

PLAN SEMANA



# MENÚ ESCOLAR

COLEGIO FUNDACIÓN COLOMBIA

## LUNES

Pomy cereal  
Manzana



REFRIGERIO

Sopa de pasta  
Carne en bistec  
Arroz Verde  
Patacón crosby  
Ensalada tropical  
(Lechuga, papaya, mango, uva)  
Jugo de Mora



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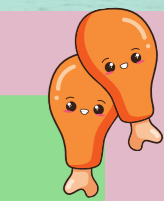
## MARTES

Milo  
Galleta casera de bocadillo



REFRIGERIO

Sopa de Verduras  
Fricasé de pollo con arveja  
Arroz con ajonjolí  
Papa francesa  
Ensalada Coleslaw  
(Repollo, zanahoria, manzana, limón)  
Jugo de Manzana  
Chocolatina Mu



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## JUEVES

Café con leche  
Pastel gloria



REFRIGERIO

Arveja y goulash de cerdo  
Arroz blanco  
Papa en cascos  
Ensalada campesina  
(Lechuga, tomate, zanahoria, aguacate, maíz)  
Jugo de Tomate de Árbol  
Panelitas



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## MIÉRCOLES

Jugo piña  
Chocolita  
Durazno



REFRIGERIO

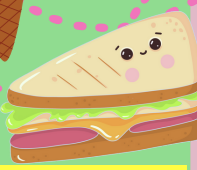
Crema de Apio  
Carne desmechada en salsa criolla  
Arroz con cilantro  
Tortilla de Trigo  
Ensalada fría  
(Zanahoria, cohombro, tomate)  
Limonada



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## VIERNES

Té helado  
Sándwich pollo  
Helado



REFRIGERIO

# Septiembre 12 al 16

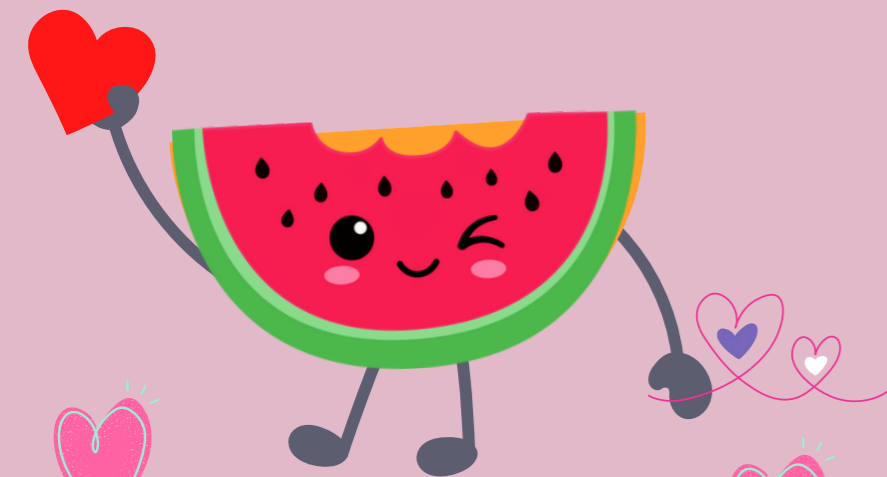
*Diana Bernate*  
Diana Cristina Bernate  
Nutricionist  
MND 06809

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 12 to 16

Day	Meal Type	Menu Items
MONDAY	SNACK	Pomy Cereal Apple
	LUNCH	Pasta soup Bistec meat Green rice Crosby patacon Tropical salad (Lettuce, papaya, mango, grape) Blackberry juice
THURSDAY	SNACK	Milo Homemade cookie
	LUNCH	Vegetables soup chicken fricassee with peas rice with sesame seeds French fries Coleslaw salad (Cabbage, carrot, apple, lemon) Apple juice Chocolate bar
WEDNESDAY	SNACK	Pineapple juice Chocolita Peach
	LUNCH	Cream of celery Shredded meat Coriander rice Wheat tortilla Cold salad (Carrot, cucumber, tomato) Lemonade
THURSDAY	SNACK	Coffee and milk "Gloria" cake
	LUNCH	Peas and pork goulash White rice Country salad (lettuce, tomato, carrot, Avocado, corn) Tree tomato juice Panelitas
FRIDAY	SNACK	Ice tea Chicken sandwich Sandwich

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 Nutricionist  
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