BRITISH SCHOOL OF VALENCIA

# PRE-NURSERY - Y3
# NOVEMBER 2026

## SEASONAL FRUITS:

Apple, Pear, Mandarin

### DIFFERENTIATING VALUE

VEGETARIAN RECIPE · SUSTAINABLE FISHING · ORGANIC PRODUCTS · FOODIE RECIPE · TRADITIONAL GASTRONOMY · SEASONAL PRODUCT · LOCAL PRODUCT KM0

### ALLERGENS

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

Avda. 1° 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.

| | | | | |
|---|---|---|---|---|
| **2**<br>starter: Fresh seasonal salad<br>first: Stewed potatoes with lean pork<br>second: Hake with lemon with broccoli<br>dessert: Fruit<br>dinner: Grilled zucchini<br>White meat /Fruit<br>KCAL 642,31 · PROT 32,41g · CA 209,20mg · FE 5,76mg · HDC 80,97g · LIP 21,61g | **3**<br>starter: Fresh seasonal salad<br>first: **Organic lentils with vegetables**<br>second: Sausages with chips<br>dessert: Fruit<br>dinner: Leek cream<br>Veggie "meat" balls /Fruit<br>KCAL 863,04 · PROT 29,06g · CA 141,63mg · FE 8,25mg · HDC 94,51g · LIP 41,83g | **4**<br>starter: Fresh seasonal salad<br>first: Milanese rice<br>second: Chicken Nuggets with baked zucchini<br>dessert: Yogurt<br>dinner: Roasted sweet potato chips<br>Grilled fish with lemon /Fruit<br>KCAL 892,32 · PROT 29,41g · CA 281,01mg · FE 4,01mg · HDC 96,80g · LIP 42,55g | **5**<br>starter: **Fresh organic salad**<br>first: Whole grain macaroni in cheese sauce<br>second: Pollock with Paprika with broccoli<br>dessert: **Organic fruit**<br>dinner: Vegetable skewers<br>Poultry /Fruit<br>KCAL 746,20 · PROT 32,64g · CA 414,79mg · FE 6,54mg · HDC 96,18g · LIP 26,42g | **6**<br>starter:<br>first: INSET DAY<br>second:<br>dessert:<br>dinner: INSET DAY<br>KCAL · PROT · CA · FE · HDC · LIP |
| **9**<br>starter: Fresh seasonal salad<br>first: Whole wheat macaroni with tuna and tomato<br>second: French omelette with rulito york and cheese<br>dessert: Fruit<br>dinner: Vegetable skewers<br>Soy burgers /Fruit<br>KCAL 791,20 · PROT 34,33g · CA 300,48mg · FE 7,14mg · HDC 65,29g · LIP 43,33g | **10**<br>starter: Fresh seasonal salad<br>first: Lentils with seasonal vegetables<br>second: Marinated homemade tenderloin with eggplant<br>dessert: Fruit<br>dinner: Sautéed artichokes<br>Blue fish /Fruit<br>KCAL 777,04 · PROT 42,09g · CA 124,66mg · FE 9,82mg · HDC 70,10g · LIP 50,21g | **11**<br>starter: **Fresh organic salad**<br>first: 'Rossejat' rice<br>second: Grilled fish with carrot and courgette<br>dessert: Yogurt<br>dinner: Grilled onion tender and red pepper<br>Lean red meat /Fruit<br>KCAL 823,22 · PROT 36,54g · CA 264,70mg · FE 5,41mg · HDC 79,06g · LIP 39,71g | **12**<br>starter: **Fresh organic salad**<br>first: **Poultry soup**<br>second: Boneless chicken and baked potatoes<br>dessert: **Organic fruit**<br>dinner: Eggplant au gratin<br>Scrambled eggs with garlic /Fruit<br>KCAL 629,69 · PROT 26,40g · CA 115,09mg · FE 4,87mg · HDC 102,19g · LIP 24,93g | **13**<br>starter: Fresh seasonal salad<br>first: Vegetable puree<br>second: Homemade pizza<br>dessert: Fruit<br>dinner: Sautéed vegetable stew<br>Whitefish /Fruit<br>KCAL 860,98 · PROT 27,32g · CA 255,32mg · FE 4,12mg · HDC 108,66g · LIP 35,82g |
| **16**<br>starter: Fresh seasonal salad<br>first: Lentils with seasonal vegetables<br>second: Turkey ragu with brown rice<br>dessert: Fruit<br>dinner: Carrot cream<br>Cosdfish omelette /Fruit<br>KCAL 833,19 · PROT 43,39g · CA 162,91mg · FE 8,86mg · HDC 94,69g · LIP 30,66g | **17**<br>starter: **ITALIAN GASTRONOMIC DAY**<br>Fresh seasonal salad<br>first: Genoese-style propellers with vegetable soy<br>second: Gratin panini<br>dessert: Fruit<br>dinner: Boiled vegetables<br>Lean white meat /Fruit<br>KCAL 862,37 · PROT 33,91g · CA 356,61mg · FE 5,15mg · HDC 147,45g · LIP 33,36g | **18**<br>starter: **Fresh organic salad**<br>first: **Noodles soup with organic vegetable**<br>second: Spanish omelette with rulito york and cheese<br>dessert: Yogurt<br>dinner: Cob of corn with salt<br>Whitefish /Fruit<br>KCAL 855,40 · PROT 51,91g · CA 476,04mg · FE 8,95mg · HDC 70,55g · LIP 46,55g | **19**<br>starter: **Fresh organic salad**<br>first: chickpea puree<br>second: Marinated homemade tenderloin with parisian potatoes<br>dessert: Fruit<br>dinner: Escalivada<br>Poultry /Fruit<br>KCAL 853,76 · PROT 33,77g · CA 195,82mg · FE 9,91mg · HDC 91,19g · LIP 52,94g | **20**<br>starter: Valencian salad<br>first: Lean pork and cauliflower rice<br>second: Tempura cod with baked zucchini<br>dessert: **Organic fruit**<br>dinner: Steamed broccoli<br>Legumes burger /Fruit<br>KCAL 856,90 · PROT 31,39g · CA 115,61mg · FE 4,77mg · HDC 107,59g · LIP 33,91g |
| **23**<br>starter: Fresh seasonal salad<br>first: Vegetable puree with wholemeal bread<br>second: Fish finger with roasted sweet potato<br>dessert: Fruit<br>dinner: Grilled zucchini<br>Steamed fish /Fruit<br>KCAL 720,69 · PROT 22,12g · CA 136,38mg · FE 4,92mg · HDC 90,99g · LIP 30,24g | **24**<br>starter: Fresh seasonal salad<br>first: Whole wheat macaroni bolognese with cheese<br>second: Grilled hake with salsa with eggplant<br>dessert: Fruit<br>dinner: Sautéed green beans<br>White meat /Fruit<br>KCAL 707,35 · PROT 32,16g · CA 195,89mg · FE 6,33mg · HDC 110,43g · LIP 31,70g | **25**<br>starter: Fresh seasonal salad<br>first: Noodle soup<br>second: Boneless chicken with corn on the cob<br>dessert: Yogurt<br>dinner: Eggplant au gratin<br>Grilled fish with lemon /Fruit<br>KCAL 637,02 · PROT 39,97g · CA 272,69mg · FE 5,37mg · HDC 54,94g · LIP 34,71g | **26**<br>starter: Hummus with bread<br>first: Valencian paella with free-range chicken<br>second: French omelette with rulito york and cheese<br>dessert: **Organic fruit**<br>dinner: Cauliflower with potato<br>Poultry /Fruit<br>KCAL 1104,80 · PROT 53,33g · CA 334,20mg · FE 8,55mg · HDC 122,48g · LIP 44,20g | **27**<br>starter: **Fresh organic salad**<br>first: **Organic lentils with vegetables**<br>second: Complete hamburger with potato wedges<br>dessert: Fruit<br>dinner: Roasted vegetables<br>Fried eggs /Fruit<br>KCAL 945,32 · PROT 33,22g · CA 339,11mg · FE 11,48mg · HDC 137,12g · LIP 29,22g |
| **30**<br>starter: Fresh seasonal salad<br>first: Whole grain macaroni in cheese sauce<br>second: Floured haddock with Vichy carrot<br>dessert: Fruit<br>dinner: Sautéed vegetable stew<br>Veggie "meat" balls /Fruit<br>KCAL 838,38 · PROT 29,87g · CA 377,63mg · FE 6,19mg · HDC 101,03g · LIP 35,71g | | | | |

BRITISH SCHOOL OF VALENCIA

**Y4 - Y11**
**NOVEMBER 2026**

## SEASONAL FRUITS:

Apple, Pear, Mandarin

### DIFFERENTIATING VALUE

VEGETARIAN RECIPE · SUSTAINABLE FISHING · ORGANIC PRODUCTS · FOODIE RECIPE · TRADITIONAL GASTRONOMY · SEASONAL PRODUCT · LOCAL PRODUCT KM0

### ALLERGENS

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

| | starter | first | second | dessert | dinner | KCAL | PROT | CA | FE | HDC | LIP |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 | Fresh seasonal salad | Riojan style potatoes | Hake with lemon with broccoli | Fruit | Grilled zucchini<br>White meat /Fruit | 694,93 | 30,72g | 181,53mg | 5,14mg | 68,03g | 33,96g |
| 3 | Fresh seasonal salad | Organic lentils with vegetables | Sausages with chips | Fruit | Leek cream<br>Veggie "meat" balls /Fruit | 863,04 | 29,06g | 141,63mg | 8,25mg | 94,51g | 41,83g |
| 4 | Fresh seasonal salad | Milanese rice | Chicken Nuggets with baked zucchini | Yogurt | Roasted sweet potato chips<br>Grilled fish with lemon /Fruit | 892,32 | 29,41g | 281,01mg | 4,01mg | 96,80g | 42,55g |
| 5 | Fresh organic salad | Whole grain macaroni in cheese sauce | Pollock with Paprika with broccoli | Organic fruit | Vegetable skewers<br>Poultry /Fruit | 746,20 | 32,64g | 414,79mg | 6,54mg | 96,18g | 26,42g |
| 6 | | INSET DAY | | | | | | | | | |
| 9 | Fresh seasonal salad | Whole wheat macaroni with tuna and tomato | French omelette with rulito york and cheese | Fruit | Vegetable skewers<br>Soy burgers /Fruit | 791,20 | 34,33g | 300,48mg | 7,14mg | 65,29g | 43,33g |
| 10 | Fresh seasonal salad | Lentils with seasonal vegetables | Marinated homemade tenderloin with eggplant | Fruit | Sautéed artichokes<br>Blue fish /Fruit | 777,04 | 42,09g | 124,66mg | 9,82mg | 70,10g | 50,21g |
| 11 | Fresh organic salad | 'Rossejat' rice | Salmon Crunch with carrot and courgette | Yogurt | Grilled onion tender and red pepper<br>Lean red meat /Fruit | 841,23 | 39,52g | 284,38mg | 6,00mg | 84,67g | 37,90g |
| 12 | Fresh organic salad | Poultry soup | Baked chicken and baked potatoes | Organic fruit | Eggplant au gratin<br>Scrambled eggs with garlic /Fruit | 715,08 | 40,40g | 129,77mg | 5,77mg | 102,35g | 28,05g |
| 13 | Fresh seasonal salad | Vegetable puree | Homemade pizza | Fruit | Sautéed vegetable stew<br>Whitefish /Fruit | 860,98 | 27,32g | 255,32mg | 4,12mg | 108,66g | 35,82g |
| 16 | Fresh seasonal salad | Lentils with seasonal vegetables | Turkey cutlets with brown rice | Fruit | Carrot cream<br>Cosdfish omelette /Fruit | 884,49 | 49,87g | 131,12mg | 9,06mg | 90,37g | 35,32g |
| 17 | ITALIAN GASTRONOMIC DAY<br>Fresh seasonal salad | Genoese-style propellers with vegetable soy | Gratin panini | Fruit | Boiled vegetables<br>Lean white meat /Fruit | 862,37 | 33,91g | 356,61mg | 5,15mg | 147,45g | 33,36g |
| 18 | Fresh organic salad | Noodles soup with organic vegetable | Spanish omelette with rulito york and cheese | Yogurt | Cob of corn with salt<br>Whitefish /Fruit | 855,40 | 51,91g | 476,04mg | 8,95mg | 70,55g | 46,55g |
| 19 | Fresh organic salad | Creamy chickpeas with cheese | Marinated homemade tenderloin with parisian potatoes | Fruit | Escalivada<br>Poultry /Fruit | 988,05 | 42,67g | 226,81mg | 10,74mg | 87,92g | 65,54g |
| 20 | Valencian salad | Rice with ribs and cauliflower | Tempura cod with baked zucchini | Organic fruit | Steamed broccoli<br>Legumes burger /Fruit | 896,72 | 31,63g | 125,98mg | 4,88mg | 116,10g | 34,44g |
| 23 | Fresh seasonal salad | Vegetable puree with wholemeal bread | Fish finger with roasted sweet potato | Fruit | Grilled zucchini<br>Steamed fish /Fruit | 720,69 | 22,12g | 136,38mg | 4,92mg | 90,99g | 30,24g |
| 24 | Fresh seasonal salad | Whole wheat macaroni bolognese with cheese | Grilled hake with salsa with eggplant | Fruit | Sautéed green beans<br>White meat /Fruit | 707,35 | 32,16g | 195,89mg | 6,33mg | 110,43g | 31,70g |
| 25 | Fresh seasonal salad | Noodle soup | Baked chicken with corn on the cob | Yogurt | Eggplant au gratin<br>Grilled fish with lemon /Fruit | 722,41 | 53,98g | 287,37mg | 6,27mg | 55,09g | 37,83g |
| 26 | Hummus with bread | Valencian paella with free-range chicken | French omelette with rulito york and cheese | Organic fruit | Cauliflower with potato<br>Poultry /Fruit | 1104,80 | 53,33g | 334,20mg | 8,55mg | 122,48g | 44,20g |
| 27 | Fresh organic salad | Organic lentils with vegetables | Complete hamburger with potato wedges | Fruit | Roasted vegetables<br>Fried eggs /Fruit | 945,32 | 33,22g | 339,11mg | 11,48mg | 137,12g | 29,22g |
| 30 | Fresh seasonal salad | Whole grain macaroni in cheese sauce | Floured haddock with Vichy carrot | Fruit | Sautéed vegetable stew<br>Veggie "meat" balls /Fruit | 838,38 | 29,87g | 377,63mg | 6,19mg | 101,03g | 35,71g |

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BRITISH SCHOOL OF VALENCIA

# Y7 - Y11 - 2ND OPTION NOVEMBER 2026

## SEASONAL FRUITS:

**Apple, Pear, Mandarin & Banana**

### DIFFERENTIATING VALUE

VEGETARIAN RECIPE · SUSTAINABLE FISHING · ORGANIC PRODUCTS · FOODIE RECIPE · TRADITIONAL GASTRONOMY · SEASONAL PRODUCT · LOCAL PRODUCT KM0

### ALLERGENS

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

| | | | | | |
|---|---|---|---|---|---|
| **2** | **3** | **4** | **5** | **6** | |
| starter: Fresh seasonal salad | starter: Fresh seasonal salad | starter: Fresh seasonal salad | starter: **Fresh organic salad** | starter: | |
| KCAL 797,76 · PROT 38,74g · CA 112,62mg · FE 5,90mg · HDC 68,74g · LIP 41,94g | KCAL 971,19 · PROT 52,29g · CA 143,60mg · FE 9,78mg · HDC 94,51g · LIP 42,51g | KCAL 845,73 · PROT 35,29g · CA 272,00mg · FE 4,78mg · HDC 112,62g · LIP 28,33g | KCAL 853,08 · PROT 41,44g · CA 429,26mg · FE 6,74mg · HDC 92,04g · LIP 35,95g | KCAL · PROT · CA · FE · HDC · LIP | |
| first: Riojan style potatoes | first: **Organic lentils with vegetables** | first: Milanese rice | first: Whole grain macaroni in cheese sauce | first: INSET DAY | |
| second: Lean pork with tomato sauce | second: Turkey chops grilled fine herbs with chips | second: Vegetable wrap with chips | second: Wing chicken breast with broccoli | second: | |
| dessert: Fruit | dessert: Fruit | dessert: Yogurt | dessert: **Organic fruit** | dessert: | |
| dinner: Grilled zucchini<br>White meat /Fruit | dinner: Leek cream<br>Veggie "meat" balls /Fruit | dinner: Roasted sweet potato chips<br>Grilled fish with lemon /Fruit | dinner: Vegetable skewers<br>Poultry /Fruit | dinner: | |
| **9** | **10** | **11** | **12** | **13** | |
| starter: Fresh seasonal salad | starter: Fresh seasonal salad | starter: **Fresh organic salad** | starter: **Fresh organic salad** | starter: Fresh seasonal salad | |
| KCAL 731,92 · PROT 32,93g · CA 155,01mg · FE 7,13mg · HDC 70,68g · LIP 33,79g | KCAL 755,81 · PROT 40,34g · CA 195,41mg · FE 9,63mg · HDC 88,25g · LIP 26,97g | KCAL 857,99 · PROT 33,69g · CA 281,80mg · FE 6,32mg · HDC 83,44g · LIP 42,86g | KCAL 899,72 · PROT 31,40g · CA 118,89mg · FE 5,13mg · HDC 134,74g · LIP 38,52g | KCAL 788,04 · PROT 25,45g · CA 303,76mg · FE 5,31mg · HDC 88,47g · LIP 38,13g | |
| first: Whole wheat macaroni with tuna and tomato | first: Lentils with seasonal vegetables | first: 'Rossejat' rice | first: **Poultry soup** | first: Vegetable puree | |
| second: Chicken drumsticks with chips | second: Pollock in sauce with eggplant | second: Scrambled potatoes and cured ham | second: Fish and chips | second: Sandwich | |
| dessert: Fruit | dessert: Fruit | dessert: Yogurt | dessert: **Organic fruit** | dessert: Fruit | |
| dinner: Vegetable skewers<br>Soy burgers /Fruit | dinner: Sautéed artichokes<br>Blue fish /Fruit | dinner: Grilled onion tender and red pepper<br>Lean red meat /Fruit | dinner: Eggplant au gratin<br>Scrambled eggs with garlic /Fruit | dinner: Sautéed vegetable stew<br>Whitefish /Fruit | |
| **16** | **17** | **18** | **19** | **20** | |
| starter: Fresh seasonal salad | starter: **ITALIAN GASTRONOMIC DAY**<br>Fresh seasonal salad | starter: **Fresh organic salad** | starter: **Fresh organic salad** | starter: Valencian salad | |
| KCAL 763,39 · PROT 43,23g · CA 187,10mg · FE 8,23mg · HDC 90,53g · LIP 25,33g | KCAL 850,89 · PROT 33,43g · CA 275,50mg · FE 6,27mg · HDC 123,07g · LIP 42,20g | KCAL 754,42 · PROT 48,79g · CA 286,05mg · FE 8,25mg · HDC 55,83g · LIP 57,19g | KCAL 901,69 · PROT 33,75g · CA 301,61mg · FE 8,94mg · HDC 93,76g · LIP 43,70g | KCAL 1004,45 · PROT 37,32g · CA 123,86mg · FE 5,75mg · HDC 112,51g · LIP 45,16g | |
| first: Lentils with seasonal vegetables | first: Genoese-style propellers with vegetable soy | first: **Noodles soup with organic vegetable** | first: Creamy chickpeas with cheese | first: Rice with ribs and cauliflower | |
| second: Hake with lemon with brown rice | second: Italian fritatta | second: Marinated loin | second: Meatloaf baked hake with parisian potatoes | second: Turkey ragu with baked zucchini | |
| dessert: Fruit | dessert: Fruit | dessert: Yogurt | dessert: Fruit | dessert: **Organic fruit** | |
| dinner: Carrot cream<br>Cosdfish omelette /Fruit | dinner: Boiled vegetables<br>Lean white meat /Fruit | dinner: Cob of corn with salt<br>Whitefish /Fruit | dinner: Escalivada<br>Poultry /Fruit | dinner: Steamed broccoli<br>Legumes burger /Fruit | |
| **23** | **24** | **25** | **26** | **27** | |
| starter: Fresh seasonal salad | starter: Fresh seasonal salad | starter: Fresh seasonal salad | starter: Hummus with bread | starter: **Fresh organic salad** | |
| KCAL 673,59 · PROT 28,21g · CA 153,37mg · FE 6,19mg · HDC 78,97g · LIP 27,60g | KCAL 811,93 · PROT 50,21g · CA 175,17mg · FE 8,37mg · HDC 115,77g · LIP 32,11g | KCAL 739,14 · PROT 39,80g · CA 304,91mg · FE 6,94mg · HDC 54,68g · LIP 46,32g | KCAL 1000,35 · PROT 51,13g · CA 150,59mg · FE 8,29mg · HDC 122,51g · LIP 47,39g | KCAL 769,12 · PROT 35,05g · CA 269,44mg · FE 10,86mg · HDC 100,37g · LIP 25,67g | |
| first: Vegetable puree with wholemeal bread | first: Whole wheat macaroni bolognese with cheese | first: Noodle soup | first: Valencian paella with free-range chicken | first: **Organic lentils with vegetables** | |
| second: Chicken fricassee sauce (onion, egg, almonds, cornmeal) | second: Roti turkey with eggplant | second: Scrambled eggs with chistorra sausage with chips | second: Marinated homemade tenderloin | second: Pollock with Paprika with potato wedges | |
| dessert: Fruit | dessert: Fruit | dessert: Yogurt | dessert: **Organic fruit** | dessert: Fruit | |
| dinner: Grilled zucchini<br>Steamed fish /Fruit | dinner: Sautéed green beans<br>White meat /Fruit | dinner: Eggplant au gratin<br>Grilled fish with lemon /Fruit | dinner: Cauliflower with potato<br>Poultry /Fruit | dinner: Roasted vegetables<br>Fried eggs /Fruit | |
| **30** | | | | | |
| starter: Fresh seasonal salad | starter: | starter: | starter: | starter: | |
| KCAL 963,29 · PROT 27,98g · CA 350,02mg · FE 6,53mg · HDC 97,98g · LIP 51,84g | KCAL · PROT · CA · FE · HDC · LIP | KCAL · PROT · CA · FE · HDC · LIP | KCAL · PROT · CA · FE · HDC · LIP | KCAL · PROT · CA · FE · HDC · LIP | |
| first: Whole grain macaroni in cheese sauce | first: | first: | first: | first: | |
| second: Sausages with Vichy carrot | second: | second: | second: | second: | |
| dessert: Fruit | dessert: | dessert: | dessert: | dessert: | |
| dinner: Sautéed vegetable stew<br>Veggie "meat" balls /Fruit | dinner: | dinner: | dinner: | dinner: | |

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BRITISH SCHOOL OF VALENCIA

BSV NEXUS
A GLOBAL PRE-UNIVERSITY EXPERIENCE

# MENÚ CAFETERÍA NOVIEMBRE 2026

## VALORES DIFERENCIADORES




## ALÉRGENOS




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, celiaquía, etc. La evaluación nutricional se basa en el grupo de edad. Nuestros menús se prepa- ran 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.

| | | | | |
|---|---|---|---|---|
| 2 Plato del día<br>Magro con tomate | 3 Plato del día<br>Longanizas con patatas | 4 Plato del día<br>Arroz a la milanesa | 5 Plato del día<br>Macarrones integrales en salsa de queso | 6 Plato del día |
| 9 Plato del día<br>Espaguetis integrales con tomate y atún | 10 Plato del día<br>Lomo asado con berenjena provenzal | 11 Plato del día<br>Arròs rossejat | 12 Plato del día<br>Pollo al horno con patatas panaderas | 13 Plato del día<br>Pizza Artesana |
| 16 Plato del día<br>Chuletas de pavo con arroz integral | 17 Plato del día<br>Paninis gratinados | 18 Plato del día<br>Tortilla de patata con queso y jamón cocido | 19 Plato del día<br>Lomo asado con patatas parisinas | 20 Plato del día<br>Arroz de costilla y coliflor |
| 23 Plato del día<br>Jamoncitos de pollo en pepitoria | 24 Plato del día<br>Macarrones integrales a la boloñesa | 25 Plato del día<br>Pollo al horno con mazorca | 26 Plato del día<br>Paella valenciana con pollo de campo | 27 Plato del día<br>Hamburguesa completa con patatas gajo |
| 30 Plato del día<br>Macarrones integrales con salsa de quesos | Plato del día | Plato del día | Plato del día | Plato del día |