



WEEK LUNCH PLAN

from July 29th to August 2nd 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

JULY 29, 2019

SNACK

“COLADA”/JUICE
“CLUB” CRACKERS

LUNCH

“COLICERO” SOUP
GRILLED BEEF
GREEN
RICE/YUCCA/CASSAVA IN
CREOLE SAUCE
CUCUMBER, TOMATO
AND ONION SALAD
FEIJOA JUICE
CAPRI WAFERS

TUESDAY

JULY 30, 2019

SNACK

HOT CHOCOLATE/JUICE
BREAD AND CHEESE

LUNCH

“CUCHUCO” SOUP
GRILLED CHICKEN
BREAST
“TIGER RICE”/MASHED
POTATOES
MANGO AND
JELLO SALAD
GRAPE JUICE
CONDENSED MILK

WEDNESDAY

JULY 31, 2019

SNACK

OATMEAL DRINK/ JUICE
“GANSITO”

LUNCH

PUMPKIN CREAM SOUP
PORK FRICASSE
RICE/FRENCH FRIES
SPINACH AND
CARROT SALAD
BLACKBERRY JUICE
GUMMIES

THURSDAY

AUGUST 1, 2019

SNACK

COFFEE/JUICE
“PASTEL GLORIA”

LUNCH

LENTILS SOUP
SHREDDED BEEF
RICE/ “PATACON”
TOMATO SALAD
LIMEADE
“PIRULITO”

FRIDAY

AUGUST 2, 2019

SNACK

ICED TEA
BREADED CHICKEN
SKEWERS
SALT POTATO
ICE CREAM



PLAN DE LA SEMANA

Julio del 29 al 2 de Agosto 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

JULIO 29, 2019

REFRIGERIO

COLADA/ JUGO
GALLETA CLUB

ALMUERZO

SOPA DE COLICERO
CARNE ASADA
ARROZ VERDE /YUCA EN
SALSA CRIOLLA
ENSALADA DE PEPINO
CEBOLLA Y TOMATE
JUGO DE FEIJOA
GALLETA CAPRI

MARTES

JULIO 30, 2019

REFRIGERIO

CHOCOLATE / JUGO
PAN BLANDITO Y QUESO

ALMUERZO

SOPA DE CUCHUCO
PECHUGA A LA PLANCHA
ARROZ TIGRE /PURÉ DE
PAPA
ENSALADA DE MANGO Y
GELATINA
JUGO DE UVA
LECHE CONDENSADA

MIÉRCOLES

JULIO 31, 2019

REFRIGERIO

AVENA / JUGO
GANSITO

ALMUERZO

CREMA DE AHUYAMA
FRICASÉ DE CERDO
ARROZ /PAPA FRANCESA
ENSALADA DE ESPINACA Y
ZANAHORIA
JUGO DE MORA
GOMAS

JUEVES

AGOSTO 1, 2019

REFRIGERIO

CAFÉ / JUGO
PASTEL GLORIA

ALMUERZO

SOPA DE LENTEJA
CARNE DESMECHADA
ARROZ /PATACÓN
ENSALADA DE TOMATE
LIMONADA
PIRULITO

VIERNES

AGOSTO 2, 2019

REFRIGERIO

TÉ HELADO
PINCHO DE POLLO
PAPA SALADA
HELADO