

**SEASONAL FRUITS:**

**Banana, Apple, Pear,  
Strawberry & Orange**

|          |  |          |   |          |  |          |  |          |   |
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| <b>3</b> | <p>Seasonal vegetable salad</p> <p>610,66<br/>PROT<br/>31,40g<br/>CA<br/>352,66mg<br/>FE</p> <p>Spaghetti with tomato sauce</p> <p>5,37mg<br/>HDC</p> <p>Codfish in Biscayan sauce with pepper</p> <p>97,51g<br/>LIP<br/>28,32g</p> <p>Fruit</p> <p>Vegetable skewers<br/>Poultry /Fruit</p> | <b>4</b> | <p><b>GREEN DAY</b></p> <p>Seasonal vegetable salad</p> <p>760,83<br/>PROT<br/>26,60g<br/>CA<br/>198,23mg<br/>FE</p> <p>White beans with seasonal vegetables</p> <p>8,62mg<br/>HDC</p> <p>Spanish omelette and bread with oil and paprika</p> <p>115,36g<br/>LIP<br/>22,43g</p> <p>Fruit</p> <p>Full salad<br/>Homemade pizza with seasonal fresh</p> | <b>5</b> | <p>Fresh organic salad</p> <p>645,39<br/>PROT<br/>40,15g<br/>CA<br/>306,57mg<br/>FE</p> <p>Cooked soup with vegetables ECO</p> <p>7,22mg<br/>HDC</p> <p>Boneless chicken with baked vegetables</p> <p>73,44g<br/>LIP<br/>25,69g</p> <p>Dairy</p> <p>Escalivada<br/>Steamed fish /Fruit</p> | <b>6</b> | <p>Fresh organic salad</p> <p>848,96<br/>PROT<br/>30,92g<br/>CA<br/>263,09mg<br/>FE</p> <p>Milanese rice with lean and chickpeas</p> <p>4,10mg<br/>HDC</p> <p>Hake sticks with carrot</p> <p>106,68g<br/>LIP<br/>33,18g</p> <p>Dairy</p> <p>Grilled zucchini<br/>White meat /Fruit</p> | <b>7</b> | <p>Seasonal vegetable salad</p> <p>838,95<br/>PROT<br/>36,22g<br/>CA<br/>214,95mg<br/>FE</p> <p>Chickpeas with spinach</p> <p>9,58mg<br/>HDC</p> <p>Grilled burger with potatoes</p> <p>88,78g<br/>LIP<br/>37,56g</p> <p>Fruit</p> <p>Vegetables wok<br/>Egg /Fruit</p> |
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| <b>10</b> | <p>Seasonal vegetable salad</p> <p>797,38<br/>PROT<br/>37,49g<br/>CA<br/>225,14mg<br/>FE</p> <p>Noodle soup with vegetables</p> <p>8,53mg<br/>HDC</p> <p>Spanish omelette with fresh cheese</p> <p>104,48g<br/>LIP<br/>32,95g</p> <p>Fruit</p> <p>Leek cream<br/>Vegetable sandwich /Fruit</p> | <b>11</b> | <p>Seasonal vegetable salad</p> <p>860,98<br/>PROT<br/>27,32g<br/>CA<br/>255,32mg<br/>FE</p> <p>Vegetable puree</p> <p>4,12mg<br/>HDC</p> <p>PIZZERO</p> <p>108,66g<br/>LIP<br/>35,82g</p> <p>Fruit</p> <p>Sautéed green beans<br/>Lean pork /Fruit</p> | <b>12</b> | <p>Fresh organic salad</p> <p>685,31<br/>PROT<br/>40,36g<br/>CA<br/>273,39mg<br/>FE</p> <p>Lentils with vegetables</p> <p>7,90mg<br/>HDC</p> <p>Boneless chicken with potatoes</p> <p>68,49g<br/>LIP<br/>27,31g</p> <p>Dairy</p> <p>Carrot dressed with peas<br/>Blue fish /Fruit</p> | <b>13</b> | <p>Seasonal vegetable salad</p> <p>534,33<br/>PROT<br/>19,82g<br/>CA<br/>135,08mg<br/>FE</p> <p>French omelette</p> <p>4,23mg<br/>HDC</p> <p>Cod with salsa mery (garlic and parsley) with zucchini</p> <p>29,14g<br/>LIP<br/>37,78g</p> <p>Organic fruit</p> <p>Sautéed artichokes<br/>Poultry /Fruit</p> | <b>14</b> | <p>Fresh organic salad</p> <p>683,02<br/>PROT<br/>29,20g<br/>CA<br/>195,67mg<br/>FE</p> <p>White beans with vegetables</p> <p>8,61mg<br/>HDC</p> <p>Tenderloin escalope breaded with ratatouille</p> <p>77,60g<br/>LIP<br/>39,77g</p> <p>Fruit</p> <p>Quinoa with sautéed zucchini and carrots<br/>Grilled fish with lemon /Fruit</p> |
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| <b>17</b> | <p>Seasonal vegetable salad</p> <p>823,41<br/>PROT<br/>40,65g<br/>CA<br/>145,32mg<br/>FE</p> <p>Noodle soup</p> <p>6,76mg<br/>HDC</p> <p>Grilled Turkey Fillet with sauteed vegetables</p> <p>82,36g<br/>LIP<br/>42,05g</p> <p>Fruit</p> <p>Hummus toast<br/>Onion omelet /Fruit</p> | <b>18</b> | <p>Seasonal vegetable salad</p> <p>776,84<br/>PROT<br/>36,51g<br/>CA<br/>85,84mg<br/>FE</p> <p>Casserole noodles with chicken</p> <p>4,64mg<br/>HDC</p> <p>Grilled fish with vegetables</p> <p>94,56g<br/>LIP<br/>42,35g</p> <p>Fruit</p> <p>Grilled onion tender and red pepper<br/>White meat /Fruit</p> | <b>19</b> | <p>Seasonal vegetable salad</p> <p>980,77<br/>PROT<br/>45,66g<br/>CA<br/>428,67mg<br/>FE</p> <p>Gratin potatoes</p> <p>5,18mg<br/>HDC</p> <p>Lean pork goulash with vegetables</p> <p>32,26g<br/>LIP<br/>73,74g</p> <p>Dairy</p> <p>Roasted vegetables<br/>Whitefish /Fruit</p> | <b>20</b> | <p>Fresh organic salad</p> <p>649,16<br/>PROT<br/>31,12g<br/>CA<br/>412,89mg<br/>FE</p> <p>York and cheese</p> <p>3,55mg<br/>HDC</p> <p>Valencian paella with artichokes and free-range chicken</p> <p>63,49g<br/>LIP<br/>30,01g</p> <p>Fruit</p> <p>Full salad<br/>Lean white meat /Fruit</p> | <b>21</b> | <p>Fresh organic salad</p> <p>606,57<br/>PROT<br/>25,26g<br/>CA<br/>136,01mg<br/>FE</p> <p>Organic lentils with vegetables</p> <p>7,65mg<br/>HDC</p> <p>Sausages</p> <p>68,84g<br/>LIP<br/>25,84g</p> <p>Organic fruit</p> <p>Potatoes (microwave) with olive oil, salt and Hake burgers /Fruit</p> |
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| <b>24</b> | <p>Seasonal vegetable salad</p> <p>856,77<br/>PROT<br/>76,92g<br/>CA<br/>218,44mg<br/>FE</p> <p>Neapolitan pasta</p> <p>7,01mg<br/>HDC</p> <p>Cod with pil-pil sauce with peas</p> <p>85,82g<br/>LIP<br/>24,36g</p> <p>Fruit</p> <p>Vegetable soup<br/>Scrambled eggs with garlic /Fruit</p> | <b>25</b> | <p>Seasonal vegetable salad</p> <p>904,70<br/>PROT<br/>22,06g<br/>CA<br/>170,16mg<br/>FE</p> <p>Creamed legumes</p> <p>6,89mg<br/>HDC</p> <p>Meatballs with sauce and rice with potatoes</p> <p>98,63g<br/>LIP<br/>47,60g</p> <p>Fruit</p> <p>Eggplant au gratin<br/>Steamed fish /Fruit</p> | <b>26</b> | <p>Fresh organic salad</p> <p>789,60<br/>PROT<br/>29,28g<br/>CA<br/>327,75mg<br/>FE</p> <p>White rice with tomato and egg</p> <p>4,93mg<br/>HDC</p> <p>Hake in mery sauce with broccoli</p> <p>78,87g<br/>LIP<br/>39,35g</p> <p>Dairy</p> <p>Roasted sweet potato chips<br/>Lean white meat /Fruit</p> | <b>27</b> | <p>Seasonal vegetable salad</p> <p>627,91<br/>PROT<br/>31,31g<br/>CA<br/>85,69mg<br/>FE</p> <p>Pasta Soup</p> <p>4,43mg<br/>HDC</p> <p>Chicken breast grilled with sauteed corn</p> <p>81,83g<br/>LIP<br/>31,28g</p> <p>Fruit</p> <p>Pumpkin and potato in the microwawe made<br/>Whitefish /Fruit</p> | <b>28</b> | <p>Fresh organic salad</p> <p>725,78<br/>PROT<br/>30,24g<br/>CA<br/>259,44mg<br/>FE</p> <p>Vegetable "fabada" P/ECO</p> <p>9,01mg<br/>HDC</p> <p>Spanish omelette with fresh cheese</p> <p>105,40g<br/>LIP<br/>20,92g</p> <p>Fruit</p> <p>Vegetable skewers<br/>Lean red meat /Fruit</p> |
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|  | <p>starter</p> <p>first</p> <p>second</p> <p>dessert</p> <p>dinner</p> <p>KCAL</p> <p>PROT</p> <p>CA</p> <p>FE</p> <p>HDC</p> <p>LIP</p> |  | <p>starter</p> <p>first</p> <p>second</p> <p>dessert</p> <p>dinner</p> <p>KCAL</p> <p>PROT</p> <p>CA</p> <p>FE</p> <p>HDC</p> <p>LIP</p> |  | <p>starter</p> <p>first</p> <p>second</p> <p>dessert</p> <p>dinner</p> <p>KCAL</p> <p>PROT</p> <p>CA</p> <p>FE</p> <p>HDC</p> <p>LIP</p> |  | <p>starter</p> <p>first</p> <p>second</p> <p>dessert</p> <p>dinner</p> <p>KCAL</p> <p>PROT</p> <p>CA</p> <p>FE</p> <p>HDC</p> <p>LIP</p> |  | <p>starter</p> <p>first</p> <p>second</p> <p>dessert</p> <p>dinner</p> <p>KCAL</p> <p>PROT</p> <p>CA</p> <p>FE</p> <p>HDC</p> <p>LIP</p> |
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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.

**DIFFERENTIATING VALUE**

- VEGETARIAN RECIPE
- SUSTAINABLE FISHING
- ORGANIC PRODUCTS
- FOODIE RECIPE
- TRADITIONAL GASTRONOMY
- SEASONAL PRODUCT
- LOCAL PRODUCT (K.M.O)

**ALLERGENS**

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

**SEASONAL FRUITS:**

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**DIFFERENTIATING VALUE**



**ALLERGENS**



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|---|---------|---------------------------------------|---|
| 3 | starter | Seasonal vegetable salad              | KCAL 671,06<br>PROT 27,88g<br>CA 359,68mg<br>FE |
|   | first   | Carbonara spaghetti                   | 359,68mg<br>FE                                  |
|   | second  | Codfish in Biscayan sauce with pepper | 4,06mg<br>HDC                                   |
|   | dessert | Fruit                                 | 115,36g<br>LIP 40,08g                           |
|   | dinner  | Vegetable skewers<br>Poultry /Fruit   |   |

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| 4 | starter | <b>GREEN DAY</b><br>Seasonal vegetable salad     | KCAL 760,83<br>PROT 26,60g<br>CA 198,23mg<br>FE |
|   | first   | White beans with seasonal vegetables             | 26,60g<br>CA 198,23mg<br>FE                     |
|   | second  | Spanish omelette and bread with oil and paprika  | 8,62mg<br>HDC                                   |
|   | dessert | Fruit  | 115,36g<br>LIP 22,43g                           |
|   | dinner  | Full salad<br>Homemade pizza with seasonal fresh |   |

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| 5 | starter | Fresh organic salad                   | KCAL 856,42<br>PROT 38,35g<br>CA 326,13mg<br>FE |
|   | first   | Cooked soup with vegetables ECO       | 54,16g<br>CA 326,13mg<br>FE                     |
|   | second  | Grilled chicken with baked vegetables | 8,14mg<br>HDC                                   |
|   | dessert | Dairy                                 | 109,38g<br>LIP 28,81g                           |
|   | dinner  | Escalivada<br>Steamed fish /Fruit     |   |

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| 6 | starter | Fresh organic salad                         | KCAL 856,42<br>PROT 38,35g<br>CA 326,13mg<br>FE |
|   | first   | Milanese rice with lean and chickpeas       | 38,35g<br>CA 326,13mg<br>FE                     |
|   | second  | Fillet of hake floured homemade with carrot | 5,18mg<br>HDC                                   |
|   | dessert | Dairy                                       | 109,38g<br>LIP 29,46g                           |
|   | dinner  | Grilled zucchini<br>White meat /Fruit       |   |

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| 7 | starter | Seasonal vegetable salad     | KCAL 838,33<br>PROT 38,35g<br>CA 191,28mg<br>FE |
|   | first   | Chickpeas with spinach       | 38,35g<br>CA 191,28mg<br>FE                     |
|   | second  | Grilled burger with potatoes | 9,14mg<br>HDC                                   |
|   | dessert | Fruit                        | 77,26g<br>LIP 41,69g                            |
|   | dinner  | Vegetables wok<br>Egg /Fruit |   |

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| 10 | starter | Seasonal vegetable salad                | KCAL 797,38<br>PROT 37,49g<br>CA 225,14mg<br>FE |
|    | first   | Noodle soup with vegetables             | 37,49g<br>CA 225,14mg<br>FE                     |
|    | second  | Spanish omelette with fresh cheese      | 8,53mg<br>HDC                                   |
|    | dessert | Fruit                                   | 104,48g<br>LIP 32,95g                           |
|    | dinner  | Leek cream<br>Vegetable sandwich /Fruit |   |

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| 11 | starter | Seasonal vegetable salad                | KCAL 860,98<br>PROT 27,32g<br>CA 255,32mg<br>FE |
|    | first   | Vegetable puree                         | 27,32g<br>CA 255,32mg<br>FE                     |
|    | second  | PIZZERO                                 | 4,12mg<br>HDC                                   |
|    | dessert | Fruit                                   | 108,66g<br>LIP 35,82g                           |
|    | dinner  | Sautéed green beans<br>Lean pork /Fruit |   |

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|----|---------|---|---|
| 12 | starter | Fresh organic salad                                   | KCAL 744,77<br>PROT 41,52g<br>CA 278,93mg<br>FE |
|    | first   | Lentils with meat (Children: Lentils with vegetables) | 41,52g<br>CA 278,93mg<br>FE                     |
|    | second  | Baked chicken with potatoes                           | 8,22mg<br>HDC                                   |
|    | dessert | Dairy   | 68,60g<br>LIP 33,24g                            |
|    | dinner  | Carrot dressed with peas<br>Blue fish /Fruit          |   |

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| 13 | starter | Seasonal vegetable salad                               | KCAL 695,82<br>PROT 28,87g<br>CA 410,62mg<br>FE |
|    | first   | Eggs gratin with bechamel                              | 28,87g<br>CA 410,62mg<br>FE                     |
|    | second  | Cod with salsa mery (garlic and parsley) with zucchini | 4,69mg<br>HDC                                   |
|    | dessert | Organic fruit  | 44,52g<br>LIP 44,83g                            |
|    | dinner  | Sautéed artichokes<br>Poultry /Fruit                   |   |

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| 14 | starter | Fresh organic salad  | KCAL 803,86<br>PROT 33,94g<br>CA 210,49mg<br>FE |
|    | first   | White beans with vegetables with serrano ham                               | 33,94g<br>CA 210,49mg<br>FE                     |
|    | second  | Tenderloin escalope breaded with ratatouille                               | 9,39mg<br>HDC                                   |
|    | dessert | Fruit  | 87,93g<br>LIP 45,28g                            |
|    | dinner  | Quinoa with sautéed zucchini and carrots<br>Grilled fish with lemon /Fruit |   |

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| 17 | starter | Seasonal vegetable salad                      | KCAL 823,41<br>PROT 40,65g<br>CA 145,32mg<br>FE |
|    | first   | Noodle soup                                   | 40,65g<br>CA 145,32mg<br>FE                     |
|    | second  | Grilled Turkey Fillet with sauteed vegetables | 6,76mg<br>HDC                                   |
|    | dessert | Fruit   | 82,36g<br>LIP 42,05g                            |
|    | dinner  | Hummus toast<br>Onion omelet /Fruit           |   |

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| 18 | starter | Seasonal vegetable salad                                 | KCAL 840,85<br>PROT 39,38g<br>CA 107,90mg<br>FE |
|    | first   | Casserole noodles with chicken                           | 39,38g<br>CA 107,90mg<br>FE                     |
|    | second  | Crunch de salmon with mayonnaise                         | 5,25mg<br>HDC                                   |
|    | dessert | Fruit  | 99,77g<br>LIP 45,89g                            |
|    | dinner  | Grilled onion tender and red pepper<br>White meat /Fruit |   |

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| 19 | starter | French Gastronomic Day Ratatouille     | KCAL 963,14<br>PROT 50,56g<br>CA 202,35mg<br>FE |
|    | first   | Tartiflette (bacon and cheese)         | 50,56g<br>CA 202,35mg<br>FE                     |
|    | second  | Boeuf bourguignon                      | 5,87mg<br>HDC                                   |
|    | dessert | Chocolate crepe                        | 78,78g<br>LIP 73,95g                            |
|    | dinner  | Roasted vegetables<br>Whitefish /Fruit |   |

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| 20 | starter | Fresh organic salad                                     | KCAL 794,31<br>PROT 27,17g<br>CA 287,85mg<br>FE |
|    | first   | Vegetable burrito with avocado and cheese               | 27,17g<br>CA 287,85mg<br>FE                     |
|    | second  | Valencian paella with artichokes and free-range chicken | 3,88mg<br>HDC                                   |
|    | dessert | Fruit   | 123,90g<br>LIP 21,54g                           |
|    | dinner  | Full salad<br>Lean white meat /Fruit                    |   |

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| 21 | starter | Fresh organic salad   | KCAL 606,57<br>PROT 25,26g<br>CA 136,01mg<br>FE |
|    | first   | Organic lentils with vegetables                                   | 25,26g<br>CA 136,01mg<br>FE                     |
|    | second  | Sausages  | 7,65mg<br>HDC                                   |
|    | dessert | Organic fruit   | 68,84g<br>LIP 25,84g                            |
|    | dinner  | Potatoes (microwave) with olive oil, salt and Hake burgers /Fruit |   |

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| 24 | starter | Seasonal vegetable salad                            | KCAL 856,77<br>PROT 76,92g<br>CA 218,44mg<br>FE |
|    | first   | Neapolitan pasta                                    | 76,92g<br>CA 218,44mg<br>FE                     |
|    | second  | Cod with pil-pil sauce with peas                    | 7,01mg<br>HDC                                   |
|    | dessert | Fruit   | 85,82g<br>LIP 24,36g                            |
|    | dinner  | Vegetable soup<br>Scrambled eggs with garlic /Fruit |   |

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| 25 | starter | Seasonal vegetable salad                        | KCAL 929,15<br>PROT 23,08g<br>CA 137,89mg<br>FE |
|    | first   | Vegetable puree with coconut milk with croutons | 23,08g<br>CA 137,89mg<br>FE                     |
|    | second  | Meatballs with sauce and rice with potatoes     | 6,66mg<br>HDC                                   |
|    | dessert | Fruit   | 104,31g<br>LIP 47,71g                           |
|    | dinner  | Eggplant au gratin<br>Steamed fish /Fruit       |   |

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| 26 | starter | Fresh organic salad                                  | KCAL 789,60<br>PROT 29,28g<br>CA 327,75mg<br>FE |
|    | first   | White rice with tomato and egg                       | 29,28g<br>CA 327,75mg<br>FE                     |
|    | second  | Hake in mery sauce with broccoli                     | 4,93mg<br>HDC                                   |
|    | dessert | Dairy  | 78,87g<br>LIP 39,35g                            |
|    | dinner  | Roasted sweet potato chips<br>Lean white meat /Fruit |   |

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| 27 | starter | Seasonal vegetable salad                                     | KCAL 800,74<br>PROT 50,55g<br>CA 117,95mg<br>FE |
|    | first   | Pasta Soup   | 50,55g<br>CA 117,95mg<br>FE                     |
|    | second  | Breaded chicken fillet with corn on the cob                  | 5,98mg<br>HDC                                   |
|    | dessert | Fruit  | 89,50g<br>LIP 38,50g                            |
|    | dinner  | Pumpkin and potato in the microwawe made<br>Whitefish /Fruit |   |

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| 28 | starter | Fresh organic salad                       | KCAL 725,78<br>PROT 30,24g<br>CA 259,44mg<br>FE |
|    | first   | Vegetable "fabada" P/ECO                  | 30,24g<br>CA 259,44mg<br>FE                     |
|    | second  | Spanish omelette with fresh cheese        | 9,01mg<br>HDC                                   |
|    | dessert | Fruit                                     | 105,40g<br>LIP 20,92g                           |
|    | dinner  | Vegetable skewers<br>Lean red meat /Fruit |   |

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|  | starter |  | KCAL |
|  | first   |  | PROT |
|  | second  |  | CA   |
|  | dessert |  | FE   |
|  | dinner  |  | HDC  |
|  |         |  | LIP  |

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|  | starter |  | KCAL |
|  | first   |  | PROT |
|  | second  |  | CA   |
|  | dessert |  | FE   |
|  | dinner  |  | HDC  |
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|  | starter |  | KCAL |
|  | first   |  | PROT |
|  | second  |  | CA   |
|  | dessert |  | FE   |
|  | dinner  |  | HDC  |
|  |         |  | LIP  |

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|  | starter |  | KCAL |
|  | first   |  | PROT |
|  | second  |  | CA   |
|  | dessert |  | FE   |
|  | dinner  |  | HDC  |
|  |         |  | LIP  |

|  |         |  |      |
|--|---------|--|------|
|  | starter |  | KCAL |
|  | first   |  | PROT |
|  | second  |  | CA   |
|  | dessert |  | FE   |
|  | dinner  |  | HDC  |
|  |         |  | LIP  |

**SEASONAL FRUITS:**  
**Banana, Apple, Pear, Strawberry & Orange**

**DIFFERENTIATING VALUE**

**ALLERGENS**

Avda. 1<sup>o</sup> 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.

**3**

|         |                                     |             |
|---------|-------------------------------------|-------------|
| starter | Seasonal vegetable salad            | KCAL 717,06 |
|         |                                     | PROT 32,54g |
|         |                                     | CA 274,44mg |
| first   | Carbonara spaghetti                 | 274,44mg    |
|         |                                     | FE 4,68mg   |
| second  | Marinated loin with pepper          | 4,68mg      |
|         |                                     | HDC 65,16g  |
| dessert | Fruit                               | LIP 61,24g  |
| dinner  | Vegetable skewers<br>Poultry /Fruit |             |

**4 GREEN DAY**

|         |   |             |
|---------|---|-------------|
| starter | Seasonal vegetable salad                          | KCAL 823,40 |
|         |   | PROT 24,44g |
|         |   | CA 160,39mg |
| first   | White beans with seasonal vegetables              | 160,39mg    |
|         |   | FE 5,58mg   |
| second  | Grandma croquettes and bread with oil and paprika | 5,58mg      |
|         |   | HDC 119,37g |
| dessert | Fruit   | LIP 28,61g  |
| dinner  | Full salad<br>Homemade pizza with seasonal fresh  |             |

**5**

|         |  |             |
|---------|--|-------------|
| starter | Fresh organic salad                    | KCAL 799,03 |
|         |  | PROT 47,27g |
|         |  | CA 312,71mg |
| first   | Cooked soup with vegetables ECO        | 312,71mg    |
|         |  | FE 7,95mg   |
| second  | Salmon with dill with baked vegetables | 7,95mg      |
|         |  | HDC 78,10g  |
| dessert | Dairy                                  | LIP 37,56g  |
| dinner  | Escalivada<br>Steamed fish /Fruit      |             |

**6**

|         |                                       |             |
|---------|---------------------------------------|-------------|
| starter | Fresh organic salad                   | KCAL 909,06 |
|         |                                       | PROT 43,08g |
|         |                                       | CA 271,89mg |
| first   | Milanese rice with lean and chickpeas | 271,89mg    |
|         |                                       | FE 5,75mg   |
| second  | Grilled burger with carrot            | 5,75mg      |
|         |                                       | HDC 101,88g |
| dessert | Dairy                                 | LIP 36,55g  |
| dinner  | Grilled zucchini<br>White meat /Fruit |             |

**7**

|         |  |             |
|---------|--|-------------|
| starter | Seasonal vegetable salad                   | KCAL 726,13 |
|         |  | PROT 24,69g |
|         |  | CA 217,74mg |
| first   | Chickpeas with spinach                     | 217,74mg    |
|         |  | FE 9,47mg   |
| second  | Scrambled eggs with mushroom with potatoes | 9,47mg      |
|         |  | HDC 79,13g  |
| dessert | Fruit                                      | LIP 34,54g  |
| dinner  | Vegetables wok<br>Egg /Fruit               |             |

**10**

|         |   |             |
|---------|---|-------------|
| starter | Seasonal vegetable salad                | KCAL 745,74 |
|         |   | PROT 43,38g |
|         |   | CA 194,30mg |
| first   | Noodle soup with vegetables             | 194,30mg    |
|         |   | FE 7,20mg   |
| second  | Fingers of chicken with fresh cheese    | 7,20mg      |
|         |   | HDC 88,96g  |
| dessert | Fruit                                   | LIP 31,54g  |
| dinner  | Leek cream<br>Vegetable sandwich /Fruit |             |

**11**

|         |   |             |
|---------|---|-------------|
| starter | Seasonal vegetable salad                | KCAL 860,98 |
|         |   | PROT 27,32g |
|         |   | CA 255,32mg |
| first   | Vegetable puree                         | 255,32mg    |
|         |   | FE 4,12mg   |
| second  | PIZZERO                                 | 4,12mg      |
|         |   | HDC 108,66g |
| dessert | Fruit                                   | LIP 35,82g  |
| dinner  | Sautéed green beans<br>Lean pork /Fruit |             |

**12**

|         |   |             |
|---------|---|-------------|
| starter | Fresh organic salad                                   | KCAL 830,75 |
|         |   | PROT 42,72g |
|         |   | CA 258,09mg |
| first   | Lentils with meat (Children: Lentils with vegetables) | 258,09mg    |
|         |   | FE 8,06mg   |
| second  | Breaded anchovies with potatoes                       | 8,06mg      |
|         |   | HDC 77,24g  |
| dessert | Dairy   | LIP 38,52g  |
| dinner  | Carrot dressed with peas<br>Blue fish /Fruit          |             |

**13**

|         |   |             |
|---------|---|-------------|
| starter | Seasonal vegetable salad  | KCAL 879,65 |
|         |   | PROT 33,25g |
|         |   | CA 397,72mg |
| first   | Eggs gratin with bechamel   | 397,72mg    |
|         |   | FE 6,66mg   |
| second  | "Arroz al horno" (chickpeas, ribs, potatoes, tomato, black pudding) | 6,66mg      |
|         |   | HDC 89,10g  |
| dessert | Organic fruit   | LIP 43,47g  |
| dinner  | Sautéed artichokes<br>Poultry /Fruit                                |             |

**14**

|         |  |             |
|---------|--|-------------|
| starter | Fresh organic salad  | KCAL 645,66 |
|         |  | PROT 31,71g |
|         |  | CA 212,26mg |
| first   | White beans with vegetables with serrano ham                               | 212,26mg    |
|         |  | FE 7,46mg   |
| second  | Hake in sauce  | 7,46mg      |
|         |  | HDC 76,04g  |
| dessert | Fruit  | LIP 24,24g  |
| dinner  | Quinoa with sautéed zucchini and carrots<br>Grilled fish with lemon /Fruit |             |

**17**

|         |                                     |             |
|---------|-------------------------------------|-------------|
| starter | Seasonal vegetable salad            | KCAL 907,10 |
|         |                                     | PROT 38,13g |
|         |                                     | CA 140,54mg |
| first   | Noodle soup                         | 140,54mg    |
|         |                                     | FE 6,24mg   |
| second  | Floured blue whiting and eggplant   | 6,24mg      |
|         |                                     | HDC 90,98g  |
| dessert | Fruit                               | LIP 48,55g  |
| dinner  | Hummus toast<br>Onion omelet /Fruit |             |

**18**

|         |  |             |
|---------|--|-------------|
| starter | Seasonal vegetable salad                                 | KCAL 760,93 |
|         |  | PROT 30,23g |
|         |  | CA 117,67mg |
| first   | Casserole noodles with chicken                           | 117,67mg    |
|         |  | FE 5,54mg   |
| second  | Spanish omelette with mayonnaise                         | 5,54mg      |
|         |  | HDC 108,12g |
| dessert | Fruit  | LIP 37,26g  |
| dinner  | Grilled onion tender and red pepper<br>White meat /Fruit |             |

**19**

|         |  |             |
|---------|--|-------------|
| starter | French Gastronomic Day Ratatouille     | KCAL 963,14 |
|         |  | PROT 50,56g |
|         |  | CA 202,35mg |
| first   | Tartiflette (bacon and cheese)         | 202,35mg    |
|         |  | FE 5,87mg   |
| second  | Boeuf bourguignon                      | 5,87mg      |
|         |  | HDC 78,78g  |
| dessert | Chocolate crepe                        | LIP 73,95g  |
| dinner  | Roasted vegetables<br>Whitefish /Fruit |             |

**20**

|         |   |             |
|---------|---|-------------|
| starter | Fresh organic salad                       | KCAL 763,12 |
|         |   | PROT 30,87g |
|         |   | CA 263,05mg |
| first   | Vegetable burrito with avocado and cheese | 263,05mg    |
|         |   | FE 4,04mg   |
| second  | Steak grilled sea with potatoes           | 4,04mg      |
|         |   | HDC 91,75g  |
| dessert | Fruit                                     | LIP 30,72g  |
| dinner  | Full salad<br>Lean white meat /Fruit      |             |

**21**

|         |  |             |
|---------|--|-------------|
| starter | Fresh organic salad  | KCAL 791,79 |
|         |  | PROT 34,63g |
|         |  | CA 156,59mg |
| first   | Organic lentils with vegetables                                      | 156,59mg    |
|         |  | FE 7,99mg   |
| second  | Teriyaki tuna with vegetables  | 7,99mg      |
|         |  | HDC 71,14g  |
| dessert | Organic fruit  | LIP 41,20g  |
| dinner  | Potatoes (microwave) with olive oil, salt and<br>Hake burgers /Fruit |             |

**24**

|         |   |             |
|---------|---|-------------|
| starter | Seasonal vegetable salad                            | KCAL 768,13 |
|         |   | PROT 25,99g |
|         |   | CA 207,84mg |
| first   | Neapolitan pasta                                    | 207,84mg    |
|         |   | FE 4,76mg   |
| second  | Cordon bleu with peas                               | 4,76mg      |
|         |   | HDC 96,31g  |
| dessert | Fruit   | LIP 32,45g  |
| dinner  | Vegetable soup<br>Scrambled eggs with garlic /Fruit |             |

**25**

|         |   |             |
|---------|---|-------------|
| starter | Seasonal vegetable salad                        | KCAL 848,79 |
|         |   | PROT 27,44g |
|         |   | CA 127,65mg |
| first   | Vegetable puree with coconut milk with croutons | 127,65mg    |
|         |   | FE 6,39mg   |
| second  | Baked gilthead with potatoes                    | 6,39mg      |
|         |   | HDC 94,86g  |
| dessert | Fruit   | LIP 40,32g  |
| dinner  | Eggplant au gratin<br>Steamed fish /Fruit       |             |

**26**

|         |  |             |
|---------|--|-------------|
| starter | Fresh organic salad                                  | KCAL 896,98 |
|         |  | PROT 39,44g |
|         |  | CA 302,37mg |
| first   | White rice with tomato and egg                       | 302,37mg    |
|         |  | FE 5,65mg   |
| second  | Marinated loin with broccoli                         | 5,65mg      |
|         |  | HDC 78,28g  |
| dessert | Dairy  | LIP 60,67g  |
| dinner  | Roasted sweet potato chips<br>Lean white meat /Fruit |             |

**27**

|         |  |             |
|---------|--|-------------|
| starter | Seasonal vegetable salad                                     | KCAL 752,41 |
|         |  | PROT 45,69g |
|         |  | CA 107,85mg |
| first   | Pasta Soup   | 107,85mg    |
|         |  | FE 5,92mg   |
| second  | Lean pork with tomato sauce                                  | 5,92mg      |
|         |  | HDC 79,65g  |
| dessert | Fruit  | LIP 40,20g  |
| dinner  | Pumpkin and potato in the microwawe made<br>Whitefish /Fruit |             |

**28**

|         |   |             |
|---------|---|-------------|
| starter | Fresh organic salad                       | KCAL 804,95 |
|         |   | PROT 43,78g |
|         |   | CA 230,40mg |
| first   | Vegetable "fabada" P/ECO                  | 230,40mg    |
|         |   | FE 8,62mg   |
| second  | Grilled burger with fresh cheese          | 8,62mg      |
|         |   | HDC 89,88g  |
| dessert | Fruit                                     | LIP 30,63g  |
| dinner  | Vegetable skewers<br>Lean red meat /Fruit |             |

|         |  |      |
|---------|--|------|
| starter |  | KCAL |
|         |  | PROT |
|         |  | CA   |
| first   |  | FE   |
|         |  | HDC  |
| second  |  | LIP  |
|         |  |      |
| dessert |  |      |
|         |  |      |
| dinner  |  |      |

|         |  |      |
|---------|--|------|
| starter |  | KCAL |
|         |  | PROT |
|         |  | CA   |
| first   |  | FE   |
|         |  | HDC  |
| second  |  | LIP  |
|         |  |      |
| dessert |  |      |
|         |  |      |
| dinner  |  |      |

|         |  |      |
|---------|--|------|
| starter |  | KCAL |
|         |  | PROT |
|         |  | CA   |
| first   |  | FE   |
|         |  | HDC  |
| second  |  | LIP  |
|         |  |      |
| dessert |  |      |
|         |  |      |
| dinner  |  |      |

|         |  |      |
|---------|--|------|
| starter |  | KCAL |
|         |  | PROT |
|         |  | CA   |
| first   |  | FE   |
|         |  | HDC  |
| second  |  | LIP  |
|         |  |      |
| dessert |  |      |
|         |  |      |
| dinner  |  |      |

|         |  |      |
|---------|--|------|
| starter |  | KCAL |
|         |  | PROT |
|         |  | CA   |
| first   |  | FE   |
|         |  | HDC  |
| second  |  | LIP  |
|         |  |      |
| dessert |  |      |
|         |  |      |
| dinner  |  |      |