



COLEGIO FUNDACIÓN COLOMBIA SCHOOL MENU



MEAL

MONDAY

TUESDAY

WEDNESDAY

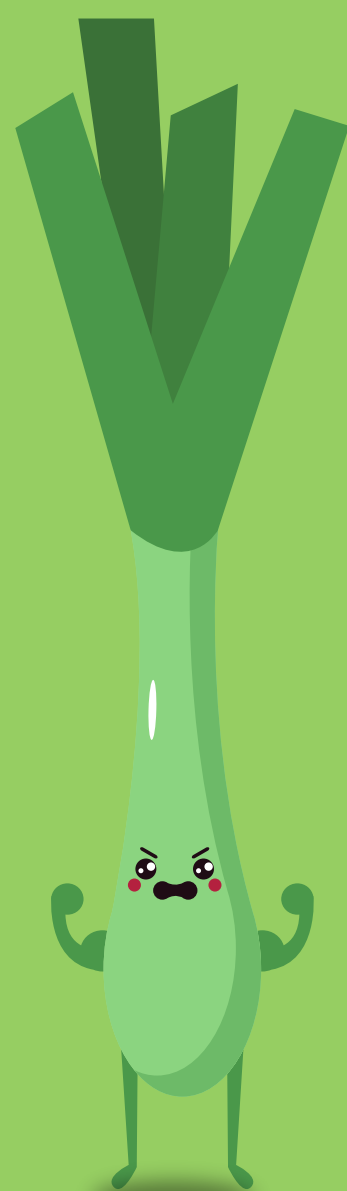
THURSDAY

FRIDAY

SNACK



LUNCH



DRINKS	Coffee with milk	Nucita	Milk UHT	Blackberry drink	Lemonade
SIDE DISH	Oatmeal cookie	Chocolate's croissant	Brownie smile	Cheese stick	Croissant cheese and "bocadillo"
FRUIT	Fruit of the day		Fruit of the day		Ice cream
SOUP	"Mute"	Cereals	"Mazorcada" (tender corn, shredded meat, breast fillets, sauces and potato chips)	Pearl barley	"Colicero"
PROTEIN	Meat ground			Beef goulash de res (carrot, peas and demiglese)	Chicken in teriyaki sauce
CEREAL	Rice	Rice with carrot		Rice	Rice with sesame
TUBER	Plantain slices	Cassava croquette		Creole potato	French fries
VEGETABLES	Fresh salad (lettuce, tomato and parsley)	Stewed cucumber		Salad (onions, lettuce, tomato and bread croutons)	Sun salad (grated carrot, raisin and orange)
JUICE	Harvest	Harvest	Lemonade	Harvest	Harvest



Diana Cristina Bernate
Diana Cristina Bernate
NUTRITIONIST
MND 06809



Year

2023



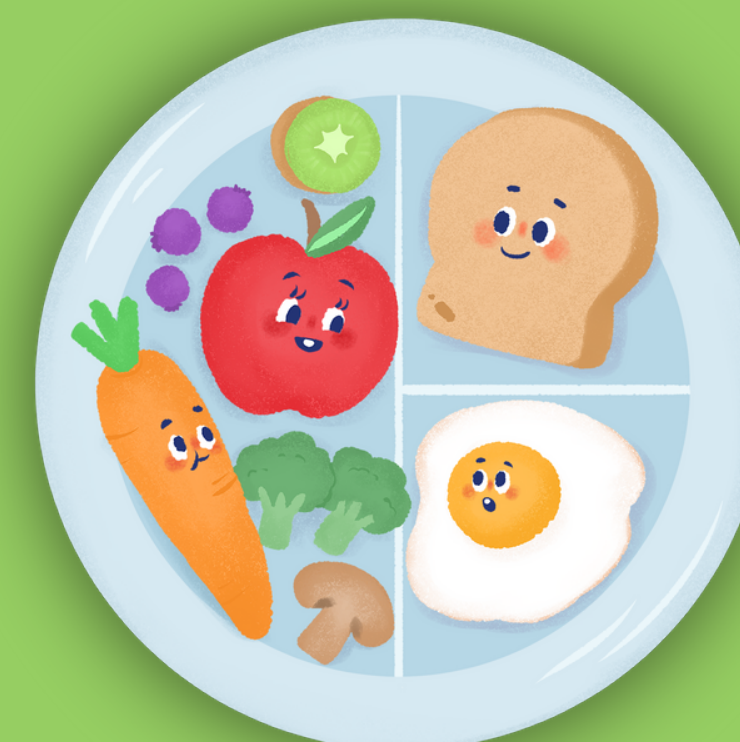
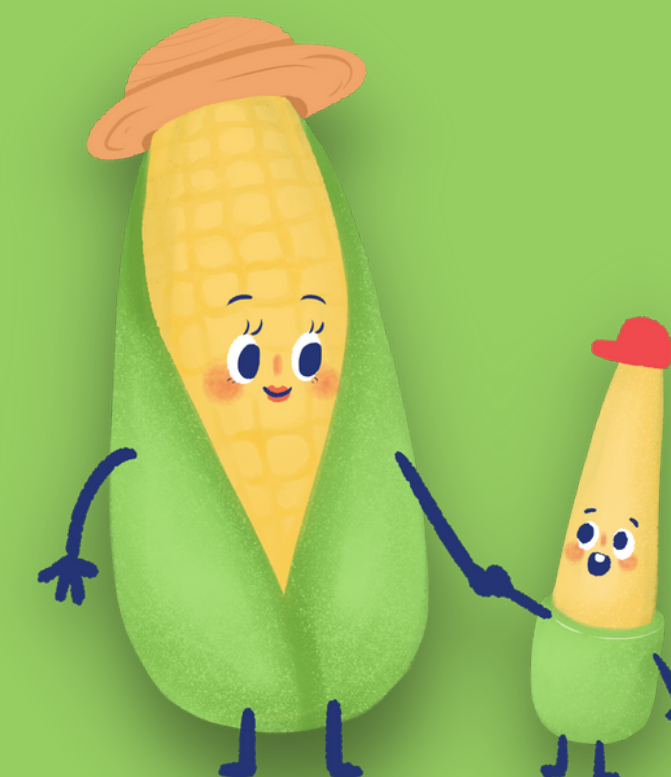
Month

March



Week

06 to 10





COLEGIO FUNDACIÓN COLOMBIA MENÚ ESCOLAR



COMIDA

LUNES

MARTES

MIÉRCOLES

JUEVES

VIERNES

REFRIGERIO



ALMUERZO



BEBIDA	Café con Leche	Nucita	Leche UHT	Sorbete de Mora	Limonada
ACOMPANAMIENTO	Galleta de Avena	Pastel Ranchero	Brownie Smile	Palito de queso	Croisant de queso y bocadillo
FRUTA	Fruta de Mano		Fruta de Mano		Helado
SOPA	Mute	Cereales	Mazorcada (maiz tierno, carne desmechada, lomitos de pechuga, salsas y papa cabello de angel)	Cebada perlada	Colicero
PROTEICO	Carne molida	Carne chimichurri		Goulash de res (Zanahoria, Arveja y Demiglese)	Pollo en salsa teriyaki
CEREAL	Arroz Blanco	Arroz con Zanahoria		Arroz Blanco	Arroz con Ajonjoli
TUBERCULO	Moneditas de plátano	Croqueta de Yuca		Papa criolla	Papa Francesa
VERDURA	Ensalada Fresca (Lechuga, Tomate, Cebolla, Perejil)	Pepino Guisado		Ensalda (Cebolla, Lechuga, Tomate y crotones de pan)	Ensalada Sol (Zanahoria rallada, Uvas pasas y Naranja)
JUGO	Cosecha	Cosecha	Limonada	Cosecha	Cosecha



Diana Cristina Bernate
Diana Cristina Bernate
NUTRICIONISTA
MND 06809



Año 2023



Mes Marzo



Semana 06 al 10

