



**COLEGIO
FUNDACIÓN
COLOMBIA**
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SCHOOL MENU



MEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACK

DRINKS

SIDE DISH

FRUIT

LUNCH

SOUP

PROTEIN

CEREAL

TUBER

VEGETABLES

JUICE

Mango Juice

Cookies

Fruit of the day

Colicero Soup

Pork in orange
sauce

Rice with carrot

Slided plantain

Pico de gallo Salad
(Tomato, Onion and
coriander)

Harvest

Nucita

Ham and cheese
sandwich

Carrot Cream

BBQ Wings

White rice

Rustic potatoes

Fresh Salad (Green
and purple curly
lettuce, strawberry and
pineapple)

Harvest

Lemonade

Brownie

Fruit of the day

Frijolada

Ground Meat

Mixed rice

Arepa Paisa

Mix Salad (Lettuce,
Tomato, red onion
and coriander)

Harvest

Yogurt

Cheese Stick

Ice cream

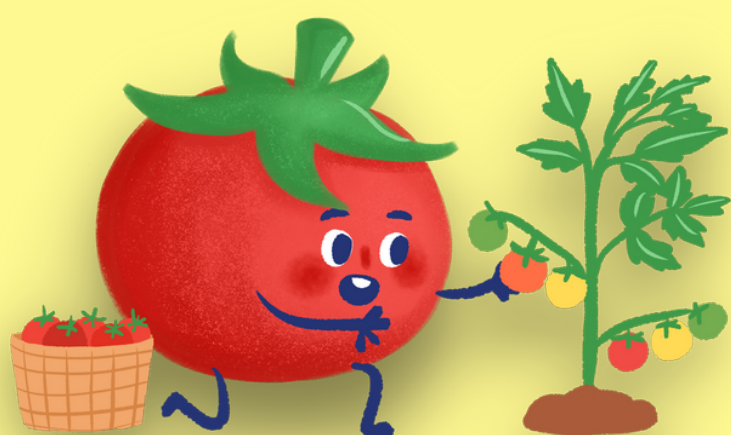
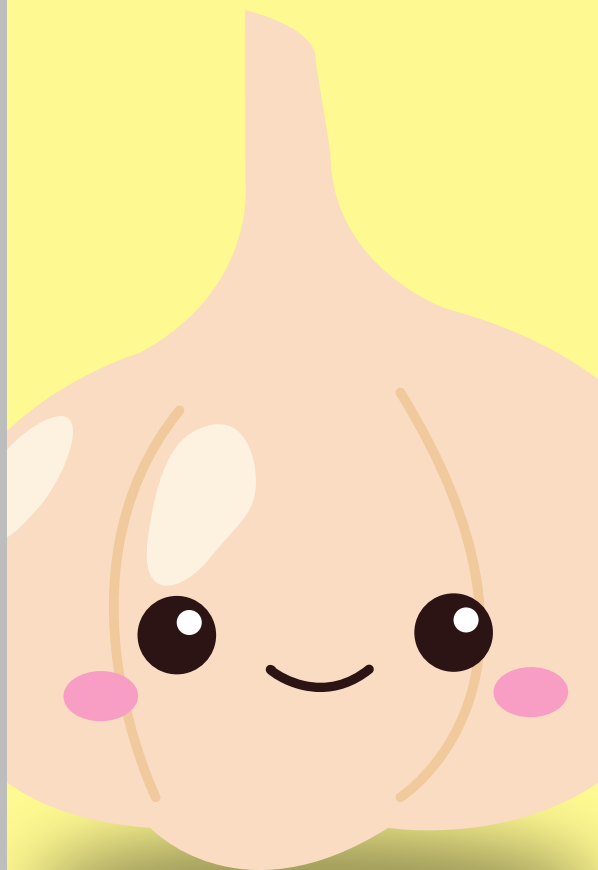
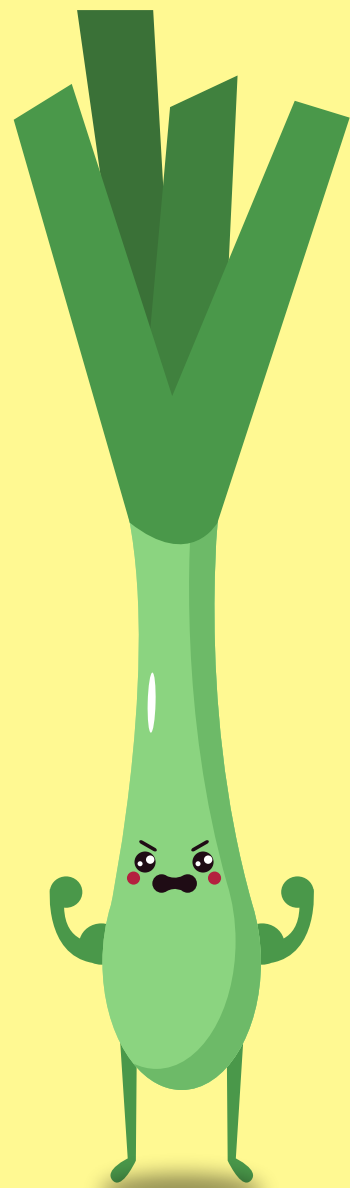
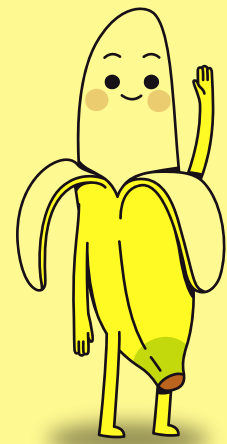
Hamburguer

Bread

French fries

Lettuce, tomato and
onion

Juice box



Diana Bernate
Diana Cristina Bernate
NUTRICIONISTA
MND 06809



2023



March



20 to 24





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MENÚ ESCOLAR



COMIDA

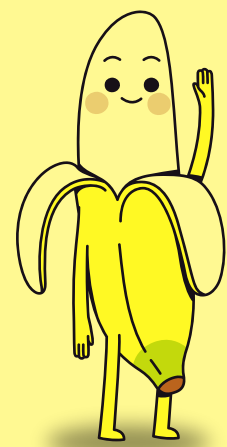
LUNES

MARTES

MIÉRCOLES

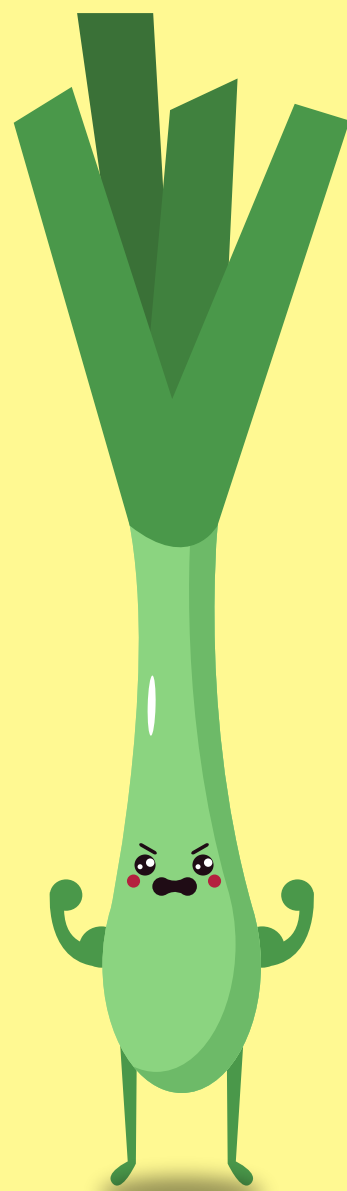
JUEVES

VIERNES

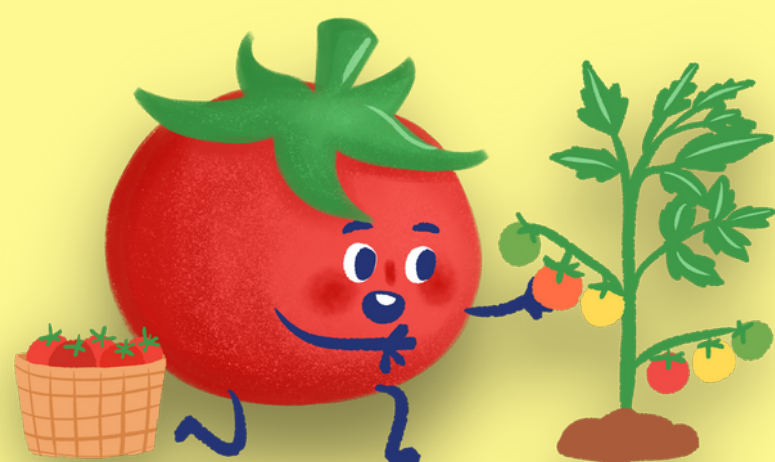
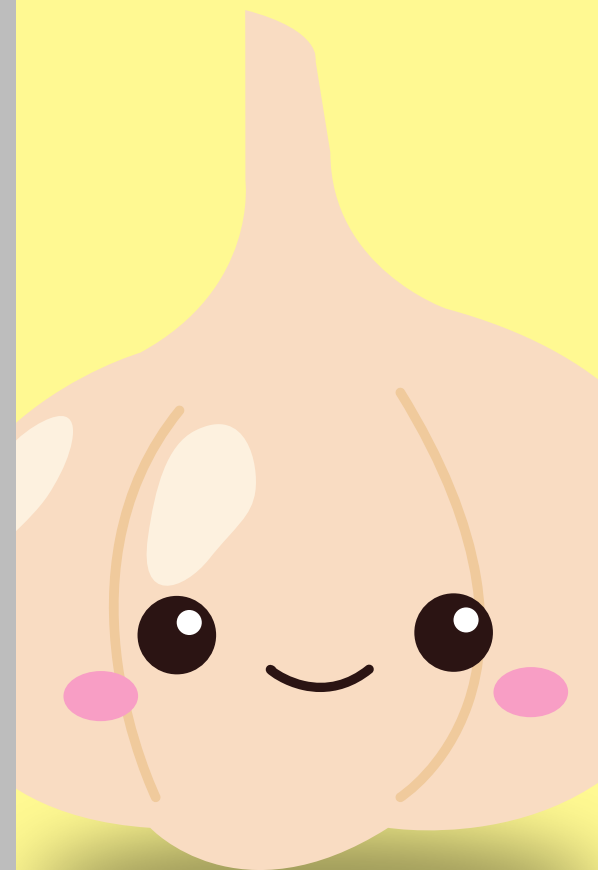


REFRIGERIO

BEBIDA		Sorbete de Mango	Nucita	Limonada	Yogurt
ACOMPANAMIENTO		Galletas	Sandwich de Jamón y Queso	Brownie	Palito de queso
FROTA		Fruta de mano		Fruta de mano	Helado
SOPA		Colicero	Crema de Zanahoria	Frijolada	
PROTEICO		Cerdo en salsa de naranja	Alitas BBQ	Carne Molida	Hamburguesa
CEREAL		Arroz con zanahoria	Arroz Blanco	Arroz Pajarito	Pan
TUBERCULO		Tajadas de Plátano	Papa en Cascos	Arepa Paisa	Papa Francesa
VERDURA		Ensalada Pico de Gallo (Tomate, Cebolla blanca, Cilantro)	Ensalda Fresca (Lechuga crespá morada, verde, fresa y piña)	Ensalada Mixta (Lechuga, Tomate, Cebolla roja Y Cilantro)	Lechuga, Tomate y Cebolla
JUGO		Cosecha	Cosecha	Cosecha	Jugo en caja



ALMUERZO



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