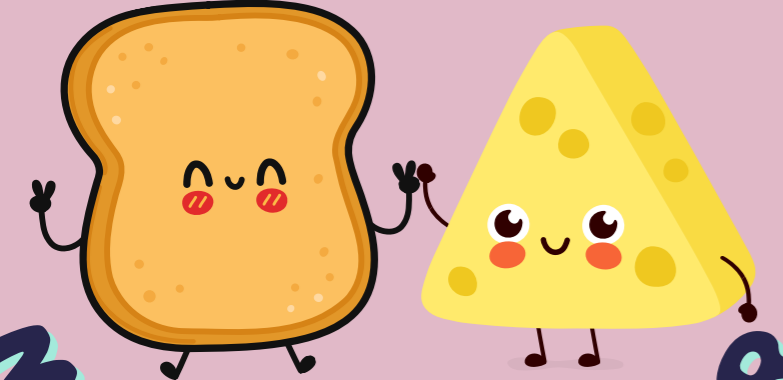


PLAN SEMANA



MENÚ ESCOLAR

COLEGIO FUNDACIÓN COLOMBIA



Septiembre 5 al 9

Day	Refrigerio	Almuerzo	Refrigerio	Almuerzo
LUNES	Tetero Galletas mantequilla crakeñas	Cebada perlada Carne con chimichurri Arroz blanco Criollitas doradas Mix de verduras Jugo de Manzana	Sorbete de mango Torta de naranja Banano	Sopa de Colicero Pollo miel mostaza Arroz con zanahoria Papa francesa Ensalada fresca (Apio, zanahoria y brócoli) Jugo de Mora Piazza
MARTES				
MIÉRCOLES	Nucita Croissant de queso	Frijol y carne molida Arroz pajarito Arepá paísa Ensalada con aguacate (Lechuga, aguacate, tomate y cilantro) Limonada Panelita	Crema de zanahoria Cerdo salsa bbq Arroz blanco Croqueta yuca Pico de gallo (Tomate, cebolla y cilantro) Jugo de Lulo	
JUEVES	Jugo de mora Galleta de cereal Mandarina			
VIERNES	"Salpicón (Papaya, melón, banano, pulpa de papaya) Galleta nucita y helado"			

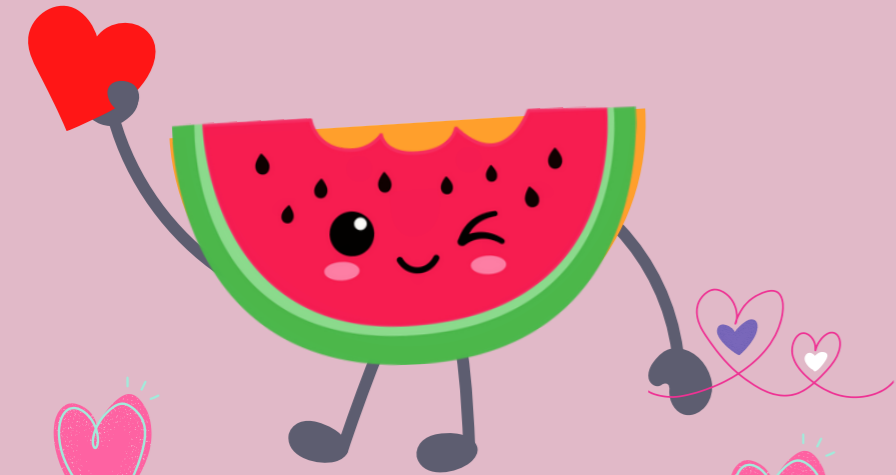
Diana Bernate
Diana Cristina Bernate
 Nutricionist
 MND 06809

Note: Some components of this menu may contain traces of allergens and are subject to change due to force majeure.

WEEKLY PLAN



SCHOOL MENU



FUNDACIÓN COLOMBIA SCHOOL

September 5 to 9

Day	Meal Type	Menu Items
MONDAY	SNACK	Panela water and milk butter cookies "Crakeñas"
	LUNCH	Pearl barley soup Meat with chimicurry Rice Fried creole potatoe Mixed vegetables Apple juice
TUESDAY	SNACK	Mango straw Orange cake Banana
	LUNCH	Colicero soup Honey mustard chicken Rice with carrot French fries Fresh salad (Celery, carrots and brocoli) Blackberru juice Piazza
WEDNESDAY	SNACK	Nucita drink Cheese croissant
	LUNCH	Carrots soup Pig with bbq sauce Rice Yucca croquette "Pico de gallo" salad (Tomato, onion and coriander) Lulo juice
THURSDAY	SNACK	Blackberry juice Cereal cookie Tangerine
	LUNCH	Red beans and ground meat Rice with noodles Arepa paisa Salad with avocado (Lettuce, avocado, tomato and coriander) Lemonade andy (panelita)
FRIDAY	SNACK	Salmagundi fruits (papaya, melon, banana) Nucita cookie and ice cream

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