



BRITISH SCHOOL OF VALENCIA

**PRE-NURSERY - Y3
DECEMBER 2024**

SEASONAL FRUITS:

**Banana, Apple, Pear,
Persimon & Tangerine**

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.

2	starter	Seasonal vegetable salad	KCAL	635,37
			PROT	25,72g
	first	Organic lentils with vegetables	CA	163,19mg
			FE	7,53mg
	second	Mixed meatballs with cous cous	HDC	89,23g
			LIP	21,93g
	dessert	Fruit		
	dinner	Vegetable skewers White meat /Fruit		

3	starter	Hummus chickpea	KCAL	911,42
			PROT	37,84g
	first	Milanese rice	CA	464,43mg
			FE	6,97mg
	second	Cheese omelette with fresh vegetable salad	HDC	110,59g
			LIP	35,35g
	dessert	Fruit		
	dinner	Sautéed green beans Vegetable sandwich /Fruit		

4	starter	Seasonal vegetable salad	KCAL	941,58
			PROT	38,94g
	first	Creamed legumes	CA	309,88mg
			FE	7,29mg
	second	Lean pork goulash	HDC	88,97g
			LIP	48,19g
	dessert	Dairy		
	dinner	Escalivada Grilled fish with lemon /Fruit		

5	starter	Fresh organic salad	KCAL	512,01
			PROT	17,71g
	first	Vegetable puree	CA	177,70mg
			FE	3,45mg
	second	Pizza	HDC	69,70g
			LIP	17,98g
	dessert	Fruit		
	dinner	Couscous with zucchini and onion Fried eggs /Fruit		

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

9	starter	Seasonal vegetable salad	KCAL	1010,13
			PROT	31,75g
	first	Italian Macaroni	CA	333,21mg
			FE	6,33mg
	second	Zucchini and Potato Omelette with sauteed corn	HDC	129,49g
			LIP	42,87g
	dessert	Fruit		
	dinner	Vegetables wok Poultry /Fruit		

10	starter	Seasonal vegetable salad	KCAL	487,98
			PROT	22,92g
	first	Cream of beans and vegetables	CA	153,49mg
			FE	5,82mg
	second	Boneless chicken with vegetables	HDC	55,86g
			LIP	19,40g
	dessert	Fruit		
	dinner	Pumpkin cream Blue fish /Fruit		

11	starter	Fresh organic salad	KCAL	723,23
			PROT	40,73g
	first	Cooked soup with vegetables ECO	CA	294,73mg
			FE	8,14mg
	second	Loin escalope with samfaina	HDC	57,57g
			LIP	51,90g
	dessert	Dairy		
	dinner	Potato gratin with cheese Cosdfish omelette /Fruit		

12	starter	Hummus chickpea	KCAL	973,95
			PROT	39,53g
	first	Pancakes of ham and cheese	CA	284,45mg
			FE	8,35mg
	second	"Arroz al horno" (chickpeas, ribs, potatoes, tomato, black pudding)	HDC	132,27g
			LIP	31,48g
	dessert	Organic fruit		
	dinner	Grilled onion tender and red pepper Lean red meat /Fruit		

13	starter	Fresh organic salad	KCAL	770,36
			PROT	34,19g
	first	Cream of red lentils and pumpkin curry	CA	206,05mg
			FE	9,03mg
	second	Chicken Nuggets	HDC	90,04g
			LIP	30,62g
	dessert	Fruit		
	dinner	Quinoa with sautéed zucchini and carrots Steamed fish /Fruit		

16	starter	Seasonal vegetable salad	KCAL	940,36
			PROT	32,98g
	first	White rice with tomato and egg	CA	173,03mg
			FE	5,29mg
	second	Baked hake fillet with vegetables	HDC	86,20g
			LIP	34,14g
	dessert	Fruit		
	dinner	Toast with tomato, cheese and anchovies Scrambled eggs with vegetables /Fruit		

17	starter	Seasonal vegetable salad	KCAL	940,36
			PROT	34,59g
	first	Chickpeas with vegetables	CA	383,00mg
			FE	10,57mg
	second	Spanish omelette with tomato and fresh cheese	HDC	111,77g
			LIP	39,91g
	dessert	Fruit		
	dinner	Grilled zucchini Whitefish /Fruit		

18	starter	Fresh organic salad	KCAL	813,05
			PROT	35,49g
	first	Caracolas to the Neapolitan	CA	330,74mg
			FE	4,58mg
	second	Grilled fish with carrot	HDC	90,96g
			LIP	48,00g
	dessert	Dairy		
	dinner	Cauliflower with garlic Lean white meat /Fruit		

19	starter	GREEN DAY ORGANIC Cabbage Salad	KCAL	706,44
			PROT	39,86g
	first	Pardina lentils with vegetables BIO	CA	126,51mg
			FE	8,86mg
	second	Boneless chicken with potatoes	HDC	93,52g
			LIP	19,18g
	dessert	Organic fruit		
	dinner	Full salad Soy burgers /Fruit		

20	starter		KCAL	
			PROT	
	first	SPECIAL CHRISTMAS MENU	CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

	starter		KCAL	
			PROT	
	first		CA	
			FE	
	second		HDC	
			LIP	
	dessert			
	dinner			

**Y4 - Y11
DECEMBER 2024**

SEASONAL FRUITS:

**Banana, Apple, Pear,
Persimon & Tangerine**

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.

2	Seasonal vegetable salad	KCAL 635,37 PROT
first	Organic lentils with vegetables	25,72g CA 163,19mg FE
second	Mixed meatballs with cous cous	7,53mg HDC 89,23g LIP
dessert	Fruit	21,93g
dinner	Vegetable skewers White meat /Fruit	

3	Hummus chickpea	KCAL 911,42 PROT
first	Milanese rice	37,84g CA 464,43mg FE
second	Cheese omelette with fresh vegetable salad	6,97mg HDC 110,59g LIP
dessert	Fruit	35,35g
dinner	Sautéed green beans Vegetable sandwich /Fruit	

4	MEXICAN GASTRONOMIC DAY Nachos with guacamole	KCAL 1045,74 PROT
first	Beans with vegetables	51,49g CA 349,00mg FE
second	Tacos al pastor	9,36mg HDC 88,58g LIP
dessert	Escalivada	76,66g
dinner	Grilled fish with lemon /Fruit	

5	Fresh organic salad	KCAL 512,01 PROT
first	Vegetable puree	17,71g CA 177,70mg FE
second	Pizza	3,45mg HDC 69,70g LIP
dessert	Fruit	17,98g
dinner	Couscous with zucchini and onion Fried eggs /Fruit	

6	Holiday	KCAL PROT CA FE HDC LIP
---	---------	--

9	Seasonal vegetable salad	KCAL 1011,46 PROT
first	Macaroni Bolognese	31,54g CA 205,40mg FE
second	Zucchini and Potato Omelette with corn on the cob	8,12mg HDC 123,12g LIP
dessert	Fruit	45,49g
dinner	Vegetables wok Poultry /Fruit	

10	Seasonal vegetable salad	KCAL 740,11 PROT
first	Stew white beans	49,72g CA 210,44mg FE
second	Baked chicken with vegetables	9,30mg HDC 78,09g LIP
dessert	Fruit	23,75g
dinner	Pumpkin cream Blue fish /Fruit	

11	Fresh organic salad	KCAL 772,63 PROT
first	Cooked soup with vegetables ECO	42,27g CA 307,67mg FE
second	Tenderloin escalope breaded with samfaina	8,45mg HDC 67,90g LIP
dessert	Dairy	50,83g
dinner	Potato gratin with cheese Cosdfish omelette /Fruit	

12	Hummus chickpea	KCAL 973,95 PROT
first	Pancakes of ham and cheese	39,53g CA 284,45mg FE
second	"Arroz al horno" (chickpeas, ribs, potatoes, tomato, black pudding)	8,35mg HDC 132,27g LIP
dessert	Organic fruit	31,48g
dinner	Grilled onion tender and red pepper Lean red meat /Fruit	

13	Fresh organic salad	KCAL 628,66 PROT
first	Cream of red lentils and pumpkin curry	38,06g CA 179,45mg FE
second	Fingers of chicken	9,01mg HDC 77,56g LIP
dessert	Fruit	18,67g
dinner	Quinoa with sautéed zucchini and carrots Steamed fish /Fruit	

16	Seasonal vegetable salad	KCAL 756,96 PROT
first	White rice with tomato and egg	28,79g CA 198,48mg FE
second	Baked John Dory fish with vegetables	5,01mg HDC 86,20g LIP
dessert	Fruit	33,04g
dinner	Toast with tomato, cheese and anchovies Scrambled eggs with vegetables /Fruit	

17	Seasonal vegetable salad	KCAL 1052,44 PROT
first	Chickpeas with vegetables	34,91g CA 266,17mg FE
second	Spanish omelette with tomato millefeuille, valencian cheese	11,25mg HDC 126,24g LIP
dessert	Fruit	46,07g
dinner	Grilled zucchini Whitefish /Fruit	

18	Fresh organic salad	KCAL 849,51 PROT
first	Caracolas to the Neapolitan	39,05g CA 345,91mg FE
second	Salmon orange with carrot	5,00mg HDC 95,86g LIP
dessert	Dairy	48,26g
dinner	Cauliflower with garlic Lean white meat /Fruit	

19	GREEN DAY ORGANIC Cabbage Salad	KCAL 805,83 PROT
first	Pardina lentils with vegetables BIO	53,87g CA 142,59mg FE
second	Baked chicken with potatoes	9,78mg HDC 94,09g LIP
dessert	Organic fruit	22,31g
dinner	Full salad Soy burgers /Fruit	

20	SPECIAL CHRISTMAS MENU	KCAL PROT CA FE 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

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

starter		KCAL
first		PROT
second		CA
dessert		FE
dinner		HDC
		LIP

**Y9 - Y11 - 2ND OPTION
DECEMBER 2024**

SEASONAL FRUITS:

**Banana, Apple, Pear,
Persimon & Tangerine**

DIFFERENTIATING VALUE



ALLERGENS



Avda. 1^o 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	Seasonal vegetable salad	KCAL 617,21
first	Organic lentils with vegetables	PROT 34,41g CA 186,02mg FE
second	Only hake fillet with cous cous	HDC 8,00mg 90,38g LIP
dessert	Fruit	15,49g
dinner		

3	Hummus chickpea	KCAL 830,64
first	Milanese rice	PROT 27,02g CA 115,37mg FE
second	Grandma croquettes with fresh vegetable salad	HDC 4,93mg 114,55g LIP
dessert		29,32g
dinner		

4	MEXICAN GASTRONOMIC DAY Nachos with guacamole	KCAL 755,94
first	Beans with vegetables	PROT 46,81g CA 337,60mg FE
second	Tacos al pastor	HDC 8,34mg 53,78g LIP
dessert		61,06g
dinner		

5	Fresh organic salad	KCAL 424,69
first	Vegetable puree	PROT 21,85g CA 91,01mg FE
second	Salmon with dill	HDC 3,46mg 29,00g LIP
dessert		24,70g
dinner		

6		KCAL
first		PROT
second		CA
dessert		FE
dinner		

9	Seasonal vegetable salad	KCAL 807,87
first	Macaroni Bolognese	PROT 32,01g CA 169,71mg FE
second	Floured blue whiting with corn on the cob	HDC 5,68mg 95,45g LIP
dessert	Fruit	34,23g
dinner		

10	Seasonal vegetable salad	KCAL 621,35
first	Stew white beans	PROT 25,31g CA 199,63mg FE
second	Vegetable burger	HDC 8,17mg 81,34g LIP
dessert	Fruit	20,57g
dinner		

11	Fresh organic salad	KCAL 863,61
first	Cooked soup with vegetables ECO	PROT 57,48g CA 298,45mg FE
second	Mixed hamburger with samfaina	HDC 8,32mg 57,57g LIP
dessert	Dairy	48,82g
dinner		

12	Hummus chickpea	KCAL 679,32
first	Pancakes of ham and cheese	PROT 34,18g CA 278,03mg FE
second	Cod confit	HDC 5,74mg 83,76g LIP
dessert	Organic fruit	22,70g
dinner		

13	Fresh organic salad	KCAL 768,80
first	Cream of red lentils and pumpkin curry	PROT 46,44g CA 215,42mg FE
second	Beefgoulash with Chinese rice noodles	HDC 11,25mg 114,36g LIP
dessert	Fruit	20,98g
dinner		

16	Seasonal vegetable salad	KCAL 983,63
first	White rice with tomato and egg	PROT 35,76g CA 136,32mg FE
second	Baked tenderloin with vegetables	HDC 7,45mg 88,63g LIP
dessert	Fruit	68,99g
dinner		

17	Seasonal vegetable salad	KCAL 631,13
first	Chickpeas with vegetables	PROT 24,65g CA 183,80mg FE
second	Hake sticks	HDC 6,90mg 73,61g LIP
dessert	Fruit	26,49g
dinner		

18	Fresh organic salad	KCAL 642,90
first	Caracolas to the Neapolitan	PROT 27,18g CA 315,51mg FE
second	Sausages	HDC 3,66mg 62,10g LIP
dessert	Dairy	44,90g
dinner		

19	GREEN DAY ORGANIC Cabbage Salad	KCAL 715,80
first	Pardina lentils with vegetables BIO	PROT 35,67g CA 153,14mg FE
second	Hake in mery sauce	HDC 8,83mg 90,25g LIP
dessert	Organic fruit	23,59g
dinner		

20		KCAL
first	SPECIAL CHRISTMAS MENU	PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		

		KCAL
first		PROT
second		CA
dessert		FE
dinner		