

CEIP Jaume I (Paterna)

usuario: jaume_i_paterna

contraseña: 1283_jaume_i_paterna

Abril - 2026 MENU MENSUAL JAUME I PATERNA

FRUITES DE TEMPORADA:

Banana, Poma, Pera
Maduixot, Taronja

*El menú inclou 1 ració de pa

DESCARREGA'T LA NOSTRA APP



EL TEU CODI DE CENTRE ÉS: 1283

VALOR DIFERENCIADOR



AL·LÈRGENS



| 1 | 2 | 3 |
|--|--|---|
| <p>1</p> <p>E Nachos amb formatge KCAL 775,29 FROT 32,39g CA 198,26mg FE 5,53mg HDC 85,71g LIP 38,11g</p> <p>1º Rabes enfarinades amb salsa tàrtara cassolana 2º Paella valenciana (pollastre de camp, carxofes naturals) P Gelat</p> <p>S Sopa de verdures Carn blanca magra /Fruita</p> | <p>2</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> | <p>3</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> |
| 6 | 7 | 8 |
| <p>6</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> | <p>7</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> | <p>8</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> |
| 9 | 10 | 13 |
| <p>9</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> | <p>10</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> | <p>13</p> <p>E Festiu</p> <p>1º Festiu</p> <p>2º Festiu</p> <p>P Festiu</p> <p>S Festiu</p> |
| 14 | 15 | 16 |
| <p>14</p> <p>E Hummus de cigrons amb pics de pa KCAL 770,29 FROT 32,76g CA 224,90mg FE 6,50mg HDC 120,98g LIP 31,23g</p> <p>1º Pasta a la italiana 2º Suprema de lluç amb amanida P Fruita</p> <p>S Carabasseta a la plantxa Carn d'au /Fruita</p> | <p>15</p> <p>E Ensalada de verdures de temporada KCAL 771,19 FROT 30,92g CA 301,55mg FE 10,31mg HDC 105,61g LIP 25,50g</p> <p>1º Potatge de cigrons amb bledes 2º Truita de creïlles amb formatge fresc P Fruita</p> <p>S Crema de porro Quiche de verdures /Fruita</p> | <p>16</p> <p>E Ensalada de verdures de temporada KCAL 777,32 FROT 41,27g CA 97,77mg FE 6,72mg HDC 87,16g LIP 41,12g</p> <p>1º Sopa d'estrelletes 2º Aletes de pollastre a la mel i llima amb panolla P Fruita</p> <p>S Fesols tendres ofegats Peix al papillote /Fruita</p> |
| 17 | 20 | 21 |
| <p>17</p> <p>E Ensalada de verdures de temporada KCAL 696,07 FROT 32,37g CA 352,38mg FE 6,22mg HDC 97,85g LIP 18,87g</p> <p>1º Calamars (Infantil: Lluç) amb salsa de tomaca casolana 2º Arròs amb mongetes i verdures de temporada P Iogurt</p> <p>S Amanida completa Broquetes de titot /Fruita</p> | <p>20</p> <p>E Ensalada de verdures de temporada KCAL 921,37 FROT 48,81g CA 157,15mg FE 9,02mg HDC 99,17g LIP 36,07g</p> <p>1º Llentilles amb verdures de temporada 2º Titot al curri amb arròs pilaf integral P Fruita</p> <p>S Minestra saltejada Peix a la llima /Fruita</p> | <p>21</p> <p>E Ensalada de verdures de temporada KCAL 769,75 FROT 31,50g CA 294,97mg FE 7,35mg HDC 100,69g LIP 27,30g</p> <p>1º Espaguetis integrals a la napolitana 2º Escòrpora amb salsa verda amb bròquil P Fruita</p> <p>S Xips de moniato al forn Mandonguilles de pollastre /Fruita</p> |
| 22 | 23 | 24 |
| <p>22</p> <p>E Ensalada de verdures de temporada KCAL 724,85 FROT 25,95g CA 118,01mg FE 6,10mg HDC 64,52g LIP 55,95g</p> <p>1º Crema de verdures de temporada amb tostons integrals 2º Cap de llom rostida amb creïlles P Fruita</p> <p>S Péssols amb perrill i ceba Peix blanc /Fruita</p> | <p>23</p> <p>E DIA DE BARBACOA</p> <p>1º DIA DE BARBACOA</p> <p>2º DIA DE BARBACOA</p> <p>P DIA DE BARBACOA</p> <p>S Panolla amb sal Carn roja magra /Fruita</p> | <p>24</p> <p>E Ensalada fresca ecològica KCAL 817,44 FROT 24,17g CA 230,46mg FE 7,92mg HDC 103,41g LIP 35,24g</p> <p>1º Coca de taitana valenciana 2º Fabada vegetal P/ECO P Fruita ECO</p> <p>S Amanida completa Remenat de verdures /Fruita</p> |
| 27 | 28 | 29 |
| <p>27</p> <p>E Ensalada de verdures de temporada KCAL 712,53 FROT 40,98g CA 381,13mg FE 5,74mg HDC 93,01g LIP 31,47g</p> <p>1º Tallarines amb tapenade 2º Lluç a la provençal amb tomaca grillé P Fruita</p> <p>S Espinacs amb beixamel Carn magra de porc /Fruita</p> | <p>28</p> <p>E Ensalada de verdures de temporada KCAL 764,16 FROT 35,57g CA 317,06mg FE 10,21mg HDC 87,34g LIP 30,90g</p> <p>1º Ous gratinats 2º Cigrons amb espinacs P Fruita</p> <p>S Crema de verdures Pizza casolana de verdures fresques de</p> | <p>29</p> <p>E Ensalada fresca ecològica KCAL 752,31 FROT 45,20g CA 163,27mg FE 8,96mg HDC 98,94g LIP 24,22g</p> <p>1º Sopa de putxero amb verdures ECO 2º Pollastre rostit amb creïlles al forn P Fruita ECO</p> <p>S Bajoqueta saltejada Peix blau /Fruita</p> |
| 30 | | |
| <p>30</p> <p>E Hummus de remolatxa KCAL 767,01 FROT 32,48g CA 322,53mg FE 5,85mg HDC 100,83g LIP 25,46g</p> <p>1º Arròs a la cubana (tomaca i ou) 2º Abadejo cruixent casolà amb amanida P Iogurt</p> <p>S Creïlles cuites Hamburguesa de pollastre i bròcoli /Fruita</p> | | |

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

Disposen de menús adaptats a l'edat dels xiquets, dietes, al·lèrgies, celiàquia, etc. L'avaluació nutricional es basa en el grup d'edat. Els nostres menús es preparen d'acord amb les directrius de la "Guia de menús de menjadors escolars" de la Generalitat Valenciana.

La informació sobre els al·lèrgens està disponible en la cuina i en la direcció del centre. Es donarà pa integral un dia a la setmana.



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Abril - 2026 MENU MENSUAL JAUME I PATERNA

FRUTAS DE TEMPORADA:

Banana, Manzana, Pera
Fresón, Naranja

*El menú incluye 1 ración de pan

DESCARGA NUESTRA APP



TU CÓDIGO DE CENTRO ES: 1283

VALOR DIFERENCIADOR



ALERGENOS



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| <table border="1"> <tr><td>E</td><td>KCAL</td></tr> <tr><td>1º</td><td>PROT</td></tr> <tr><td>2º</td><td>CA</td></tr> <tr><td>P</td><td>FE</td></tr> <tr><td>S</td><td>HDC</td></tr> <tr><td>LIP</td><td>LIP</td></tr> </table> | E | KCAL | 1º | PROT | 2º | CA | P | FE | S | HDC | LIP | LIP | <table border="1"> <tr><td>E</td><td>KCAL</td></tr> <tr><td>1º</td><td>PROT</td></tr> <tr><td>2º</td><td>CA</td></tr> <tr><td>P</td><td>FE</td></tr> <tr><td>S</td><td>HDC</td></tr> <tr><td>LIP</td><td>LIP</td></tr> </table> | E | KCAL | 1º | PROT | 2º | CA | P | FE | S | HDC | LIP | LIP | <table border="1"> <tr><td>1</td><td>E</td><td>Nachos con queso</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Rabas enharinadas con salsa tártara casera</td><td>775,29</td></tr> <tr><td></td><td>2º</td><td>Paella valenciana (pollo de campo, alcachofas naturales)</td><td>32,39g</td></tr> <tr><td></td><td>P</td><td>Helado</td><td>198,26mg</td></tr> <tr><td>S</td><td></td><td>Sopa de verduras</td><td>5,53mg</td></tr> <tr><td></td><td></td><td>Carne blanca magra /Fruta</td><td>85,71g</td></tr> <tr><td></td><td></td><td></td><td>38,11g</td></tr> </table> | 1 | E | Nachos con queso | KCAL | | 1º | Rabas enharinadas con salsa tártara casera | 775,29 | | 2º | Paella valenciana (pollo de campo, alcachofas naturales) | 32,39g | | P | Helado | 198,26mg | S | | Sopa de verduras | 5,53mg | | | Carne blanca magra /Fruta | 85,71g | | | | 38,11g | <table border="1"> <tr><td>E</td><td>KCAL</td></tr> <tr><td>1º</td><td>PROT</td></tr> <tr><td>2º</td><td>CA</td></tr> <tr><td>P</td><td>FE</td></tr> <tr><td>S</td><td>HDC</td></tr> <tr><td>LIP</td><td>LIP</td></tr> </table> | E | KCAL | 1º | PROT | 2º | CA | P | FE | S | HDC | LIP | LIP | <table border="1"> <tr><td>2</td><td>E</td><td>Festivo</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td></td><td>PROT</td></tr> <tr><td></td><td>2º</td><td></td><td>CA</td></tr> <tr><td></td><td>P</td><td></td><td>FE</td></tr> <tr><td>S</td><td></td><td></td><td>HDC</td></tr> <tr><td></td><td></td><td></td><td>LIP</td></tr> </table> | 2 | E | Festivo | KCAL | | 1º | | PROT | | 2º | | CA | | P | | FE | S | | | HDC | | | | LIP | <table border="1"> <tr><td>3</td><td>E</td><td>Festivo</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td></td><td>PROT</td></tr> <tr><td></td><td>2º</td><td></td><td>CA</td></tr> <tr><td></td><td>P</td><td></td><td>FE</td></tr> <tr><td>S</td><td></td><td></td><td>HDC</td></tr> <tr><td></td><td></td><td></td><td>LIP</td></tr> </table> | 3 | E | Festivo | KCAL | | 1º | | PROT | | 2º | | CA | | P | | FE | S | | | HDC | | | | LIP | | | | | | | | | | | | | | | | | | | | | | | |
| E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 2º | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| S | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 1º | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 1 | E | Nachos con queso | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Rabas enharinadas con salsa tártara casera | 775,29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Paella valenciana (pollo de campo, alcachofas naturales) | 32,39g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Helado | 198,26mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Sopa de verduras | 5,53mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Carne blanca magra /Fruta | 85,71g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 38,11g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1º | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2º | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <table border="1"> <tr><td>13</td><td>E</td><td>Festivo</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td></td><td>PROT</td></tr> <tr><td></td><td>2º</td><td></td><td>CA</td></tr> <tr><td></td><td>P</td><td></td><td>FE</td></tr> <tr><td>S</td><td></td><td></td><td>HDC</td></tr> <tr><td></td><td></td><td></td><td>LIP</td></tr> </table> | 13 | E | Festivo | KCAL | | 1º | | PROT | | 2º | | CA | | P | | FE | S | | | HDC | | | | LIP | <table border="1"> <tr><td>14</td><td>E</td><td>Hummus de garbanzos con picos de pan</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Caracolas a la italiana</td><td>770,29</td></tr> <tr><td></td><td>2º</td><td>Suprema de merluza con ensalada</td><td>32,75g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>224,90mg</td></tr> <tr><td>S</td><td></td><td>Calabacín a la plancha</td><td>6,50mg</td></tr> <tr><td></td><td></td><td>Carne de ave /Fruta</td><td>120,98g</td></tr> <tr><td></td><td></td><td></td><td>31,23g</td></tr> </table> | 14 | E | Hummus de garbanzos con picos de pan | KCAL | | 1º | Caracolas a la italiana | 770,29 | | 2º | Suprema de merluza con ensalada | 32,75g | | P | Fruta | 224,90mg | S | | Calabacín a la plancha | 6,50mg | | | Carne de ave /Fruta | 120,98g | | | | 31,23g | <table border="1"> <tr><td>15</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Potaje de garbanzos con acelgas</td><td>771,19</td></tr> <tr><td></td><td>2º</td><td>Tortilla de patata con queso fresco</td><td>30,92g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>301,55mg</td></tr> <tr><td>S</td><td></td><td>Crema de puerros</td><td>10,31mg</td></tr> <tr><td></td><td></td><td>Quiche de verduras /Fruta</td><td>105,61g</td></tr> <tr><td></td><td></td><td></td><td>25,50g</td></tr> </table> | 15 | E | Ensalada de verduras de temporada | KCAL | | 1º | Potaje de garbanzos con acelgas | 771,19 | | 2º | Tortilla de patata con queso fresco | 30,92g | | P | Fruta | 301,55mg | S | | Crema de puerros | 10,31mg | | | Quiche de verduras /Fruta | 105,61g | | | | 25,50g | <table border="1"> <tr><td>16</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Sopa de estrellitas</td><td>777,32</td></tr> <tr><td></td><td>2º</td><td>Alitas de pollo a la miel y limón con mazorca de maíz</td><td>41,27g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>97,77mg</td></tr> <tr><td>S</td><td></td><td>Judías verdes rehogadas</td><td>5,17mg</td></tr> <tr><td></td><td></td><td>Pescado al papillote /Fruta</td><td>87,16g</td></tr> <tr><td></td><td></td><td></td><td>41,12g</td></tr> </table> | 16 | E | Ensalada de verduras de temporada | KCAL | | 1º | Sopa de estrellitas | 777,32 | | 2º | Alitas de pollo a la miel y limón con mazorca de maíz | 41,27g | | P | Fruta | 97,77mg | S | | Judías verdes rehogadas | 5,17mg | | | Pescado al papillote /Fruta | 87,16g | | | | 41,12g | <table border="1"> <tr><td>17</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Calamares (Infantil: Merluza) con salsa de tomate casera</td><td>696,07</td></tr> <tr><td></td><td>2º</td><td>Arroz con alubias y verduras de temporada</td><td>32,37g</td></tr> <tr><td></td><td>P</td><td>Yogur</td><td>352,38mg</td></tr> <tr><td>S</td><td></td><td>Ensalada completa</td><td>6,72mg</td></tr> <tr><td></td><td></td><td>Brochetas de pavo /Fruta</td><td>97,85g</td></tr> <tr><td></td><td></td><td></td><td>18,87g</td></tr> </table> | 17 | E | Ensalada de verduras de temporada | KCAL | | 1º | Calamares (Infantil: Merluza) con salsa de tomate casera | 696,07 | | 2º | Arroz con alubias y verduras de temporada | 32,37g | | P | Yogur | 352,38mg | S | | Ensalada completa | 6,72mg | | | Brochetas de pavo /Fruta | 97,85g | | | | 18,87g |
| 13 | E | Festivo | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | | FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | E | Hummus de garbanzos con picos de pan | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Caracolas a la italiana | 770,29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Suprema de merluza con ensalada | 32,75g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 224,90mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Calabacín a la plancha | 6,50mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Carne de ave /Fruta | 120,98g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 31,23g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Potaje de garbanzos con acelgas | 771,19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Tortilla de patata con queso fresco | 30,92g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 301,55mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Crema de puerros | 10,31mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Quiche de verduras /Fruta | 105,61g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 25,50g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Sopa de estrellitas | 777,32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Alitas de pollo a la miel y limón con mazorca de maíz | 41,27g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 97,77mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Judías verdes rehogadas | 5,17mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Pescado al papillote /Fruta | 87,16g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 41,12g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Calamares (Infantil: Merluza) con salsa de tomate casera | 696,07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Arroz con alubias y verduras de temporada | 32,37g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Yogur | 352,38mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Ensalada completa | 6,72mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Brochetas de pavo /Fruta | 97,85g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 18,87g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><td>20</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Lentejas con verduras de temporada</td><td>921,37</td></tr> <tr><td></td><td>2º</td><td>Pavo al curry con arroz pilaf integral</td><td>48,81g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>157,15mg</td></tr> <tr><td>S</td><td></td><td>Menestra salteada</td><td>9,02mg</td></tr> <tr><td></td><td></td><td>Pescado al limón /Fruta</td><td>99,17g</td></tr> <tr><td></td><td></td><td></td><td>36,07g</td></tr> </table> | 20 | E | Ensalada de verduras de temporada | KCAL | | 1º | Lentejas con verduras de temporada | 921,37 | | 2º | Pavo al curry con arroz pilaf integral | 48,81g | | P | Fruta | 157,15mg | S | | Menestra salteada | 9,02mg | | | Pescado al limón /Fruta | 99,17g | | | | 36,07g | <table border="1"> <tr><td>21</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Espaguetis integrales a la napolitana</td><td>769,75</td></tr> <tr><td></td><td>2º</td><td>Gallineta en salsa verde con brócoli</td><td>31,50g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>294,97mg</td></tr> <tr><td>S</td><td></td><td>Chips de boniato al horno</td><td>7,35mg</td></tr> <tr><td></td><td></td><td>Albóndigas de pollo /Fruta</td><td>100,69g</td></tr> <tr><td></td><td></td><td></td><td>27,30g</td></tr> </table> | 21 | E | Ensalada de verduras de temporada | KCAL | | 1º | Espaguetis integrales a la napolitana | 769,75 | | 2º | Gallineta en salsa verde con brócoli | 31,50g | | P | Fruta | 294,97mg | S | | Chips de boniato al horno | 7,35mg | | | Albóndigas de pollo /Fruta | 100,69g | | | | 27,30g | <table border="1"> <tr><td>22</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Crema de verduras de temporada con tostones integrales</td><td>724,85</td></tr> <tr><td></td><td>2º</td><td>Cabeza de lomo asada con patatas</td><td>25,95g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>118,01mg</td></tr> <tr><td>S</td><td></td><td>Guisantes con cebolla y jamón</td><td>6,10mg</td></tr> <tr><td></td><td></td><td>Pescado blanco /Fruta</td><td>64,52g</td></tr> <tr><td></td><td></td><td></td><td>55,95g</td></tr> </table> | 22 | E | Ensalada de verduras de temporada | KCAL | | 1º | Crema de verduras de temporada con tostones integrales | 724,85 | | 2º | Cabeza de lomo asada con patatas | 25,95g | | P | Fruta | 118,01mg | S | | Guisantes con cebolla y jamón | 6,10mg | | | Pescado blanco /Fruta | 64,52g | | | | 55,95g | <table border="1"> <tr><td>23</td><td>E</td><td>DIA DE BARBACOA</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td></td><td>PROT</td></tr> <tr><td></td><td>2º</td><td></td><td>CA</td></tr> <tr><td></td><td>P</td><td></td><td>FE</td></tr> <tr><td>S</td><td></td><td></td><td>HDC</td></tr> <tr><td></td><td></td><td></td><td>LIP</td></tr> </table> | 23 | E | DIA DE BARBACOA | KCAL | | 1º | | PROT | | 2º | | CA | | P | | FE | S | | | HDC | | | | LIP | <table border="1"> <tr><td>24</td><td>E</td><td>Ensalada fresca ecológica</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Coca de taitana valenciana</td><td>817,44</td></tr> <tr><td></td><td>2º</td><td>Fabada vegetal P/ECO</td><td>24,17g</td></tr> <tr><td></td><td>P</td><td>Fruta ECO</td><td>230,46mg</td></tr> <tr><td>S</td><td></td><td>Ensalada completa</td><td>7,92mg</td></tr> <tr><td></td><td></td><td>Revuelto de verduras /Fruta</td><td>103,41g</td></tr> <tr><td></td><td></td><td></td><td>35,24g</td></tr> </table> | 24 | E | Ensalada fresca ecológica | KCAL | | 1º | Coca de taitana valenciana | 817,44 | | 2º | Fabada vegetal P/ECO | 24,17g | | P | Fruta ECO | 230,46mg | S | | Ensalada completa | 7,92mg | | | Revuelto de verduras /Fruta | 103,41g | | | | 35,24g |
| 20 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Lentejas con verduras de temporada | 921,37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Pavo al curry con arroz pilaf integral | 48,81g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 157,15mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Menestra salteada | 9,02mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Pescado al limón /Fruta | 99,17g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 36,07g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Espaguetis integrales a la napolitana | 769,75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Gallineta en salsa verde con brócoli | 31,50g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 294,97mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Chips de boniato al horno | 7,35mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Albóndigas de pollo /Fruta | 100,69g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 27,30g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 22 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Crema de verduras de temporada con tostones integrales | 724,85 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Cabeza de lomo asada con patatas | 25,95g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 118,01mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Guisantes con cebolla y jamón | 6,10mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Pescado blanco /Fruta | 64,52g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 55,95g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | E | DIA DE BARBACOA | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | | FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 24 | E | Ensalada fresca ecológica | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Coca de taitana valenciana | 817,44 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Fabada vegetal P/ECO | 24,17g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta ECO | 230,46mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Ensalada completa | 7,92mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Revuelto de verduras /Fruta | 103,41g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 35,24g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1"> <tr><td>27</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Tallarines con tapenade</td><td>712,53</td></tr> <tr><td></td><td>2º</td><td>Merluza a la provenzal con tomate grillé</td><td>40,98g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>381,13mg</td></tr> <tr><td>S</td><td></td><td>Espinacas con bechamel</td><td>5,74mg</td></tr> <tr><td></td><td></td><td>Carne magra de cerdo /Fruta</td><td>93,01g</td></tr> <tr><td></td><td></td><td></td><td>31,47g</td></tr> </table> | 27 | E | Ensalada de verduras de temporada | KCAL | | 1º | Tallarines con tapenade | 712,53 | | 2º | Merluza a la provenzal con tomate grillé | 40,98g | | P | Fruta | 381,13mg | S | | Espinacas con bechamel | 5,74mg | | | Carne magra de cerdo /Fruta | 93,01g | | | | 31,47g | <table border="1"> <tr><td>28</td><td>E</td><td>Ensalada de verduras de temporada</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Huevos al grátén</td><td>764,16</td></tr> <tr><td></td><td>2º</td><td>Garbanzos con espinacas</td><td>35,57g</td></tr> <tr><td></td><td>P</td><td>Fruta</td><td>317,06mg</td></tr> <tr><td>S</td><td></td><td>Crema de verduras</td><td>10,21mg</td></tr> <tr><td></td><td></td><td>Pizza casera de verduras frescas de temporada</td><td>87,34g</td></tr> <tr><td></td><td></td><td></td><td>30,90g</td></tr> </table> | 28 | E | Ensalada de verduras de temporada | KCAL | | 1º | Huevos al grátén | 764,16 | | 2º | Garbanzos con espinacas | 35,57g | | P | Fruta | 317,06mg | S | | Crema de verduras | 10,21mg | | | Pizza casera de verduras frescas de temporada | 87,34g | | | | 30,90g | <table border="1"> <tr><td>29</td><td>E</td><td>Ensalada fresca ecológica</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Sopa de cocido con verduras ECO</td><td>752,31</td></tr> <tr><td></td><td>2º</td><td>Pollo asado con patatas al horno</td><td>45,20g</td></tr> <tr><td></td><td>P</td><td>Fruta ECO</td><td>163,27mg</td></tr> <tr><td>S</td><td></td><td>Judías verdes salteadas</td><td>8,96mg</td></tr> <tr><td></td><td></td><td>Pescado azul /Fruta</td><td>98,94g</td></tr> <tr><td></td><td></td><td></td><td>24,22g</td></tr> </table> | 29 | E | Ensalada fresca ecológica | KCAL | | 1º | Sopa de cocido con verduras ECO | 752,31 | | 2º | Pollo asado con patatas al horno | 45,20g | | P | Fruta ECO | 163,27mg | S | | Judías verdes salteadas | 8,96mg | | | Pescado azul /Fruta | 98,94g | | | | 24,22g | <table border="1"> <tr><td>30</td><td>E</td><td>Hummus de remolacha</td><td>KCAL</td></tr> <tr><td></td><td>1º</td><td>Arroz a la cubana (tomate y huevo)</td><td>767,01</td></tr> <tr><td></td><td>2º</td><td>Abadejo crujiente casero con ensalada</td><td>32,48g</td></tr> <tr><td></td><td>P</td><td>Yogur</td><td>322,53mg</td></tr> <tr><td>S</td><td></td><td>Patatas cocidas</td><td>5,85mg</td></tr> <tr><td></td><td></td><td>Hamburguesa de pollo y brócoli /Fruta</td><td>100,83g</td></tr> <tr><td></td><td></td><td></td><td>25,46g</td></tr> </table> | 30 | E | Hummus de remolacha | KCAL | | 1º | Arroz a la cubana (tomate y huevo) | 767,01 | | 2º | Abadejo crujiente casero con ensalada | 32,48g | | P | Yogur | 322,53mg | S | | Patatas cocidas | 5,85mg | | | Hamburguesa de pollo y brócoli /Fruta | 100,83g | | | | 25,46g | <table border="1"> <tr><td>E</td><td>KCAL</td></tr> <tr><td>1º</td><td>PROT</td></tr> <tr><td>2º</td><td>CA</td></tr> <tr><td>P</td><td>FE</td></tr> <tr><td>S</td><td>HDC</td></tr> <tr><td>LIP</td><td>LIP</td></tr> </table> | E | KCAL | 1º | PROT | 2º | CA | P | FE | S | HDC | LIP | LIP | | | | | | | | | | | | |
| 27 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Tallarines con tapenade | 712,53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Merluza a la provenzal con tomate grillé | 40,98g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 381,13mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Espinacas con bechamel | 5,74mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Carne magra de cerdo /Fruta | 93,01g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 31,47g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 28 | E | Ensalada de verduras de temporada | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Huevos al grátén | 764,16 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Garbanzos con espinacas | 35,57g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta | 317,06mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Crema de verduras | 10,21mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Pizza casera de verduras frescas de temporada | 87,34g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 30,90g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 29 | E | Ensalada fresca ecológica | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Sopa de cocido con verduras ECO | 752,31 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Pollo asado con patatas al horno | 45,20g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Fruta ECO | 163,27mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Judías verdes salteadas | 8,96mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Pescado azul /Fruta | 98,94g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 24,22g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | E | Hummus de remolacha | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1º | Arroz a la cubana (tomate y huevo) | 767,01 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2º | Abadejo crujiente casero con ensalada | 32,48g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | P | Yogur | 322,53mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | | Patatas cocidas | 5,85mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | Hamburguesa de pollo y brócoli /Fruta | 100,83g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | 25,46g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E | KCAL | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 1º | PROT | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 2º | CA | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P | FE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S | HDC | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| LIP | LIP | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Avd. 1º de Mayo (esq. Bailén) - 46100 Burjassot (Valencia)
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colevisa@colevisa.com - www.facebook.com/colevisa

Disponemos de menús adaptados a la edad de los niños, dietas, alergias, celiacía, etc. La evaluación nutricional se basa en el grupo de edad. Nuestros menús se preparan conforme a las directrices de la "Guía de menús de menjadores escolars" de la Generalitat Valenciana.

La información sobre los alérgenos está disponible en la cocina y en la dirección del centro. Se servirá pan integral un día a la semana.

