



WEEK LUNCH PLAN

from March 11th to 15th 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

MARCH 11th, 2019

SNACK

“AGUAPANELA” /JUICE
“ALMOJÁBANA”

LUNCH

VEGETABLES SOUP
PORK MILANESE
RICE/PLANTAIN
LETTUCE AND
PINEAPPLE WITH
CHEESE SALAD.
PEAR JUICE
“MUU” MILK CHOCOLATE

TUESDAY

MARCH 12th, 2019

SNACK

OATMEAL/JUICE
GALA CAKE

LUNCH

CREAM OF MUSHROOMS
RICE WITH CHICKEN
COLOMBIAN STYLE
CHICKEN AND RICE
FRENCH FRIES
GRAPES AND PAPAYA
SALAD
MANGO JUICE
“PONKY” CAKE

WEDNESDAY

MARCH 13th, 2019

SNACK

COFFEE/JUICE
COLOMBIAN
“BUÑUELOS”

LUNCH

ROASTED FLANK STEAK
PEAS
RICE/YUCCA -MANIOC
LETTUCE AND
TOMATO SALAD
APPLE JUICE
“NUCITA” CHOCOLATE
NUGGETS

THURSDAY

MARCH 14th, 2019

SNACK

HOT CHOCOLATE/ JUICE
BREAD AND CHEESE

LUNCH

WHITE HOMINY CORN
SOUP
BARBECUE
RICE WITH PEAS/CREOLE
POTATO
AVOCADO
STRAWBERRY JUICE
COCONUT “CRESPAS”

FRIDAY

MARCH 15th, 2019

SNACK

COFFEE/LEMONADE
PIZZA
ICE-CREAM



PLAN DE LA SEMANA

Marzo 11 al 15 de 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

MARZO 11, 2019

REFRIGERIO

AGUAPANELA / JUGO
ALMOJÁBANA

ALMUERZO

SOPA DE VERDURAS
MILANESA DE CERDO
ARROZ / PLATANO
MADURO
ENSALADA LECHUGA Y
PIÑA CON QUESO
JUGO DE PERA
CHOCOLATINA MUU

MARTES

MARZO 12, 2019

REFRIGERIO

AVENA / JUGO
PONQUE GALA

ALMUERZO

CREMA DE
CHAMPIÑONES
ARROZ CON POLLO
PAPA A LA FRANCESA
ENSALADA DE PAPAYA Y
UVAS
JUGO DE MANGO
PONKY

MIÉRCOLES

MARZO 13, 2019

REFRIGERIO

CAFÉ / JUGO
BUÑUELO

ALMUERZO

SOBREBARRIGA AL
HORNO
ARVEJAS
ARROZ / YUCA
ENSALADA LECHUGA Y
TOMATE
JUGO DE MANZANA
NUCITA NUGGETS

JUEVES

MARZO 14, 2019

REFRIGERIO

CHOCOLATE / JUGO
PAN Y QUESO

ALMUERZO

SOPA DE MUTE
PARRILLADA
ARROZ CON
ARVEJA/PAPA CRIOLLA
PORCION AGUACATE
JUGO DE FRESA
CRESPA DE COCO

VIERNES

MARZO 15, 2019

REFRIGERIO

CAFÉ/LIMONADA
PIZZA
HELADO