



WEEK LUNCH PLAN

from August 12th to 16th 2019

FUNDACIÓN COLOMBIA SCHOOL

MONDAY

AUGUST 12, 2019

SNACK

COFFEE/JUICE
"RAMITO"

LUNCH

RICE SOUP
BEEF STEAK WITH
ONIONS AND TOMATOES
RICE/SALT POTATO
SPINACH, MANGO AND
CARROT SALAD
LULO JUICE
"MUU" MILK CHOCOLATE

TUESDAY

AUGUST 13, 2019

SNACK

COFFEE/JUICE
"ROSCÓN" WITH
"BOCADILLO"

LUNCH

PLANTAIN SOUP
GRILLED CHICKEN
BREAST
RICE/FRIED YUCCA
LETTUCE AND
TOMATO SALAD
PINEAPPLE JUICE
"PIAZZA"

WEDNESDAY

AUGUST 14, 2019

SNACK

HOT CHOCOLATE/JUICE
BANANA CAKE

LUNCH

CARROT CREAM SOUP
ASIAN RICE
FRENCH FRIES
PAPAYA AND
GRAPES SALAD
PEAR JUICE
"GUMMIES"

THURSDAY

AUGUST 15, 2019

SNACK

COFFEE/JUICE
BUTTER COOKIES

LUNCH

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

FRIDAY

AUGUST 16, 2019

SNACK

ICED TEA
HAM AND
CHEESE SANDWICH
ICE CREAM



PLAN DE LA SEMANA

Agosto del 12 al 16 de 2019

COLEGIO FUNDACIÓN COLOMBIA

LUNES

AGOSTO 12, 2019

REFRIGERIO

CAFÉ/ JUGO
RAMITO

ALMUERZO

SOPA DE ARROZ
CARNE EN BISTEC
ARROZ /PAPA SALADA
ENSALADA DE ESPINACA,
MANGO Y ZANAHORIA
JUGO DE LULO
CHOCOLATINA MUU

MARTES

AGOSTO 13, 2019

REFRIGERIO

CAFÉ/ JUGO
ROSCÓN CON BOCADILLO

ALMUERZO

SOPA DE PLATANO
PECHUGA A LA PLANCHA
ARROZ /YUCA FRITA
ENSALADA LECHUGA Y
TOMATE
JUGO DE PIÑA
PIAZZA

MIÉRCOLES

AGOSTO 14, 2019

REFRIGERIO

CHOCOLATE / JUGO
TORTA DE BANANO

ALMUERZO

CREMA DE ZANAHORIA
ARROZ ORIENTAL
PAPA FRANCESA
ENSALADA PAPAYA Y UVAS
JUGO DE PERA
GOMAS

JUEVES

AGOSTO 15, 2019

REFRIGERIO

CAFÉ/ JUGO
GALLETAS MANTEQUILLA

ALMUERZO

CARNE MOLIDA
FRIJOLES/ARROZ /TAJADAS
DE MADURO
ENSALADA PICO DE GALLO
LIMONADA
COCADA

VIERNES

AGOSTO 16, 2019

REFRIGERIO

TÉ HELADO
SANDWICH JAMON Y
QUESO
HELADO