



COLEGIO FUNDACIÓN COLOMBIA SCHOOL MENU



MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DRINKS	Chocolate	Milo		Lemonade	Kumis
SIDE DISH	Coco Bread	Ham and Cheese Croissant		Chocolita Cake	Cinnamon Muffin
FRUIT				Fruit	
SOUP	Corn Soup	Broccoli Soup		Oats Soup	
PROTEIN	Pork in BBQ Sauce	Asian Rice (chinese root, chicken breast, meat, ham, sausage, carrot, pea, pepper, bighead onion y green zucchini)		Wings in Honey Mustard	Spaghetti in Bolognese Sauce
CEREAL	Rice			Rice with Ripe Plantain	Chopped Bread in Garlic Sauce
TUBER	Criollas Doradas	Papa Chip		Banana chips	
VEGETABLES	Red Salad (beetroot, carrot brunoise, mayonnaise)	Tomato Slide		Celery and Carrot in Julienne with Ranch Sauce	Fruit
JUICE	Harvest	Harvest		Harvest	Harvest

SNACK



LUNCH



Diana Bernate
Diana Cristina Bernate
NUTRITIONIST
MND 06809



Year

2023



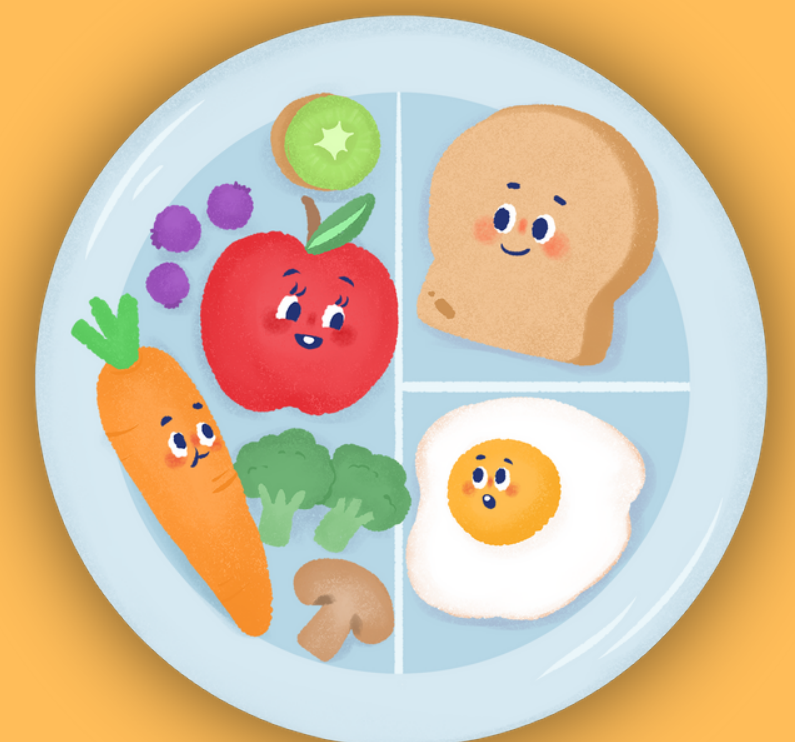
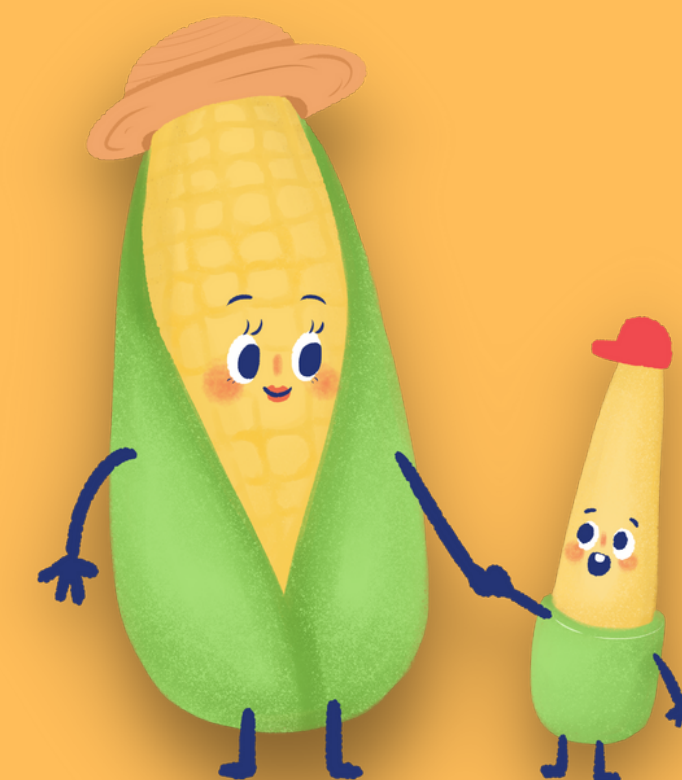
Month

February



Week

20 to 24





COLEGIO FUNDACIÓN COLOMBIA MENÚ ESCOLAR



COMIDA

LUNES

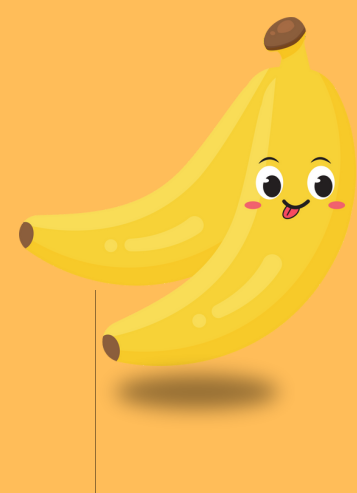
MARTES

MIÉRCOLES

JUEVES

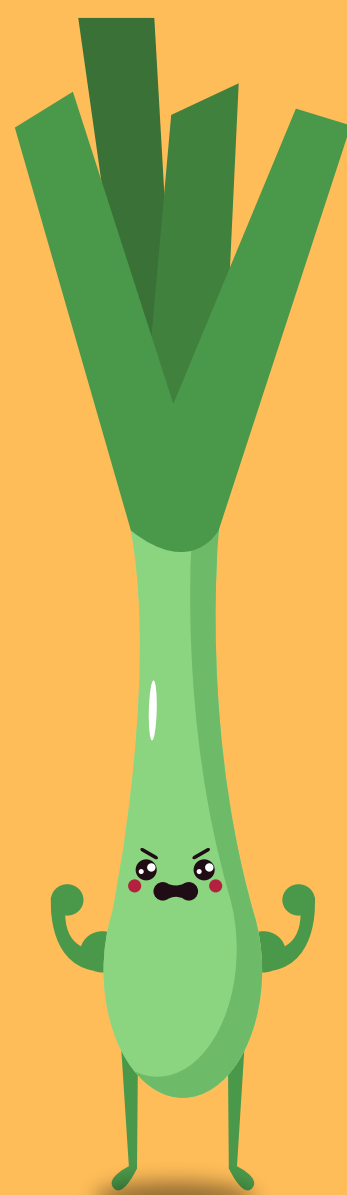
VIERNES

REFRIGERIO

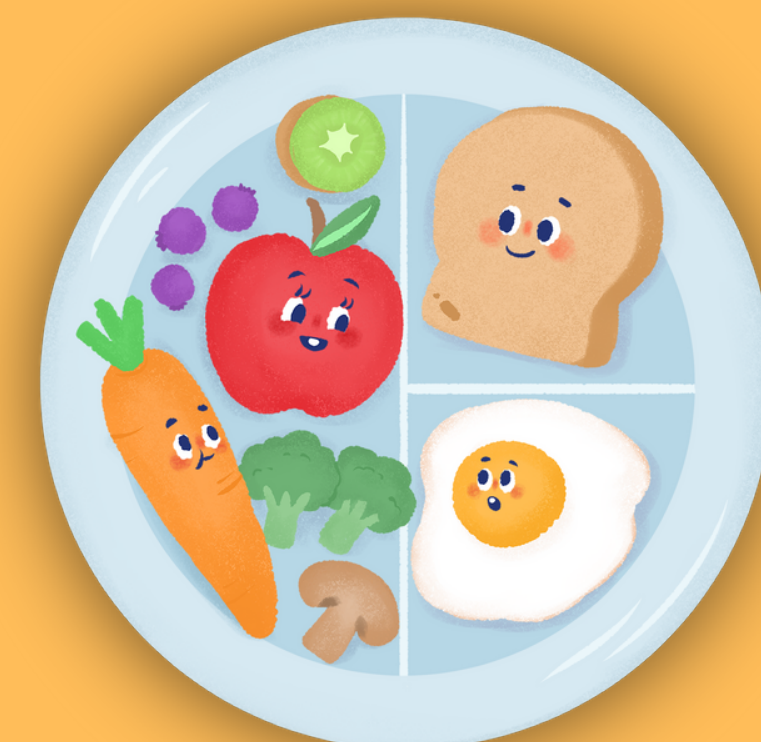
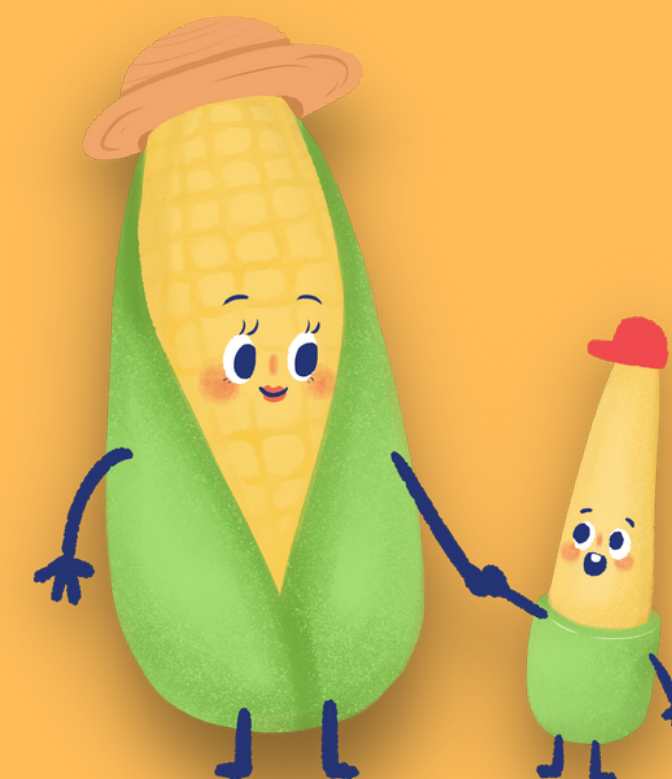


BEBIDA	Chocolate	Milo		Limonada	Kumis
ACOMPANAMIENTO	Pan coco	Croisant de Jamón y Queso		Chocolita	Muffin de canela chip
FRUTA				Fruta de mano	
SOPA	Crema de maíz	Crema de Brocoli		Avena	
PROTEICO	Escalope de cerdo en slasa BBQ	Arroz Oriental (raices chinas, pechuga, res, jamón, salchicha, zanahoria, alverja, pimenton, cabezona y zuchinni verde)		Alitas miel mostaza	Espaghetti en salsa boloñesa (molida)
CEREAL	Arroz Blanco			Arroz Pajarito	Pan tajado en salsa de ajo
TUBERCULO	Criollas Doradas	Papa Chip		Patacon	
VERDURA	Ensalada Roja (remolacha, zanahoria en brunoise, mayonesa)	Rodajas de Tomate		Bastones de Apio y zanahoria con salsa ranch	Fruta de mano
JUGO	Cosecha	Cosecha		Cosecha	Cosecha

ALMUERZO



Año 2023
Mes Febrero
Semana 20 al 24




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