



MENU ESCOLAR FUNCOL



REFRIGERIO

ALMUERZO

COMIDA	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
BEBIDA	Café con Leche	Pomy	Milo	Jugo de Piña	Limonada
ACOMPÑAMIENTO	Pastel Gloria Arequipe	Pomy	Galleta chocochip	Chocolita	Croisant Hawaiano
FRUTA		Manzana		Durazno	Vasito de helado
SOPA	Pasta	Verduras	Crema de Apio	Arveja Verde	Cebada perlada
PROTEICO	Carne en Bistec	Fricase de pollo con arveja	Carne desmechada en salsa criolla	Carne desmechada en salsa criolla	Pollo miel moztaza
CEREAL	Arroz Verde	Arroz con Ajonjoli	Arroz con cilantro	Arroz Blanco	Arroz Blanco
TUBERCULO	Papa Francesa	Patacon	Tajadas Maduras	Papa en cascós	Criollas Doradas
VERDURA	Ensalada tropical (Lechuga, mango – melon, papaya, uva isabelina)	Ensalada Coleslaw (Repollo, manzana, uvas pasas)	Ensalada Fría (Zanahoria, cohombro y tomate)	Enslada campestre (Lechuga, tomate, zanahoria, maíz)	Ensalada Verde (Apio, Zanahoria, brocoli)
JUGO	Cosecha	Cosecha	Cosecha	Cosecha	Cosecha
POSTRE	Pirulito		Aros		Tipiti

Año	2023
Mes	Enero
Semana	30 Ene al 03 Feb





SCHOOL MENU FUNCOL



SNACK

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEBIDA	Coffee with milk	Yogurt – Pomy	Chocolate milk – Milo	Pineapple juice	Lemonade
ACOMPANAMIENTO	"Gloria" pastry cake	Pomy	Galleta chocochip	Cake – Chocalita	Hawaiian croissant
Fruit		Apple		Peach	Ice cream
Soup	Pasta	Vegetables	Creamy celery soup	Green vetch soup	Pearl barley soup
Protein	Bistec meat	Chicken fricassee with vetch	Shredded meat with sauce	Pork goulash	Honey mustard chicken
Cereal	Green rice	Sesame rice	Coriander rice	White rice	White rice
Tuber	French fries	Fried plantain	Fried ripe plantain	Choped potatos	Golden potatos
Vegetable	Tropical salad (Lettuce, mango – melon, papaya and Isabella grape)	Coleslaw salad (Cabbage, apple, raisins) Vinaigrette (lime, mayonnaise and honey)	Cold salad (Carrot, cucumber and tomato)	Country salad (Lettuce, tomato, carrot and corn)	Green salad (Celery, carrot and broccoli)
Juice	Harvest	Harvest	Harvest	Harvest	Harvest
Lollipop – Pirulito		Jelly rings		Lollipop – Tipitin	Lollipop – Pirulito

LUNCH

Year	2023
Month	January
Week	January 30th to February 3rd

