

PLAN SEMANA

14 de Marzo al 18 de Marzo
2022

COLEGIO FUNDACIÓN COLOMBIA SCHOOL MENU 2022

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

Media
Nueves

Almuerzo

Café/jugo	Bebida nucita/jugo	Café/jugo	Avena/jugo	Té helado
Galletas surtidas	Croissant jamón y queso	Pastel gloria	Pan semillas	Pincho de pollo y papa salada/ helado

Sopa de cuchuco de maíz	Sopa de patacón	Ajiaco	Carne desmechada
Carne a la plancha	Cerdo en salsa de piña		
Arroz	Arroz	Arroz	Arveja/arroz
Papa salada	Puré de papa	Papa/mazorca/arracacha	Chips plátano verde
Lechuga, zanahoria y tomate	Melón, manzana, uvas y fresa	Aguacate	Cebolla, tomate y pepino
Durazno	Maracuyá	Piña	Limonada
Chocobreak cookies	Pirulito	Panelita	Nucita



WEEK
March 14th, 2022 -
March 18th, 2022

COLEGIO FUNDACIÓN COLOMBIA SCHOOL MENU 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Snack

Coffee/juice	Nucita drink/Juice	Coffee/juice	Corn Starch	Iced tea
Assorted cookies	Ham and Cheese Croissant	Gloria Cake	Seed bread	Nuggets and potato / Ice cream

Lunch

Pork and Hominy Corn Colombian Soup	Plantain soup	Ajiaco soup	Chopped meat
Grilled meat	Pork in pineapple sauce		
Rice	Rice	Rice	Vetch/rice
Potato salad	Mashed potatoes	Potato/corn and Arracacha	Plantain chips
Lettuce, carrot and tomato.	Melon, ppple, grapes, strawberry.	Avocado	Onion, tomato, cucumber
Peach	Passionfruit	Pineapple	Lemonade
Chocobreak	Pirulito	Panelita	Nucita

