

**PRE-NURSERY - Y6  
SEPTEMBER 2024**

**SEASONAL FRUITS:**

Banana, pineapple, melon, watermelon and apple

**DIFFERENTIATING VALUE**



**ALLERGENS**



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

9	starter	Fresh organic salad	KCAL	695,51
	first	Pasta Bolognese	PROT	33,32g
	second	Fish finger with sauteed corn	CA	208,72mg
	dessert	Ice cream	FE	5,22mg
	dinner	Grilled onion tender and red pepper Poultry /Fruit	HDC	95,30g
			LIP	36,15g

9	starter	Lettuce, tomato, olives, carrot	KCAL	1035,97
	first	Chinese fried rice with soy sauce	PROT	29,14g
	second	Gardener Meatballs with potatoes	CA	118,22mg
	dessert	Fruit	FE	5,35mg
	dinner	Stuffed aubergine with vegetables Grilled fish with lemon /Fruit	HDC	112,12g
			LIP	52,03g

10	starter	Fresh organic salad	KCAL	846,43
	first	Organic lentils with vegetables	PROT	30,99g
	second	Spanish omelette with ratatouille homemade	CA	206,13mg
	dessert	Fruit	FE	9,97mg
	dinner	Asparagur with ham Lean white meat /Fruit	HDC	109,48g
			LIP	32,29g

11	starter	Lettuce, tomato, onion, cucumber, carrot	KCAL	948,23
	first	Whole macaroni carbonara (bacon, mushrooms, cream)	PROT	43,22g
	second	Hake in "marinera" style with peas	CA	408,73mg
	dessert	Dairy	FE	7,29mg
	dinner	Quinoa with spices Zucchini omelette with avocado /Fruit	HDC	107,82g
			LIP	38,05g

12	starter	Fresh organic salad	KCAL	787,76
	first	Mediterranean seasonal vegetable cream with wholemeal bread	PROT	22,03g
	second	Boneless chicken with italian pepper	CA	141,63mg
	dessert	Organic fruit	FE	5,21mg
	dinner	Sautéed green beans Toast with tomato, cheese and anchovies	HDC	96,81g
			LIP	35,57g

13	starter	Lettuce, tomato, olives, corn, carrot	KCAL	749,04
	first	Cheese with turkey cold meat	PROT	44,83g
	second	Fideua of fish and seafood (fish market fund)	CA	362,82mg
	dessert	Ice cream	FE	5,63mg
	dinner	Peas with ham and onion Poultry /Fruit	HDC	119,64g
			LIP	31,26g

16	starter	Salad with fruit	KCAL	890,42
	first	Pasta with 4 cheeses	PROT	34,58g
	second	Codfish in Biscayan sauce and eggplants	CA	425,66mg
	dessert	Fruit	FE	5,53mg
	dinner	Escalivada Homemade vegetable croquettes /Fruit	HDC	117,01g
			LIP	45,63g

17	starter	Watermelon Gazpacho	KCAL	596,14
	first	Vegetable puree	PROT	27,83g
	second	Grilled burger with tomato	CA	78,85mg
	dessert	Fruit	FE	4,77mg
	dinner	Vegetable crepe Blue fish /Fruit	HDC	64,66g
			LIP	25,91g

18	starter	Fresh organic salad	KCAL	837,57
	first	Cooked soup with vegetables and noodles	PROT	38,84g
	second	Spanish omelette with grandma croquette	CA	312,01mg
	dessert	Dairy	FE	7,87mg
	dinner	Spinach with raisins and pine nuts Turkey Nuggets (Homemade) /Fruit	HDC	92,45g
			LIP	39,34g

19	starter	Fresh organic salad	KCAL	1163,36
	first	Legume festival cream	PROT	30,90g
	second	Chicken nuggets delights	CA	232,12mg
	dessert	Organic fruit	FE	9,99mg
	dinner	Cob of corn with salt Scrambled eggs with broccoli and cheese /Fruit	HDC	115,27g
			LIP	65,20g

20	starter	PAELLA WORLD DAY Chickpea hummus toast	KCAL	810,78
	first	Tomato and cheese	PROT	41,94g
	second	Valencian paella with free-range chicken	CA	330,96mg
	dessert	Ice cream	FE	5,35mg
	dinner	Mushroom au graten Salmon in papillote /Fruit	HDC	110,60g
			LIP	21,73g

23	starter	Lettuce, tomato, corn, pepper, carrot, cheese	KCAL	827,35
	first	Lentils with chorizo	PROT	35,53g
	second	Sausages with tomato	CA	183,24mg
	dessert	Fruit	FE	8,73mg
	dinner	Gratin potatoes Scrambled eggs with vegetables /Fruit	HDC	91,56g
			LIP	36,27g

24	starter	Lettuce, tomato, olives, carrot	KCAL	856,60
	first	Cuban rice (tomato and egg)	PROT	30,94g
	second	Crunch de salmon with stir fried vegetables	CA	123,84mg
	dessert	Fruit	FE	5,27mg
	dinner	Boiled vegetables Omelette with ham /Fruit	HDC	101,99g
			LIP	36,14g

25	starter	Lettuce, tomato, olives, corn, carrot	KCAL	825,33
	first	Cream of leek and carrot with croutons	PROT	33,26g
	second	Boneless thigh with potatoes	CA	251,22mg
	dessert	Valencian yogurt	FE	4,52mg
	dinner	Broad beans sautéed with tender garlic Hake burgers /Fruit	HDC	84,26g
			LIP	40,17g

26	starter	Fresh organic salad	KCAL	790,68
	first	Italian Macaroni with fresh basil	PROT	33,88g
	second	Hake Provençal with vegetables	CA	351,95mg
	dessert	Fruit	FE	5,44mg
	dinner	Roasted sweet potato chips White meat /Fruit	HDC	119,27g
			LIP	22,17g

27	starter	Fresh organic salad	KCAL	779,94
	first	Chickpeas with vegetables (Organic dish)	PROT	32,44g
	second	French omelette with ham	CA	326,06mg
	dessert	Ice cream	FE	10,64mg
	dinner	Cauliflower with potato Lean white meat /Fruit	HDC	81,25g
			LIP	36,38g

30	starter	Lettuce, tomato, olives, pepper and carrot	KCAL	969,20
	first	Noodle soup	PROT	53,77g
	second	Turkey stew with gnocchi	CA	179,86mg
	dessert	Fruit	FE	9,33mg
	dinner	Vegetables wok Sautéed prawns with mushrooms /Fruit	HDC	152,49g
			LIP	30,85g

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Avda. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)  
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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.

**SEASONAL FRUITS:**

Banana, pineapple, melon, watermelon and apple

**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

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starter	KCAL
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second	CA
dessert	FE
dinner	HDC
	LIP

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

6	starter	Fresh organic salad	KCAL	856,22
	first	Pasta Bolognese	PROT	34,76g
	second	Floured squid with citrus mayonnaise with corn on the cob (Children: sautéed corn)	CA	278,27mg
	dessert	Ice cream	FE	5,95mg
	dinner	Grilled onion tender and red pepper Poultry /Fruit	HDC	96,04g
			LIP	53,01g

9	starter	Lettuce, tomato, olives, carrot	KCAL	1035,97
	first	Chinese fried rice with soy sauce	PROT	29,14g
	second	Gardener Meatballs with potatoes	CA	118,22mg
	dessert	Fruit	FE	5,35mg
	dinner	Stuffed aubergine with vegetables Grilled fish with lemon /Fruit	HDC	112,12g
			LIP	52,03g

10	starter	Fresh organic salad	KCAL	846,43
	first	Organic lentils with vegetables	PROT	30,99g
	second	Spanish omelette with ratatouille homemade	CA	206,13mg
	dessert	Fruit	FE	9,97mg
	dinner	Asparagur with ham Lean white meat /Fruit	HDC	109,48g
			LIP	32,29g

11	starter	Lettuce, tomato, onion, cucumber, carrot	KCAL	948,23
	first	Whole macaroni carbonara (bacon, mushrooms, cream)	PROT	43,22g
	second	Hake in "marinera" style with peas	CA	408,73mg
	dessert	Dairy	FE	7,29mg
	dinner	Quinoa with spices Zucchini omelette with avocado /Fruit	HDC	107,82g
			LIP	38,05g

12	starter	Fresh organic salad	KCAL	876,87
	first	Mediterranean seasonal vegetable cream with wholemeal bread	PROT	36,20g
	second	Rosemary Chicken with italian pepper	CA	179,95mg
	dessert	Organic fruit	FE	6,77mg
	dinner	Sautéed green beans Toast with tomato, cheese and anchovies	HDC	97,29g
			LIP	38,74g

13	starter	Lettuce, tomato, olives, corn, carrot	KCAL	830,78
	first	Vegetable, turkey and cheese quesadillas	PROT	43,09g
	second	Fideua of fish and seafood (fish market fund)	CA	380,67mg
	dessert	Ice cream	FE	6,14mg
	dinner	Peas with ham and onion Poultry /Fruit	HDC	154,04g
			LIP	25,51g

16	starter	Salad with fruit	KCAL	890,42
	first	Pasta with 4 cheeses	PROT	34,58g
	second	Codfish in Biscayan sauce and eggplants	CA	425,66mg
	dessert	Fruit	FE	5,53mg
	dinner	Escalivada Homemade vegetable croquettes /Fruit	HDC	117,01g
			LIP	45,63g

17	starter	Watermelon Gazpacho	KCAL	877,15
	first	Country salad (Children: Vegetable Soup)	PROT	27,01g
	second	Complete hamburger with onion rings	CA	187,93mg
	dessert	Fruit	FE	5,10mg
	dinner	Vegetable crepe Blue fish /Fruit	HDC	108,40g
			LIP	37,53g

18	starter	Fresh organic salad	KCAL	837,57
	first	Cooked soup with vegetables and noodles	PROT	38,84g
	second	Spanish omelette with grandma croquette	CA	312,01mg
	dessert	Dairy	FE	7,87mg
	dinner	Spinach with raisins and pine nuts Turkey Nuggets (Homemade) /Fruit	HDC	92,45g
			LIP	39,34g

19	starter	Fresh organic salad	KCAL	1140,72
	first	White beans with vegetables with bacon	PROT	37,91g
	second	PIZZERO	CA	327,84mg
	dessert	Organic fruit	FE	7,65mg
	dinner	Cob of corn with salt Scrambled eggs with broccoli and cheese /Fruit	HDC	137,72g
			LIP	49,14g

20	starter	PAELLA WORLD DAY Chickpea hummus toast	KCAL	895,43
	first	Salad complete with mackerel	PROT	48,18g
	second	Valencian paella with free-range chicken	CA	261,69mg
	dessert	Ice cream	FE	6,63mg
	dinner	Mushroom au graten Salmon in papillote /Fruit	HDC	116,60g
			LIP	25,86g

23	starter	Lettuce, tomato, corn, pepper, carrot, cheese	KCAL	853,24
	first	Lentils with chorizo	PROT	37,14g
	second	Sausage with tomato	CA	183,24mg
	dessert	Fruit	FE	10,59mg
	dinner	Gratin potatoes Scrambled eggs with vegetables /Fruit	HDC	91,65g
			LIP	38,37g

24	starter	Lettuce, tomato, olives, carrot	KCAL	856,60
	first	Cuban rice (tomato and egg)	PROT	30,94g
	second	Crunch de salmon with stir fried vegetables	CA	123,84mg
	dessert	Fruit	FE	5,27mg
	dinner	Boiled vegetables Omelette with ham /Fruit	HDC	101,99g
			LIP	36,14g

25	starter	Lettuce, tomato, olives, corn, carrot	KCAL	884,40
	first	Cream of leek and carrot with croutons	PROT	34,84g
	second	Chicken wings/ Chil. chicken breast with potatoes	CA	258,40mg
	dessert	Valencian yogurt	FE	4,80mg
	dinner	Broad beans sautéed with tender garlic Hake burgers /Fruit	HDC	84,32g
			LIP	46,02g

26	starter	Fresh organic salad	KCAL	790,68
	first	Italian Macaroni with fresh basil	PROT	33,88g
	second	Hake Provençal with vegetables	CA	351,95mg
	dessert	Fruit	FE	5,44mg
	dinner	Roasted sweet potato chips White meat /Fruit	HDC	119,27g
			LIP	22,17g

27	starter	Fresh organic salad	KCAL	853,97
	first	Chickpeas with vegetables (Organic dish)	PROT	32,22g
	second	French omelette with bread, tomato and ham	CA	331,04mg
	dessert	Ice cream	FE	10,86mg
	dinner	Cauliflower with potato Lean white meat /Fruit	HDC	93,85g
			LIP	39,68g

30	starter	Lettuce, tomato, olives, pepper and carrot	KCAL	848,21
	first	Noodle soup	PROT	53,83g
	second	Turkey curry with gnocchi	CA	147,45mg
	dessert	Fruit	FE	8,04mg
	dinner	Vegetables wok Sauteed prawns with mushrooms /Fruit	HDC	113,61g
			LIP	35,58g

starter	KCAL
first	PROT
second	CA
dessert	FE
dinner	HDC
	LIP

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