 6,30mg HDC 80,17g LIP 33,66g first Noodle soup second Boneless chicken with corn on the cob (Children: sautéed corn) dessert Yogurt dinner Gratin vegetable toast Egg /Fruit	15 starter Fresh organic salad KCAL 822,65 PROT 33,90g CA 168,93mg FE 8,76mg HDC 108,50g LIP 29,00g first Baked rice (chickpeas, ribs, potatoes and tomatoes) second Hake Provencal with carrot dessert Organic fruit dinner Leek cream Lean red meat /Fruit	16 starter Fresh seasonal salad KCAL 809,38 PROT 26,12g CA 248,72mg FE 3,70mg HDC 97,26g LIP 35,76g first Seasonal vegetable cream second Homemade pizza dessert Fruit dinner Grilled zucchini Grilled fish with lemon /Fruit
19 starter Fresh seasonal salad KCAL 842,54 PROT 34,74g CA 360,87mg FE 6,28mg HDC 91,93g LIP 38,06g first Whole grain macaroni in cheese sauce second Grilled fish with broccoli dessert Fruit dinner Escalivada White meat /Fruit	20 starter Fresh organic salad KCAL 810,43 PROT 27,23g CA 293,36mg FE 6,01mg HDC 110,61g LIP 29,43g first White rice with tomato and egg second Spanish omelette with manchego cheese dessert Organic fruit dinner Pumpkin and potato Poultry /Fruit	21 starter Fresh seasonal salad KCAL 812,98 PROT 37,66g CA 552,62mg FE 4,98mg HDC 136,75g LIP 30,45g first Italian pasta (tomato, cheese) second Complete hamburger dessert Yogurt dinner Creamed vegetables Blue fish /Fruit	22 starter Fresh organic salad KCAL 844,58 PROT 40,68g CA 240,14mg FE 9,52mg HDC 71,81g LIP 43,88g first Asturian Fabada Stew BIO second Cream pork loin with mushroom dessert Fruit dinner Grated cauliflower Codfish omelette /Fruit	23 starter Fresh seasonal salad KCAL 736,38 PROT 39,09g CA 219,91mg FE 9,20mg HDC 97,19g LIP 21,76g first Chickpeas with vegetables second Chicken in sauce with chips dessert Fruit dinner Roasted sweet potato chips Whitefish /Fruit
26 starter Fresh seasonal salad KCAL 796,06 PROT 31,31g CA 178,17mg FE 9,22mg HDC 109,98g LIP 25,68g first Lentils with vegetables with brown rice second Spanish omelette with sliced zucchini dessert Fruit dinner Grilled onion tender and red pepper Lean pork /Fruit	27 starter Fresh seasonal salad KCAL 702,33 PROT 21,89g CA 160,96mg FE 5,31mg HDC 90,89g LIP 28,30g first Potatoes with york second Hake in mery sauce with green beans dessert Fruit dinner Full salad Pizza with vegetables and cheese /Fruit	28 starter Fresh organic salad KCAL 783,98 PROT 34,92g CA 265,07mg FE 11,53mg HDC 124,11g LIP 35,98g first Stewed chickpeas with vegetables second Tenderloin in sauce with gnocchi dessert Fruit dinner Creamed vegetables Steamed fish /Fruit	29 starter Fresh seasonal salad KCAL 785,44 PROT 30,83g CA 163,24mg FE 5,36mg HDC 119,81g LIP 21,04g first Milanese rice second Haddock in paprika oil with sauteed vegetables dessert Fruit dinner Sautéed vegetable stew Scrambled eggs with garlic /Fruit	30 starter HALLOWEEN Zombie fingers KCAL 937,40 PROT 34,70g CA 352,08mg FE 5,26mg HDC 86,14g LIP 70,62g first Worms with brain sauce second Witch meat with dragon eggs dessert Chocolate brownie dinner Roasted vegetables Whitefish /Fruit

Y4 - Y11
OCTOBER 2026

SEASONAL FRUITS:

Apple, Pear, Mandarin &
Banana

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

1	starter	Fresh seasonal salad	KCAL
	first	Valencian paella	871,66 PROT 30,61g CA 261,41mg FE
	second	Scrambled eggs with cheese	5,20mg HDC
	dessert	Fruit	111,52g LIP
	dinner	Grilled zucchini White meat /Fruit	34,30g

2	starter	Fresh organic salad	KCAL
	first	Organic lentils with vegetables	765,75 PROT 35,71g CA 179,24mg FE
	second	Loin escalope with ratatouille	10,15mg HDC
	dessert	Organic fruit	98,00g LIP
	dinner	Vegetable skewers Steamed fish /Fruit	37,50g

5	starter	Fresh seasonal salad	KCAL
	first	Whole grain Neapolitan style spaghetti	812,99 PROT 29,64g CA 234,03mg FE
	second	Cod with seafood and eggplant	6,78mg HDC
	dessert	Fruit	111,52g LIP
	dinner	Full salad White meat /Fruit	28,07g

6	starter	Fresh organic salad	KCAL
	first	Autumn rice (mushrooms, squash and lean pork)	1052,04 PROT 71,78g CA 144,40mg FE
	second	Roast turkey with chips	9,01mg HDC
	dessert	Organic fruit	87,02g LIP
	dinner	Carrot cream Lean red meat /Fruit	45,29g

7	starter	Fresh seasonal salad	KCAL
	first	Minestrone soup with vegetables BIO	830,48 PROT 41,56g CA 312,89mg FE
	second	Chicken with honey with corn on the cob (Children: sautéed corn)	4,78mg HDC
	dessert	Yogurt	68,58g LIP
	dinner	Sautéed green beans Grilled fish with lemon /Fruit	42,20g

8	starter	Fresh organic salad	KCAL
	first	Chickpea stew with spinach	709,34 PROT 28,20g CA 233,28mg FE
	second	French omelette with ham	10,21mg HDC
	dessert	Fruit	70,93g LIP
	dinner	Steamed broccoli Spanish omelette /Fruit	34,69g

9	starter		KCAL
	first	Holiday	
	second		
	dessert		
	dinner		

12	starter		KCAL
	first	Holiday	
	second		
	dessert		
	dinner		

13	starter	Fresh seasonal salad	KCAL
	first	Whole Macaroni with tomatoe with cheese	747,18 PROT 29,64g CA 251,79mg FE
	second	Cordon bleu with chips	4,95mg HDC
	dessert	Fruit	124,47g LIP
	dinner	Vegetables wok Whitefish /Fruit	33,27g

14	starter	Fresh organic salad	KCAL
	first	Noodle soup	821,29 PROT 57,38g CA 299,23mg FE
	second	Baked chicken with corn on the cob (Children: sautéed corn)	7,20mg HDC
	dessert	Yogurt	80,32g LIP
	dinner	Gratin vegetable toast Egg /Fruit	36,78g

15	starter	Fresh organic salad	KCAL
	first	Baked rice (chickpeas, ribs, potatoes and tomatoes)	822,65 PROT 33,90g CA 168,93mg FE
	second	Hake Provencal with carrot	8,76mg HDC
	dessert	Organic fruit	108,50g LIP
	dinner	Leek cream Lean red meat /Fruit	29,00g

16	starter	Fresh seasonal salad	KCAL
	first	Seasonal vegetable cream	809,38 PROT 26,12g CA 248,72mg FE
	second	Homemade pizza	3,70mg HDC
	dessert	Fruit	97,26g LIP
	dinner	Grilled zucchini Grilled fish with lemon /Fruit	35,76g

19	starter	Fresh seasonal salad	KCAL
	first	Whole grain macaroni in cheese sauce	842,54 PROT 34,74g CA 360,87mg FE
	second	Grilled fish with broccoli	6,28mg HDC
	dessert	Fruit	91,93g LIP
	dinner	Escalivada White meat /Fruit	38,06g

20	starter	Fresh organic salad	KCAL
	first	White rice with tomato and egg	810,43 PROT 27,23g CA 293,36mg FE
	second	Spanish omelette with manchego cheese	6,01mg HDC
	dessert	Organic fruit	110,61g LIP
	dinner	Pumpkin and potato Poultry /Fruit	29,43g

21	starter	Fresh seasonal salad	KCAL
	first	Italian pasta (tomato, cheese)	812,98 PROT 37,66g CA 552,62mg FE
	second	Complete hamburger	4,98mg HDC
	dessert	Yogurt	136,75g LIP
	dinner	Creamed vegetables Blue fish /Fruit	30,45g

22	starter	Fresh organic salad	KCAL
	first	Asturian Fabada Stew BIO	844,58 PROT 40,68g CA 240,14mg FE
	second	Cream pork loin with mushroom	9,52mg HDC
	dessert	Fruit	71,81g LIP
	dinner	Grated cauliflower Codfish omelette /Fruit	43,88g

23	starter	Fresh seasonal salad	KCAL
	first	Chickpeas with vegetables	832,46 PROT 35,89g CA 244,05mg FE
	second	BBQ chicken hams with chips	10,12mg HDC
	dessert	Fruit	103,33g LIP
	dinner	Roasted sweet potato chips Whitefish /Fruit	30,77g

26	starter	Fresh seasonal salad	KCAL
	first	Lentils with vegetables with brown rice	796,06 PROT 31,31g CA 178,17mg FE
	second	Spanish omelette with sliced zucchini	9,22mg HDC
	dessert	Fruit	109,98g LIP
	dinner	Grilled onion tender and red pepper Lean pork /Fruit	25,68g

27	starter	Fresh seasonal salad	KCAL
	first	Gratin potatoes	966,77 PROT 33,05g CA 325,69mg FE
	second	Hake in mery sauce with green beans	5,25mg HDC
	dessert	Fruit	58,35g LIP
	dinner	Full salad Pizza with vegetables and cheese /Fruit	67,46g

28	starter	Fresh organic salad	KCAL
	first	Stewed chickpeas with vegetables	783,98 PROT 34,92g CA 265,07mg FE
	second	Tenderloin in sauce with gnocchi	11,53mg HDC
	dessert	Fruit	124,11g LIP
	dinner	Creamed vegetables Steamed fish /Fruit	35,98g

29	starter	Fresh seasonal salad	KCAL
	first	Milanese rice	785,44 PROT 30,83g CA 163,24mg FE
	second	Haddock in paprika oil with sauteed vegetables	5,36mg HDC
	dessert	Fruit	119,81g LIP
	dinner	Sautéed vegetable stew Scrambled eggs with garlic /Fruit	21,04g

30	starter	HALLOWEEN Zombie fingers	KCAL
	first	Worms with brain sauce	937,40 PROT 34,70g CA 352,08mg FE
	second	Witch meat with dragon eggs	5,26mg HDC
	dessert	Chocolate brownie	86,14g LIP
	dinner	Roasted vegetables Whitefish /Fruit	70,62g

DIFFERENTIATING VALUE



ALLERGENS



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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 Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	2 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	3 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	4 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	5 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	6 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	7 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	8 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	9 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner
10 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	11 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	12 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	13 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	14 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	15 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	16 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	17 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	18 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner
19 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	20 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	21 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	22 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	23 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	24 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	25 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	26 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	27 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner
28 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	29 starter Fresh seasonal salad KCAL PROT CA FE HDC LIP dinner	30 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	31 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	32 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	33 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	34 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	35 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner	36 starter Fresh organic salad KCAL PROT CA FE HDC LIP dinner

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BRITISH
SCHOOL
OF VALENCIA

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NEXUS

A GLOBAL PRE-UNIVERSITY EXPERIENCE

MENÚ CAFETERÍA
OCTUBRE 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



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.

Plato del día	Plato del día	Plato del día	1Plato del día Paella Valenciana ↑	2Plato del día Escalope de lomo con tomate ↑
5Plato del día Espaguetis integrales a la napolitana ⌘ ↑	6Plato del día Arroz de otoño (secreto y calabaza) ↑ ⌘ ⌘	7Plato del día Pollo rustido a la miel con mazorca ↑ ↑ ⌘ ⌘	8Plato del día Albóndigas en salsa con patatas ↑ ⌘ ⌘	9Plato del día FESTIVO
12Plato del día FESTIVO	13Plato del día Macarrones integrales en salsa de tomate y queso ⌘ ↑ ↑	14Plato del día Pollo al horno con mazorca ↑ ↑ ⌘	15Plato del día Arroz al horno ↑ ⌘ ⌘	16Plato del día Pizzero Artesano ⌘ ↑ ↑ ⌘ ⌘
19Plato del día Macarrones integrales con salsa de quesos ↑ ⌘ ⌘ ↑ ↑	20Plato del día Arroz a la cubana ⌘ ⌘	21Plato del día Hamburguesa con queso ⌘ ↑ ⌘ ↑ ⌘ ⌘ ⌘ ⌘	22Plato del día Lomo a la crema con champiñones ⌘ ⌘ ⌘ ↑ ⌘	23Plato del día Pollo a la BBQ con patatas ⌘
26Plato del día Longanizas a la plancha con calabacín ⌘ ⌘	27Plato del día Gratinado de patatas ↑ ⌘ ↑ ↑ ⌘ ⌘	28Plato del día Escalope de lomo en salsa con ñoquis ↑ ⌘ ⌘ ↑ ⌘ ⌘	29Plato del día Arroz milanesa ↑ ↑ ⌘	30Plato del día Espirales con salsa de quesos ⌘ ↑ ⌘ ⌘ ⌘ ⌘