



**COLEGIO  
FUNDACIÓN  
COLOMBIA**  
[www.funcol.edu.co](http://www.funcol.edu.co)

# SCHOOL MENU



**MEAL**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SNACK**

**DRINKS**

Chocolate

Passion fruit juice

Tetero

Guaba's Sorbet

Koumis

**SIDE DISH**

Focaccia

Chocolate Cookie

Carrot cake

Chicken cake

Cinnamon Roll

**FRUIT**

Season Fruit

Season Fruit

Ice Cream

**SOUP**

Pasta

Pumpkin cream

Rice

Fried Plantain

Vegetables

**PROTEIN**

Tuna rice  
(Vegetables mix,  
Tuna, parsley,  
Ocaña's onion)

Chicken stew

Roast beef

Chicken and  
mushroom sauce

Meatballs in criolla's  
sauce

**CEREAL**

Tiger's rice

Arroz con Cilantro

Pepper's rice

Rice

**TUBER**

French Fries

Cassava's croquettes

Steamed plantain

Papa Sour

Fried criollas

**VEGETABLES**

Tomato slices

Vegetables soup

Waldorf Salad  
(Lettuce, Apple,  
Celery, koumis)

French bean (french  
bean, onion, Ham and  
Bechamel sauce)

K Salad(Cabagge,  
carrot in julienne  
strips , raisins,  
Mayonaise)

**JUICE**

Seasonal Harvest

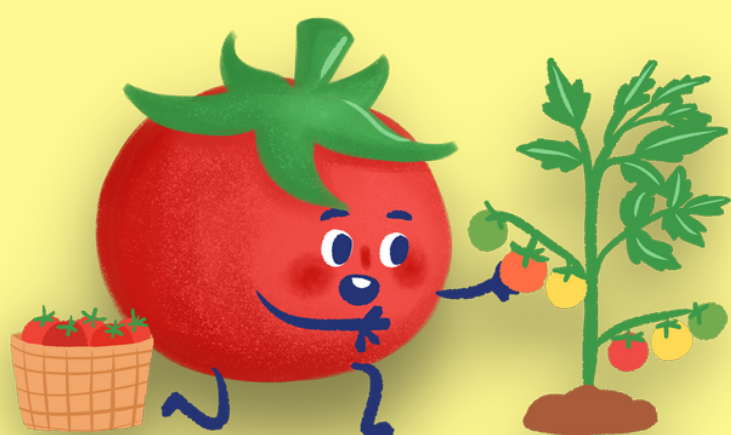
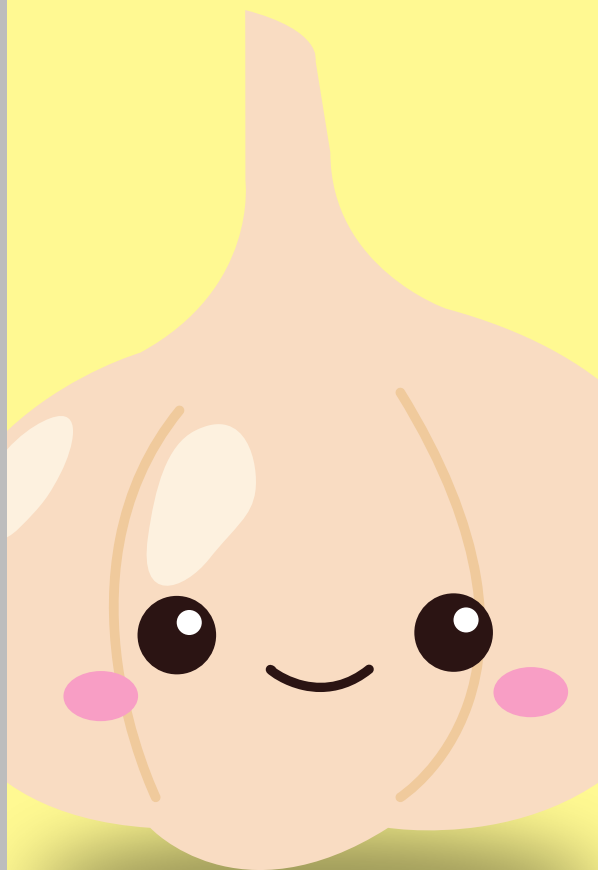
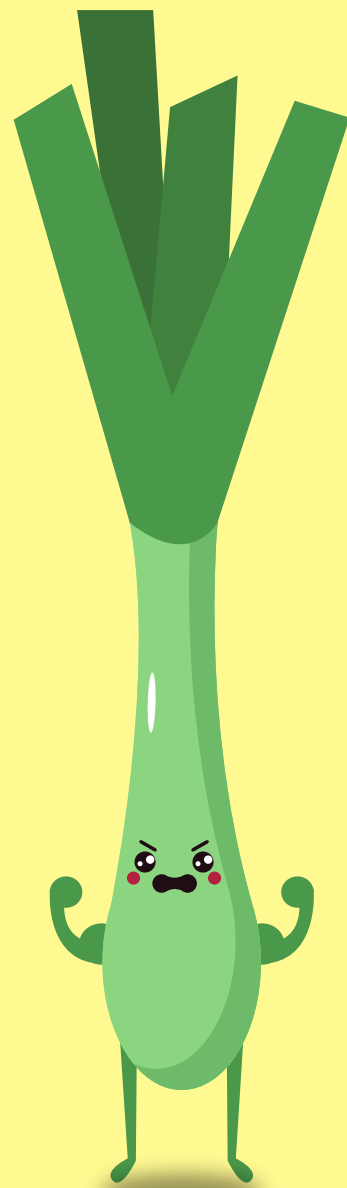
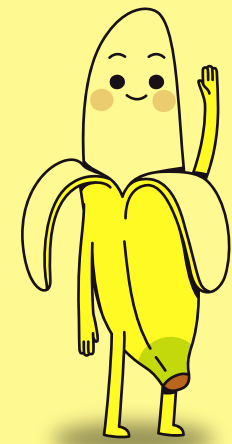
Seasonal Harvest

Seasonal Harvest

Seasonal Harvest

Seasonal Harvest

**LUNCH**



*Diana Bernate*  
**Diana Cristina Bernate**  
NUTRICIONISTA  
MND 06809



**Year**

**2023**



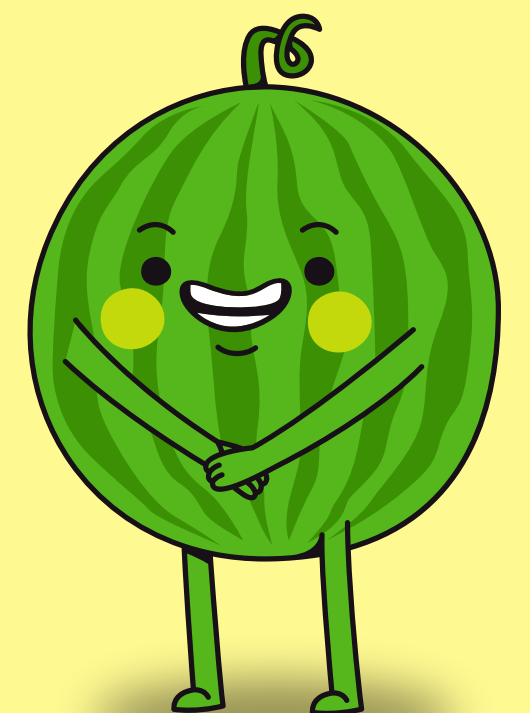
**Month**

**March**



**Week**

**13 al 17**





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# MENÚ ESCOLAR



COMIDA

LUNES

MARTES

MIÉRCOLES

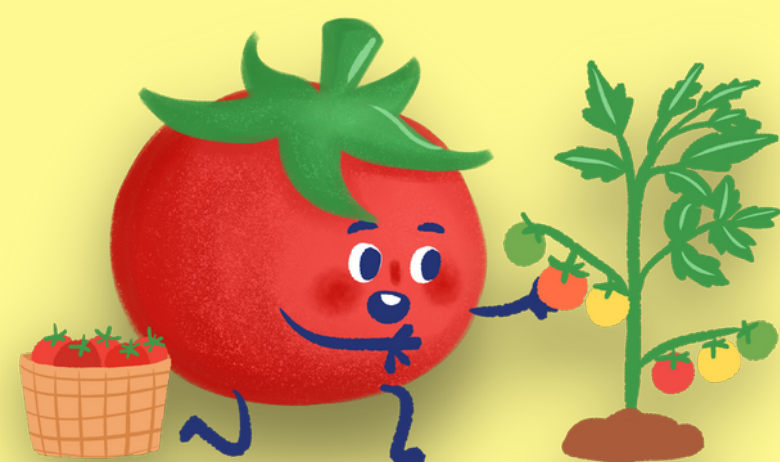
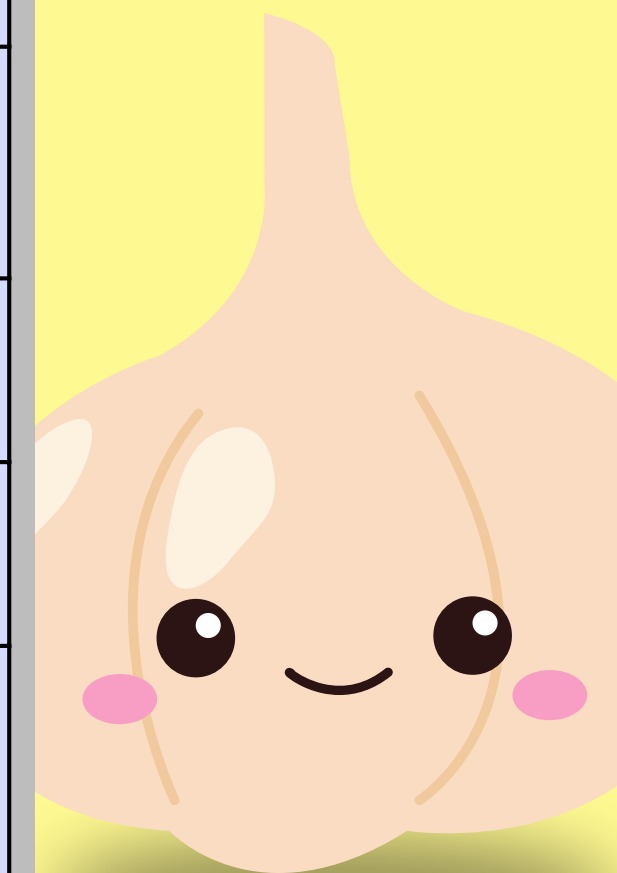
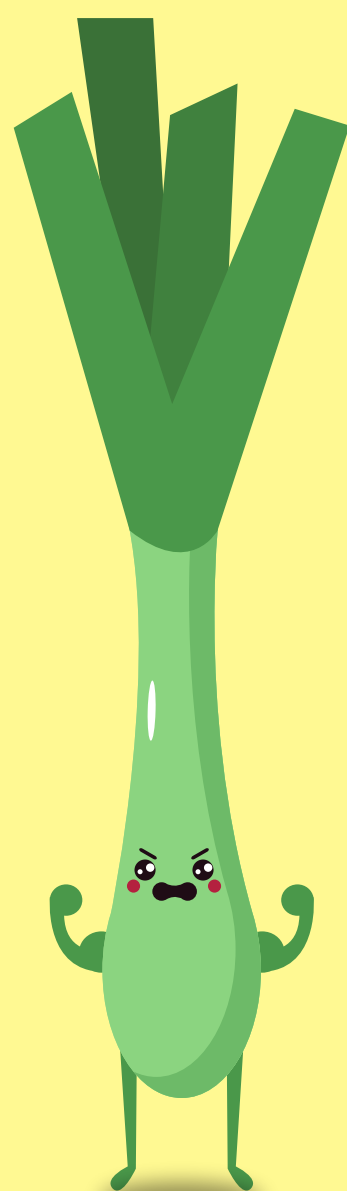
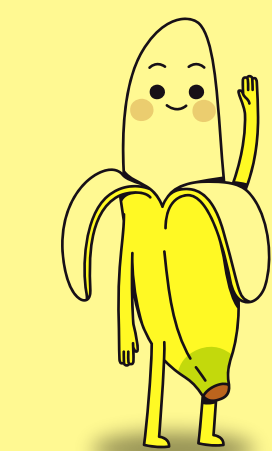
JUEVES

VIERNES

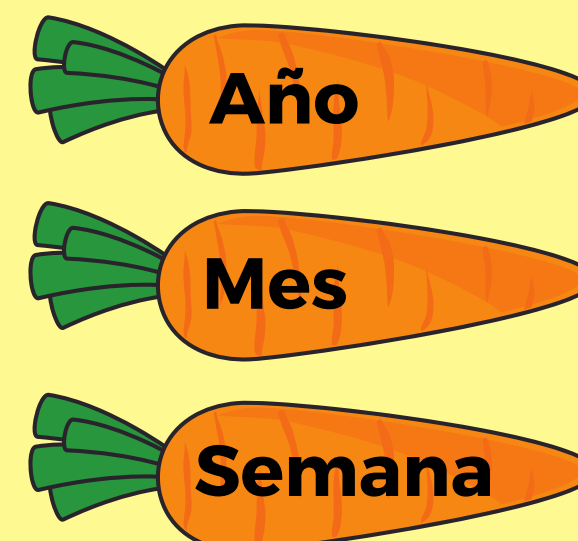
REFRIGERIO

ALMUERZO

|                |                                                                  |                          |                                                  |                                                             |                                                                |
|----------------|------------------------------------------------------------------|--------------------------|--------------------------------------------------|-------------------------------------------------------------|----------------------------------------------------------------|
| BEBIDA         | Chocolate                                                        | Jugo de Maracuyá         | Tetero                                           | Sorbete de Guayaba                                          | Kumis                                                          |
| ACOMPANAMIENTO | Pan Focacia                                                      | Galleta Chocochip        | Torta de Zanahoria                               | Pastel de Pollo                                             | Rollo de Canela                                                |
| FROTA          |                                                                  | Fruta de mano            |                                                  | Fruta de mano                                               | Helado                                                         |
|                |                                                                  |                          |                                                  |                                                             |                                                                |
| SOPA           | Pasta                                                            | Crema Ahuyama            | Arroz                                            | Patacón                                                     | Crema Verduras                                                 |
| PROTEICO       | Arroz con atún (Mix de verduras, atún, perejil, cebolla ocañera) | Sudado de pollo con papa | Carne asada                                      | Pollo con champiñones                                       | Albóndigas en salsa criolla                                    |
| CEREAL         |                                                                  | Arroz Tigre              | Arroz con Cilantro                               | Arroz con Pimentón                                          | Arroz con Blanco                                               |
| TUBERCULO      | Papa Francesa                                                    | Croqueta de Yuca         | Cilindros de plátano                             | Papa Sour                                                   | Criollas Doradas                                               |
| VERDURA        | Rodajas de Tomate                                                | Mix de Verdura           | Ensalada Waldorf (Lechuga, Manzana, Apio, kumis) | Habichuela Francesa (Habichuela, Cebolla, Jamón y Bechamel) | Ensalada K (Repollo, Tiras de zanahoria, Uvas pasas, Mayonesa) |
| JUGO           | Cosecha                                                          | Cosecha                  | Cosecha                                          | Cosecha                                                     | Cosecha                                                        |



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2023

Marzo

13 al 17

