



WEEK LUNCH PLAN

from June 17th to 21st 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

JUNE 17, 2019

SNACK

COFFEE/JUICE
COOKIES

LUNCH

OATMEAL SOUP
GOULASH BEEF WITH
WHITE SAUCE
RICE/MASHED
POTATOES
CUCUMBER, LETTUCE
AND CARROT SALAD
GUAVA JUICE
"COCADA"

TUESDAY

JUNE 18, 2019

SNACK

OATMEAL DRINK/JUICE
VANILLA CAKE

LUNCH

CREAM OF CARROT SOUP
COLOMBIAN STYLE
CHICKEN AND RICE
FRENCH FRIES
TOMATO SALAD
MANGO JUICE
"MUU" MILK CHOCOLATE

WEDNESDAY

JUNE 19, 2019

SNACK

"AGUAPANELA"/JUICE
"ALMOJABANA"

LUNCH

GRAINS SOUP
GRILLED PORK
RICE/ ARRACACHA CHIPS
MANGO AND
CARROTS SALAD
PINEAPPLE JUICE
"SNACKY"

THURSDAY

JUNE 20, 2019

SNACK

COFFEE/JUICE
"PASABOCAS
"

LUNCH

GROUND BEEF
BEANS/RICE/PLANTAIN
PICO DE GALLO SALAD
LIMEADE
"NUCITA"

FRIDAY

JUNE 21, 2019

SNACK

ICED TEA
PIZZA
ICE CREAM



PLAN DE LA SEMANA

JUNIO 17 AL 21 de 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

JUNIO 17, 2019

REFRIGERIO

CAFÉ / JUGO
GALLETAS SURTIDAS

ALMUERZO

SOPA DE AVENA
GOULASH DE RES EN SALSA
BLANCA
ARROZ /PURE DE PAPA
ENSALADA DE PEPINO
LECHUGA Y ZANAHORIA
JUGO DE GUAYABA
COCADA

MARTES

JUNIO 18, 2019

REFRIGERIO

AVENA/ JUGO
TORTA DE VAINILLA

ALMUERZO

CREMA DE ZANAHORIA
ARROZ CON POLLO
PAPA A LA FRANCESA
ENSALADA DE TOMATE
JUGO DE MANGO
CHOCOLATINA MUU

MIÉRCOLES

JUNIO 19, 2019

REFRIGERIO

AGUAPANELA/ JUGO
ALMOJÁBANA

ALMUERZO

SOPA DE CEREALES
CERDO A LA PLANCHA
ARROZ /CHIPS DE
ARRACACHA
ENSALADA DE MANGO Y
ZANAHORIA
JUGO DE PIÑA
SNACKY

JUEVES

JUNIO 20, 2019

REFRIGERIO

CAFÉ/ JUGO
PASABOCAS

ALMUERZO

CARNE MOLIDA
FRIJOLES/ARROZ/PLÁTANO
MADURO
ENSALADA PICO DE GALLO
LIMONADA
NUCITA

VIERNES

JUNIO 21, 2019

REFRIGERIO

TÉ HELADO
PIZZA
HELADO