



WEEK LUNCH PLAN

from March 18th to 22th 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

MARCH 18, 2019

SNACK

COFFEE/JUICE
"ROSCÓN" WITH GUAVA
PASTE

LUNCH

RICE SOUP
GOULASH WITH
VEGETABLES
RICE/STEAMED POTATO
TOMATO SALAD
FEIJOA JUICE
COCONUT "CRESPA"

TUESDAY

MARCH 19, 2019

SNACK

MILK/JUICE
BROWNIE

LUNCH

PUMPKIN CREAM SOUP
CAUCA RICE
FRIED "CASCOS"
BANANA
LEMONADE
CONDENSED MILK

WEDNESDAY

MARCH 20, 2019

SNACK

YOGURT /JUICE
COOKIES

LUNCH

PLANTAIN SOUP
SPAGHETTI WITH
CHICKEN
WHOLEMEAL BREAD
SALAD BAR
LEMONADE
"PIAZZA" WAFER ROLLS

THURSDAY

MARCH 21, 2019

SNACK

"MILO" /JUICE
CHEESE STICK

LUNCH

"AJIACO"
RICE
AVOCADO
PEACH JUICE
"QUIMBAYA"

FRIDAY

MARCH 22, 2019

SNACK

ICED TEA/JUICE
HOT DOG
ICE-CREAM



PLAN DE LA SEMANA

Marzo del 18 al 22 de 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

MARZO 18, 2019

REFRIGERIO

CAFE/ JUGO
ROSCÓN CON BOCADILLO

ALMUERZO

SOPA DE ARROZ
GOULASH CON VERDURA
ARROZ/PAPA AL VAPOR
ENSALADA DE TOMATE
JUGO DE FEIJOA
CRESPA DE COCO

MARTES

MARZO 19, 2019

REFRIGERIO

LECHE / JUGO
BROWNIE

ALMUERZO

CREMA DE AHUYAMA
ARROZ CAUCANO
PAPA EN CASCO
PORCION DE BANANO
LIMONADA
LECHE CONDENSADA

MIÉRCOLES

MARZO 20, 2019

REFRIGERIO

YOGURT / JUGO
GALLETAS

ALMUERZO

SOPA DE PLATANO
PASTA CON POLLO
PAN INTEGRAL
BARRA DE ENSALADA
LIMONADA
PIAZZA

JUEVES

MARZO 21, 2019

REFRIGERIO

MILO / JUGO
PALITO DE QUESO

ALMUERZO

AJIACO
ARROZ
PORCIÓN DE AGUACATE
JUGO DE DURAZNO
QUIMBAYA

VIERNES

MARZO 22, 2019

REFRIGERIO

TÉ HELADO / JUGO
PERRO CALIENTE
HELADO