



WEEK LUNCH PLAN

from July 22nd to 26th 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

JULY 22, 2019

SNACK

NUCITA DRINK/JUICE
CROISSANT

LUNCH

OATMEAL SOUP
GOULASH WITH
VEGETABLES
RICE/FRIED "CASCOS"
ONION AND
TOMATO SALAD
TREE TOMATO JUICE
"CHOCOBREAK"

TUESDAY

JULY 23, 2019

SNACK

YOGURT/ JUICE
"BRIDGE" WAFER

LUNCH

GRAINS SOUP
BBQ PORK
RICE/SALT POTATO
LETTUCE, CUCUMBER
AND CARROTS SALAD
PEACH JUICE
"AREQUIPE"

WEDNESDAY

JULY 24, 2019

SNACK

COFFEE/JUICE
"LOLITAS"

LUNCH

SPINACH SOUP CREAM
SPAGHETTI WITH
CHICKEN
WHOLEMEAL BREAD
SALAD BAR
APPLE JUICE
"FRUNAS"

THURSDAY

JULY 25, 2019

SNACK

COFFEE/JUICE
"PASABOCAS"

LUNCH

WHITE CORN SOUP
BARBECUE
RICE/ CREOLE POTATO
"PICO DE GALLO" SALAD
LIMEADE
"SNACKY"

FRIDAY

JULY 26, 2019

SNACK

ICED TEA/ CHICKEN
SANDWICH
ICE CREAM



PLAN DE LA SEMANA

Julio 22 al 26 del 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

JULIO 22, 2019

REFRIGERIO

BEBIDA NUCITA / JUGO
CROISSANT

ALMUERZO

SOPA DE AVENA
GOULASH CON VERDURAS
ARROZ /PAPA EN CASCO
ENSALADA CEBOLLA Y
TOMATE
JUGO DE TOMATE DE
ÁRBOL
CHOCOBREAK

MARTES

JULIO 23, 2019

REFRIGERIO

YOGURT/ JUGO
BRIDGE

ALMUERZO

SOPA DE CEREALES
CERDO EN SALSA BBQ
ARROZ /PAPA SALADA
ENSALADA LECHUGA
PEPINO Y ZANAHORIA
JUGO DE DURAZNO
AREQUIPE

MIÉRCOLES

JULIO 24, 2019

REFRIGERIO

CAFÉ / JUGO
LOLITAS

ALMUERZO

CREMA DE ESPINACA
PASTA CON POLLO
PAN INTEGRAL
BARRA DE ENSALADA
JUGO DE MANZANA
FRUNAS

JUEVES

JULIO 25, 2019

REFRIGERIO

CAFÉ/ JUGO
PASABOCAS

ALMUERZO

SOPA DE MUTE
PARRILLADA
ARROZ /PAPA CRIOLLA
ENSALADA PICO DE GALLO
LIMONADA
SNACKY

VIERNES

JULIO 26, 2019

REFRIGERIO

TÉ HELADO
SANDWICH POLLO
HELADO