



Colegio FUNDACIÓN COLOMBIA SCHOOL MENU



MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACK



DRINKS

Flavoured Milk

Nucita

Passion fruit juice

Milo

Yogurt

SIDES

Homemade cookie

Croisant

Cake "Mantecada"

Cheese sticks

Chocolate Muffin

FRUIT

Peach

Banana

Ice cream

SOUP

"Mute" soup

Vegetables's cream

Plantain soup

Lenteils

Cereals

PROTEIN

Beef Goulash
(carrot, peas and
demi-glasse)

Caucano "Rice" (pepper,
celery, onion and garlish)
(Fried sweet plantains,
saussages, bacon, Soy
sauce, peas, chicken and
pork)

Teriyaki Chicken

Ground beef

Beef with
chimichurri sauce

CEREAL

White rice

Sesame rice

Rice with carrots

White rice

TUBER

French fries

Chips potatoes

Golden Potato

Cassava Croquets

Mashed potato

VEGETABLES

Mix salad (Red
onion, Lettuce,
tomato, coriander)

Tomato slices

Chinesse vegetables
(Yellow zucchini,
green zucchini pepper
and carrots)

Fresh Salad
(Lettuce, cucumber,
carrot, onion)

Mix of vegetables

JUICE

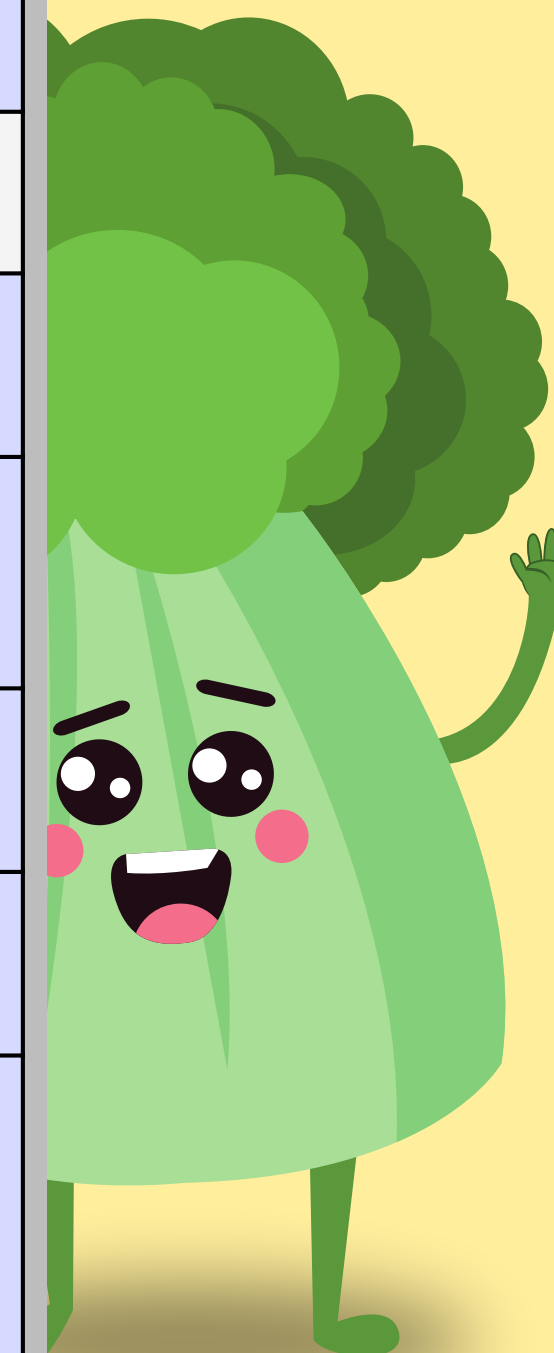
Harvest

Harvest

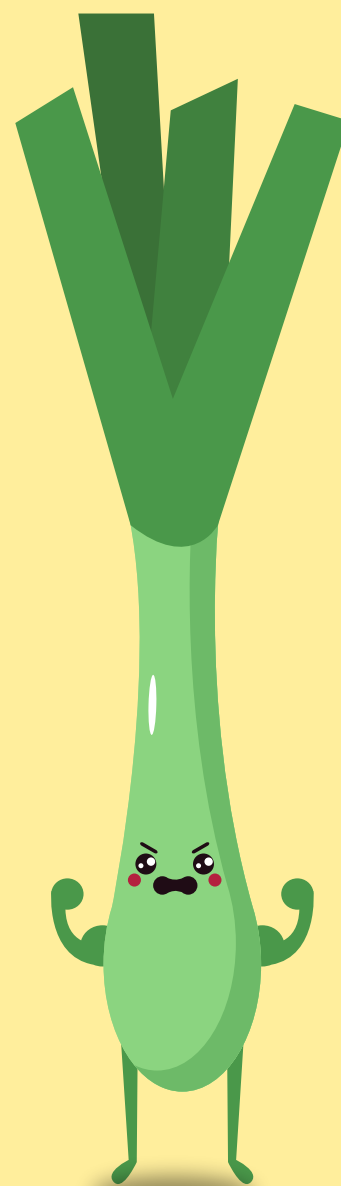
Harvest

Harvest

Harvest



LUNCH



Diana Bernate
Diana Cristina Bernate
NUTRITIONIST
MND 06809



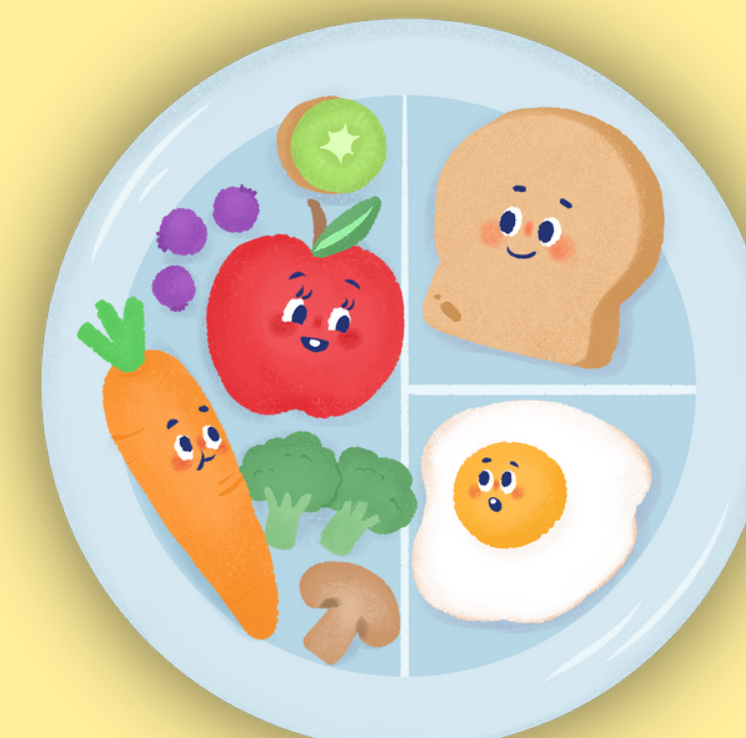
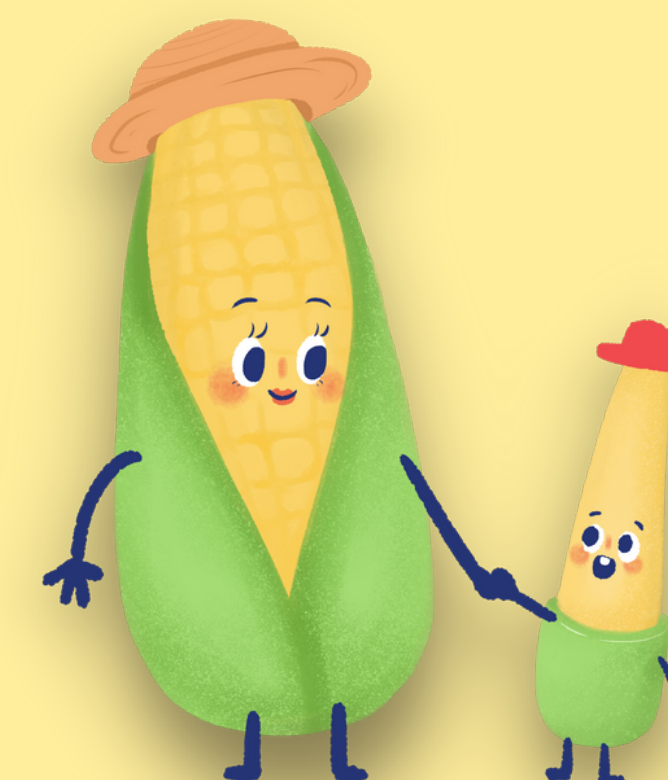
2023



February



06 to 10





Colegio FUNDACIÓN COLOMBIA MENÚ ESCOLAR



COMIDA

LUNES

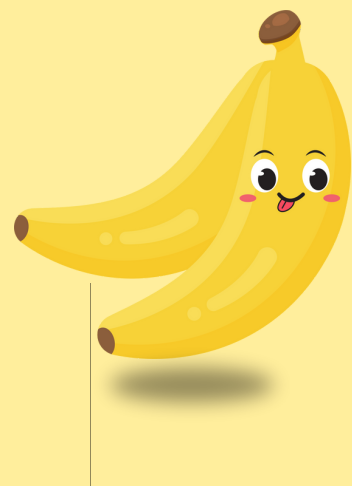
MARTES

MIÉRCOLES

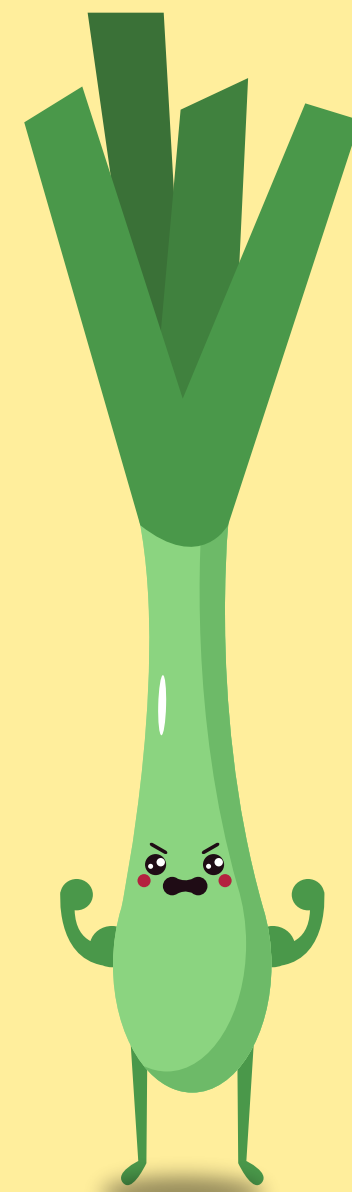
JUEVES

VIERNES

REFRIGERIO



ALMUERZO



BEBIDA	Leche Saborizada	Nucita	Sorbete de Maracuya	Milo	Yogurt
ACOMPANAMIENTO	Galleta casera	Croisant sencillo	Mantecada	Palito de Queso	Muffin de chocolate
FRUTA		Durazno		Banano	Helado
SOPA	Mute	Crema de Verduras	Colicero	Lentejas	Cereales
PROTEICO	Goulash de res (zanahoria, arveja y demiglasse)	Arroz Caucano (pimenton, apio, cebolla y ajo) (Maduritos, salchicha, tocineta, salsa soya, arveja, pollo y cerdo)	Pollo en salsa Teriyaki	Carne Molida	Carne en chimichurri
CEREAL	Arroz Blanco		Arroz con Ajonjoli	Arroz con Zanahoria	Arroz Blanco
TUBERCULO	Papa Francesa	Papa Chip	Papa Criolla	Croqueta de Yuca	Pure de papa
VERDURA	Ensalada Mixta (Cebolla roja, Lechuga, tomate, cilantro)	Cascos de tomate	Verdura Oriental (Zucchini amarillo, verde, pimenton y zanahoria)	Ensalada Fresca (Lechuga, pepino, zanahoria, cebolla)	Mix de verduras
JUGO	Cosecha	Cosecha	Cosecha	Cosecha	Cosecha



Diana Bernate
Diana Cristina Bernate
NUTRICIONISTA
MND 06809



Año 2023



Mes Febrero



Semana 06 al 10

