



WEEK LUNCH PLAN

from April 1st to 5th 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

APRIL 1, 2019

REFRESHMENT

COFFEE/JUICE
CHOCOLATE CHIPS
COOKIES

LUNCH

PUMPKIN CREAM
GRILLED PORK
RICE WITH CARROTS
MASHED POTATO
"PICO DE GALLO"
SALAD
APPLE JUICE
GUMMIES

TUESDAY

APRIL 2, 2019

REFRESHMENT

"KUMIS"/JUICE
CROISSANT

LUNCH

SPAGHETTI SOUP
GOULASH WITH
VEGETABLES
RICE/YUCCA-CASSAVA
LETTUCE SALAD
APPLE
PEACH JUICE
"COCADA"

WEDNESDAY

APRIL 3, 2019

REFRESHMENT

COFFEE /JUICE
"CHOCORAMO"

LUNCH

BARLEY SOUP
ROASTED CHICKEN
DRUMSTICK
RICE/STEAMED
POTATO
RED SALAD
PEAR JUICE
"PIRULITO"

THURSDAY

APRIL 4, 2019

REFRESHMENT

COFFEE /JUICE
JELLO AND COOKIES

LUNCH

GRILLED BEEF
CHICKPEAS
RICE
PLANTAIN
TOMATO AND
ONION SALAD.
LEMONADE
"PANELITA"

FRIDAY

APRIL 5, 2019

REFRESHMENT

ICED TEA
BEEF AREPA
ICE-CREAM



PLAN DE LA SEMANA

ABRIL del 01 al 05 de 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

ABRIL 01, 2019

REFRIGERIO

CAFÉ / JUGO
GALLETA CHIPS

ALMUERZO

CREMA DE AHUYAMA
CERDO A LA PLANCHA
ARROZ CON
ZANAHORIA
/PURÉ DE PAPA
ENSALADA PICO DE
GALLO
JUGO DE MANZANA
GOMAS

MARTES

ABRIL 02, 2019

REFRIGERIO

CHOCOLATE/ JUGO
CROISSANT

ALMUERZO

SOPA DE PASTA
GOULASH CON
VERDURA
ARROZ /YUCA
ENSALADA LECHUGA Y
PORCIÓN DE MANZANA
JUGO DE DURAZNO
COCADA

MIÉRCOLES

ABRIL 03, 2019

REFRIGERIO

KUMIS/ JUGO
CHOCORAMO

ALMUERZO

SOPA DE CEBADA
COLOMBINA AL
HORNO
ARROZ /PAPA AL
VAPOR
ENSALADA ROJA
JUGO DE PERA
PIRULITO

JUEVES

ABRIL 04, 2019

REFRIGERIO

CAFÉ / JUGO
GELATINA Y GALLETAS

ALMUERZO

CARNE ASADA
GARBANZOS
ARROZ /PLÁTANO
MADURO
ENSALADA DE
CEBOLLA Y TOMATE
LIMONADA
PANELITA

VIERNES

ABRIL 05, 2019

REFRIGERIO

TÉ HELADO
AREPA DE CARNE
HELADO