

PRE-NURSERY - Y3
SEPTEMBER 2026

SEASONAL FRUITS:

Apple, Melon,
Pineapple

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

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

7	starter	Fresh seasonal salad	KCAL
	first	Chinese fried rice with soy sauce	996,29
	second	Mixed hamburger with potatoes	45,91g 94,95mg 5,88mg 82,35g 53,34g
	dessert	Fruit	
	dinner	Stuffed aubergine with vegetables Grilled fish with lemon /Fruit	

8	starter	Fresh seasonal salad	KCAL
	first	Whole grain Neapolitan style spaghetti	834,75
	second	Hake in "marinera" style	42,59g 287,24mg 7,85mg 108,14g 26,21g
	dessert	Fruit	
	dinner	Stuffed zucchini Poultry /Fruit	

9	starter	Fresh seasonal salad	KCAL
	first	"Minestrone" soup	823,98
	second	Rosemary Chicken with pepper	45,71g 148,66mg 6,28mg 116,51g 36,10g
	dessert	Fruit	
	dinner	Rice soup and vegetables Homemade vegetable croquettes /Fruit	

10	starter	Fresh organic salad	KCAL
	first	Vegetable quesadilla	878,71
	second	Lentils with vegetables with brown rice	33,52g 311,39mg 8,29mg 138,73g 21,04g
	dessert	Organic fruit	
	dinner	Grilled zucchini Lean white meat /Fruit	

11	starter	Andalusian gazpacho	KCAL
	first	Pasta salad with cherry tomato, cheese and vegetables	887,39
	second	Fish and chips	37,16g 176,91mg 4,73mg 146,59g 35,81g
	dessert	Fruit	
	dinner	Full salad Scrambled eggs with peas and ham /Fruit	

14	starter	Fresh seasonal salad with fruit	KCAL
	first	Creamed legumes with wholemeal bread	845,07
	second	Scallops back with pepper	34,80g 173,58mg 8,90mg 93,77g 53,57g
	dessert	Fruit	
	dinner	Cob of corn with salt Fish croquettes /Fruit	

15	starter	Fresh seasonal salad	KCAL
	first	Wholemeal macaroni Piedmontese style	843,53
	second	Spanish omelette with zucchini	29,12g 342,50mg 7,86mg 110,03g 32,35g
	dessert	Fruit	
	dinner	Grated cauliflower Poultry /Fruit	

16	starter	Fresh organic salad	KCAL
	first	Cooked soup with vegetables and noodles	823,49
	second	Sausages with roasted potatoes on paprika	38,10g 296,89mg 7,69mg 86,15g 40,93g
	dessert	Yogurt	
	dinner	Escalivada Steamed fish /Fruit	

17	starter	Fresh seasonal salad	KCAL
	first	Milanese rice	776,19
	second	Grilled fish with carrot	29,37g 109,13mg 4,84mg 95,47g 30,86g
	dessert	Fruit	
	dinner	Roasted sweet potato chips Egg /Fruit	

18	starter	Fresh organic salad	KCAL
	first	Ham and Cheese Panini	981,23
	second	Beans with organic vegetables ECO	37,72g 408,55mg 9,26mg 122,63g 39,11g
	dessert	Organic fruit	
	dinner	Mushroom au gratin Lean white meat /Fruit	

21	starter	Fresh seasonal salad	KCAL
	first	Wholemeal spaghetti with vegetal bolognese with fresh basil	740,66
	second	Hake Provencal with broccoli	30,88g 222,14mg 6,87mg 110,51g 20,53g
	dessert	Fruit	
	dinner	Gratin potatoes Chicken meatballs /Fruit	

22	starter	Seasonal salad with pomegranate	KCAL
	first	Lentils with seasonal vegetables	951,35
	second	Pork fricandeau with brown rice	49,55g 150,37mg 9,89mg 122,98g 29,55g
	dessert	Fruit	
	dinner	Full salad Tuna and zucchini omelet /Fruit	

23	starter	Fresh organic salad	KCAL
	first	White rice with tomato and egg	876,40
	second	Floured anchovies with zucchini	33,48g 251,17mg 4,54mg 92,90g 41,43g
	dessert	Yogurt	
	dinner	Broad beans sautéed with tender garlic Turkey with mushrooms /Fruit	

24	starter	Fresh organic salad	KCAL
	first	Poultry soup with ORGANIC vegetables	846,73
	second	Roast Chicken (Children: Boneless Chicken) with corn on the cob	42,92g 157,02mg 5,90mg 98,31g 39,77g
	dessert	Organic fruit	
	dinner	Vegetables wok Grilled fish with lemon /Fruit	

25	starter	Fresh seasonal salad	KCAL
	first	Stew chickpeas	985,49
	second	Homemade pizza	41,11g 351,44mg 9,14mg 136,24g 31,20g
	dessert	Fruit	
	dinner	Grilled onion tender and red pepper Chicken and spinach crepes /Fruit	

28	starter	Fresh seasonal salad	KCAL
	first	Pasta in cheese sauce	819,52
	second	Homemade crispy pollock with green beans	38,43g 461,38mg 5,92mg 125,18g 37,18g
	dessert	Fruit	
	dinner	Full salad Lean white meat /Fruit	

29	starter	Fresh seasonal salad	KCAL
	first	Leek and pumpkin cream with wholemeal bread	837,49
	second	Turkey curry with chips	31,33g 184,25mg 5,99mg 81,65g 43,33g
	dessert	Fruit	
	dinner	Spiced cous cous Blue fish /Fruit	

30	starter	Fresh organic salad	KCAL
	first	Breaded Calamari with chips	847,89
	second	Fideua of vegetables and soy with pak choy	39,61g 326,22mg 6,00mg 128,09g 40,16g
	dessert	Plain yogurt	
	dinner	Vegetable skewers Cheese omelette /Fruit	

	starter		KCAL
	first		PROT
	second		CA
	dessert		FE
	dinner		HDC
			LIP

	starter		KCAL
	first		PROT
	second		CA
	dessert		FE
	dinner		HDC
			LIP

Y4 - Y11
SEPTEMBER 2026

SEASONAL FRUITS:

Banana, Apple, Melon
Pineapple

DIFFERENTIATING VALUE



ALLERGENS



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	starter		KCAL		PROT		CA		FE		HDC		LIP		dinner
7	Fresh seasonal salad		996,29		45,91g		94,95mg		5,88mg		82,35g		53,34g		Stuffed aubergine with vegetables Grilled fish with lemon /Fruit
8	Fresh seasonal salad		834,75		42,59g		287,24mg		7,85mg		108,14g		26,21g		Stuffed zucchini Poultry /Fruit
9	Fresh seasonal salad		823,98		45,71g		148,66mg		6,28mg		116,51g		36,10g		Rice soup and vegetables Homemade vegetable croquettes /Fruit
10	Fresh organic salad		887,71		33,52g		311,39mg		8,29mg		138,73g		21,04g		Grilled zucchini Lean white meat /Fruit
11	Andalusian gazpacho		887,39		37,16g		176,91mg		4,73mg		146,59g		35,81g		Full salad Scrambled eggs with peas and ham /Fruit
14	Fresh seasonal salad with fruit		845,07		34,80g		173,58mg		8,90mg		93,77g		53,57g		Cob of corn with salt Fish croquettes /Fruit
15	Fresh seasonal salad		843,53		29,12g		342,50mg		7,86mg		110,03g		32,35g		Grated cauliflower Poultry /Fruit
16	Fresh organic salad		834,49		38,10g		296,89mg		7,69mg		86,15g		40,93g		Escalivada Steamed fish /Fruit
17	Fresh seasonal salad		776,19		29,37g		109,13mg		4,84mg		95,47g		30,86g		Roasted sweet potato chips Egg /Fruit
18	Fresh organic salad		981,23		37,72g		408,55mg		9,26mg		122,63g		39,11g		Mushroom au gratin Lean white meat /Fruit
21	Fresh seasonal salad		740,66		30,88g		222,14mg		6,87mg		110,51g		20,53g		Gratin potatoes Chicken meatballs /Fruit
22	Seasonal salad with pomegranate		951,35		49,55g		150,37mg		9,89mg		122,98g		29,55g		Full salad Tuna and zucchini omelet /Fruit
23	Fresh organic salad		876,40		33,48g		251,17mg		4,54mg		92,90g		41,43g		Broad beans sautéed with tender garlic Turkey with mushrooms /Fruit
24	Fresh organic salad		846,73		42,92g		157,02mg		5,90mg		98,31g		39,77g		Vegetables wok Grilled fish with lemon /Fruit
25	Fresh seasonal salad		985,49		41,11g		351,44mg		9,14mg		136,24g		31,20g		Grilled onion tender and red pepper Chicken and spinach crepes /Fruit
28	Fresh seasonal salad		819,52		38,43g		461,38mg		5,92mg		125,18g		37,18g		Full salad Lean white meat /Fruit
29	Fresh seasonal salad		837,49		31,33g		184,25mg		5,99mg		81,65g		43,33g		Spiced cous cous Blue fish /Fruit
30	Fresh organic salad		847,89		39,61g		326,22mg		6,00mg		128,09g		40,16g		Vegetable skewers Cheese omelette /Fruit

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starter	KCAL
	PROT
first	CA
	FE
second	HDC
dessert	LIP
dinner	

starter	KCAL
	PROT
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	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	

7	starter	Fresh seasonal salad	KCAL
			874,19
			PROT
	first	Chinese fried rice with soy sauce	25,75g
			CA
			82,95mg
			FE
	second	Hake sticks with potatoes	3,63mg
			HDC
			87,15g
			LIP
			46,65g
	dessert	Fruit	
	dinner	Stuffed aubergine with vegetables Grilled fish with lemon /Fruit	

8	starter	Fresh seasonal salad	KCAL
			1004,31
			PROT
	first	Whole grain Neapolitan style spaghetti	22,23g
			CA
			186,76mg
			FE
	second	Chicken nuggets delights	5,39mg
			HDC
			98,96g
			LIP
			58,26g
	dessert	Fruit	
	dinner	Stuffed zucchini Poultry /Fruit	

9	starter	Fresh seasonal salad	KCAL
			899,07
			PROT
	first	"Minestrone" soup	34,16g
			CA
			143,68mg
			FE
	second	Scrambled garlic tienos with pepper	6,17mg
			HDC
			133,70g
			LIP
			42,25g
	dessert	Fruit	
	dinner	Rice soup and vegetables Homemade vegetable croquettes /Fruit	

10	starter	Fresh organic salad	KCAL
			688,05
			PROT
	first	Vegetable quesadilla	25,64g
			CA
			474,68mg
			FE
	second	Gratin panini	3,96mg
			HDC
			101,48g
			LIP
			20,87g
	dessert	Organic fruit	
	dinner	Grilled zucchini Lean white meat /Fruit	

11	starter	Andalusian gazpacho	KCAL
			780,69
			PROT
	first	Pasta salad with cherry tomato, cheese and vegetables	40,14g
			CA
			178,91mg
			FE
	second	Grilled chicken breast with corn	4,89mg
			HDC
			122,32g
			LIP
			33,51g
	dessert	Fruit	
	dinner	Full salad Scrambled eggs with peas and ham /Fruit	

14	starter	Fresh seasonal salad with fruit	KCAL
			785,56
			PROT
	first	Creamed legumes with wholemeal bread	28,21g
			CA
			175,74mg
			FE
	second	Fish finger with pepper	6,96mg
			HDC
			104,22g
			LIP
			29,07g
	dessert	Fruit	
	dinner	Cob of corn with salt Fish croquettes /Fruit	

15	starter	Fresh seasonal salad	KCAL
			825,31
			PROT
	first	Wholemeal macaroni Piedmontese style	35,84g
			CA
			364,12mg
			FE
	second	Breaded Calamari with mayonnaise	7,40mg
			HDC
			99,84g
			LIP
			31,88g
	dessert	Fruit	
	dinner	Grated cauliflower Poultry /Fruit	

16	starter	Fresh organic salad	KCAL
			895,48
			PROT
	first	Cooked soup with vegetables and noodles	41,49g
			CA
			402,21mg
			FE
	second	Chicken Nuggets with potato wedges	9,72mg
			HDC
			97,58g
			LIP
			41,84g
	dessert	Yogurt	
	dinner	Escalivada Steamed fish /Fruit	

17	starter	Fresh seasonal salad	KCAL
			795,36
			PROT
	first	Milanese rice	25,55g
			CA
			131,67mg
			FE
	second	Scrambled eggs with chistorra sausages with chips	6,3mg
			HDC
			96,90g
			LIP
			33,99g
	dessert	Fruit	
	dinner	Roasted sweet potato chips Egg /Fruit	

18	starter	Fresh organic salad	KCAL
			751,11
			PROT
	first	Ham and Cheese Panini	27,07g
			CA
			310,71mg
			FE
	second	Veggie burger with fries	5,28mg
			HDC
			89,50g
			LIP
			33,12g
	dessert	Organic fruit	
	dinner	Mushroom au gratin Lean white meat /Fruit	

21	starter	Fresh seasonal salad	KCAL
			823,18
			PROT
	first	Wholemeal spaghetti with vegetal bolognese with fresh basil	31,77g
			CA
			148,61mg
			FE
	second	Loin escalope with chips	7,69mg
			HDC
			108,23g
			LIP
			40,07g
	dessert	Fruit	
	dinner	Gratin potatoes Chicken meatballs /Fruit	

22	starter	Seasonal salad with pomegranate	KCAL
			797,55
			PROT
	first	Lentils with seasonal vegetables	38,21g
			CA
			146,96mg
			FE
	second	Spanish omelette with serrano ham	10,14mg
			HDC
			101,04g
			LIP
			27,26g
	dessert	Fruit	
	dinner	Full salad Tuna and zucchini omelet /Fruit	

23	starter	Fresh organic salad	KCAL
			923,95
			PROT
	first	White rice with tomato and egg	35,13g
			CA
			288,01mg
			FE
	second	Chicken drumsticks with cauliflower	5,76mg
			HDC
			84,88g
			LIP
			48,24g
	dessert	Yogurt	
	dinner	Broad beans sautéed with tender garlic Turkey with mushrooms /Fruit	

24	starter	Fresh organic salad	KCAL
			752,72
			PROT
	first	Poultry soup with ORGANIC vegetables	34,39g
			CA
			202,86mg
			FE
	second	Hake with lemon with vegetables	5,54mg
			HDC
			94,47g
			LIP
			36,20g
	dessert	Organic fruit	
	dinner	Vegetables wok Grilled fish with lemon /Fruit	

25	starter	Fresh seasonal salad	KCAL
			985,49
			PROT
	first	Stew chickpeas	41,11g
			CA
			351,44mg
			FE
	second	Homemade pizza	9,14mg
			HDC
			136,24g
			LIP
			31,20g
	dessert	Fruit	
	dinner	Grilled onion tender and red pepper Chicken and spinach crepes /Fruit	

28	starter	Fresh seasonal salad	KCAL
			1058,52
			PROT
	first	Pasta in cheese sauce	56,74g
			CA
			445,33mg
			FE
	second	Lean pork with sauce with green beans	7,66mg
			HDC
			135,37g
			LIP
			50,96g
	dessert	Fruit	
	dinner	Full salad Lean white meat /Fruit	

29	starter	Fresh seasonal salad	KCAL
			831,34
			PROT
	first	Leek and pumpkin cream with wholemeal bread	24,84g
			CA
			164,58mg
			FE
	second	Grilled fish with chips	5,27mg
			HDC
			80,95g
			LIP
			46,49g
	dessert	Fruit	
	dinner	Spiced cous cous Blue fish /Fruit	

30	starter	Fresh organic salad	KCAL
			776,78
			PROT
	first	Breaded Calamari with chips	29,43g
			CA
			316,20mg
			FE
	second	Vegetable croquettes with mayonnaise	4,11mg
			HDC
			53,51g
			LIP
			49,69g
	dessert	Plain yogurt	
	dinner	Vegetable skewers Cheese omelette /Fruit	

	starter		KCAL
			PROT
	first		CA
			FE
	second		HDC
			LIP
	dessert		
	dinner		

	starter		KCAL
			PROT
	first		CA
			FE
	second		HDC
			LIP
	dessert		
	dinner		

MENÚ CAFETERÍA
SEPTIEMBRE 2026

VALORES DIFERENCIADORES



ALÉRGENOS



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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	1Plato del día	2Plato del día	3Plato del día	4Plato del día
7Plato del día Hamburguesa mixta plan- cha con patatas 	8Plato del día Espaguetis integrales a la napolitana 	9Plato del día Pollo al con pimientos 	10Plato del día Panini gratinado 	11Plato del día Fish and chips 
14Plato del día Escalope de lomo plancha con pimientos 	15Plato del día Macarrones integrales a la piamontesa 	16Plato del día Nuggets de pollo con patatas gajo 	17Plato del día Arroz a la milanesa  Plato del día	18Plato del día Panini de jamón cocido y queso 
21Plato del día Espaguetis integrales a la boloñesa 	22Plato del día Fricando de magro con arroz integral 	23Plato del día Arroz a la cubana 	24Plato del día Pollo a l'ast con mazorca 	25Plato del día Pizzero Artesano 
28Plato del día Caracolas en salsa de queso 	29Plato del día Pavo al curry con patatas 	30Plato del día Calamares a la romana con patatas fritas 	Plato del día	Plato del día