



COLEGIO FUNDACIÓN COLOMBIA

SCHOOL MENU



MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACK



DRINKS

Chocolisto

Pineapple juice

Coffee with milk

Lemonade

Kumis

SIDE DISH

Vanilla "Cake"

Brownie

Croisant of
caramel

Meatloaf

Pumpkin biscuit

FRUIT

Fruit of the day

Fruit of the day

SOUP

Lentils

Pasta soup

"Sancochito" soup

Creamy carrot soup

Cuchuco of Barley

PROTEIN

Beef goulash with
mixed vegetables

Grilled pork with BBQ
sauce

Chicken in creole
sauce

Meat with onions

Chicken brochette

CEREAL

Rice with carrots

White rice

Rice with noodles

White rice

White rice

TUBER

Potatoes
"Enchalecadas"

Potatoes wedges

Cassava
croquettes

Parsley potatoes

Cuban plantain

VEGETABLES

Sliced tomatoes

Sweet pumpkin
with peas

Cabbage,
pineapple and
raisins

Salad with avocado
(Avocado, Tomato,
Coriander)

Mix of vegetables

JUICE

Harvest

Harvest

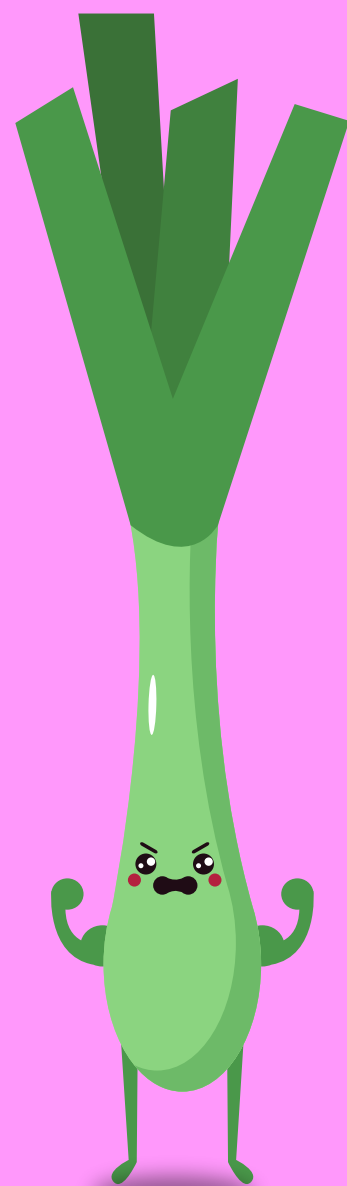
Harvest

Harvest

Harvest



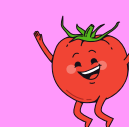
LUNCH



Diana Bernate
Diana Cristina Bernate
NUTRITIONIST
MND 06809



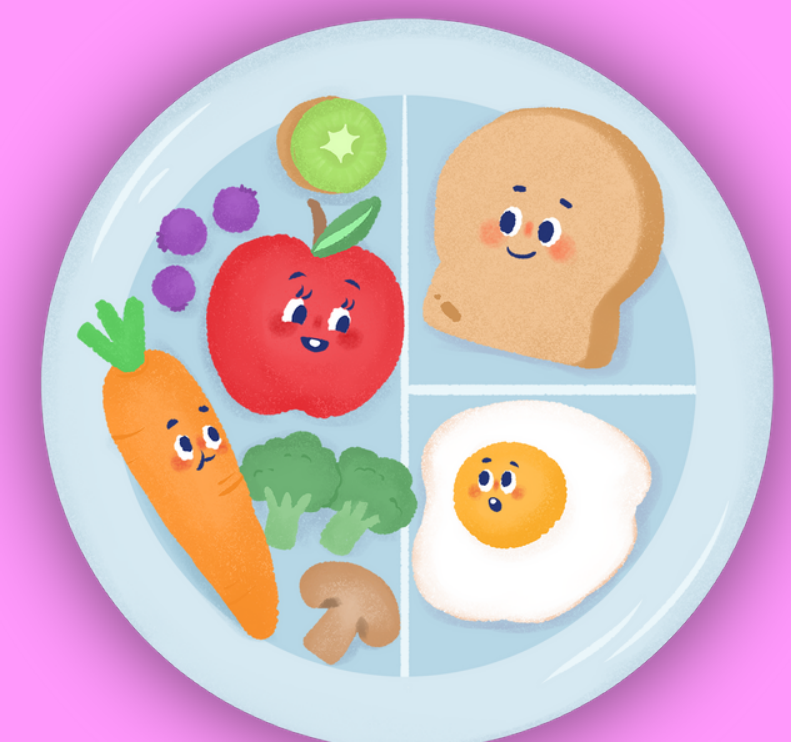
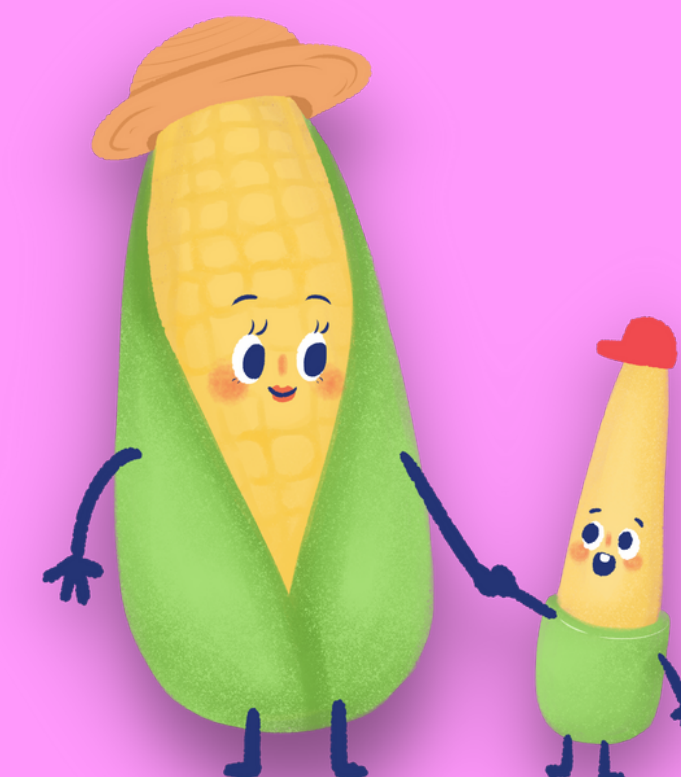
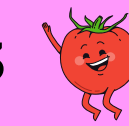
2023



February



27 to 03





COLEGIO FUNDACIÓN COLOMBIA MENÚ ESCOLAR



COMIDA

LUNES

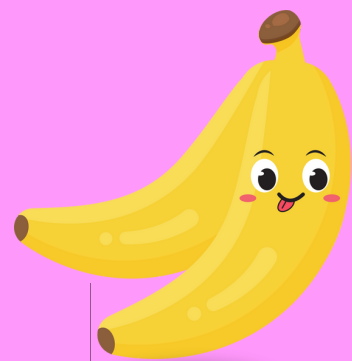
MARTES

MIÉRCOLES

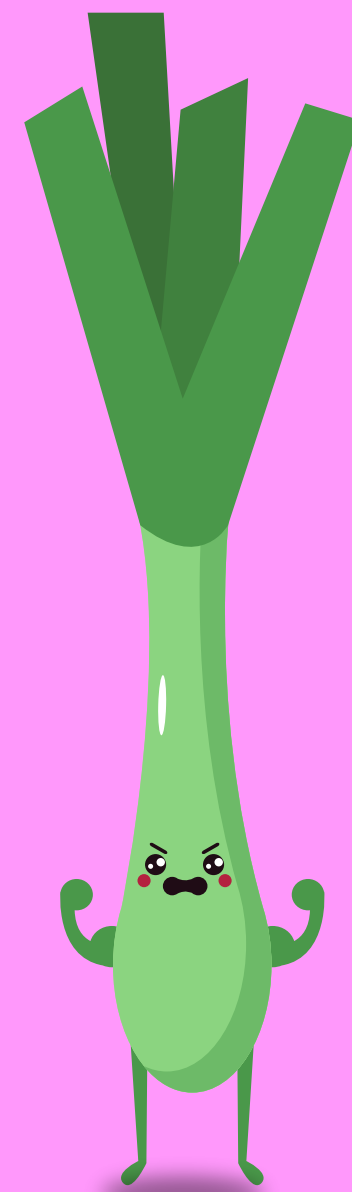
JUEVES

VIERNES

REFRIGERIO



ALMUERZO



BEBIDA	Chocolisto	Jugo de Piña	Café con Leche	Limonada	Kumis
ACOMPANAMIENTO	Torta de Vainilla	Brownie	Croissant de arequipe	Pastel de Carne	Galleta de Ahuyama
FRUTA		Fruta de mano		Fruta de mano	
SOPA	Lentejas	Pasta	Sancochito	Crema de zanahoria	Cuchuco de cebada
PROTEICO	Goulash de res con verduras	Cerdo a la plancha en salsa BBQ	Pollo en salsa criolla	Carne encebollada	Pinchos de pollo
CEREAL	Arroz con zanahoria	Arroz Blanco	Arroz Tigre	Arroz Blanco	Arroz Blanco
TUBERCULO	Papa chalequeada	Papa en cascots	Croquetas de Yuca	Papa al perejil	Plátano cubano
VERDURA	Casquitos de tomate	Poteca de ahuyama con arveja	Repollo, piña y uvas pasas	Ensalada con Aguacate (Aguacate, Tomate, Cilantro)	Mix de Verduras
JUGO	Cosecha	Cosecha	Cosecha	Cosecha	Cosecha



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Año

2023



Mes

Febrero



Semana

27 al 03

