



COLEGIO
FUNDACIÓN
COLOMBIA
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SCHOOL MENU



MEAL

MONDAY

TUESDAY

WEDNESDAY

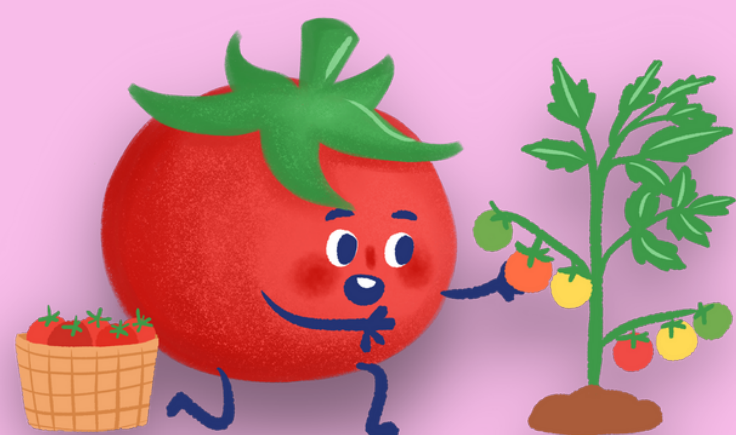
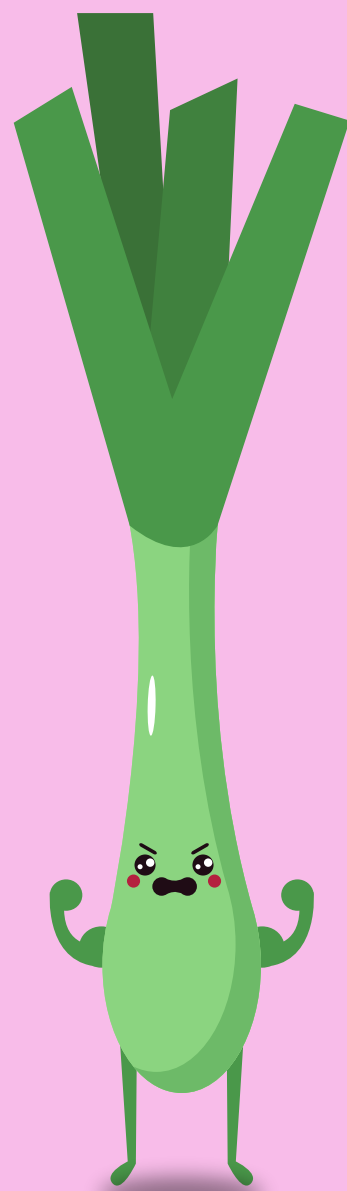
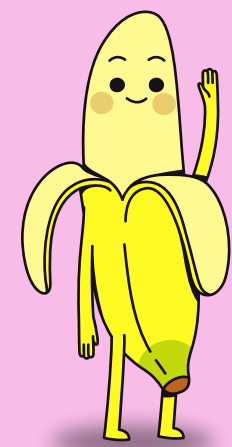
THURSDAY

FRIDAY

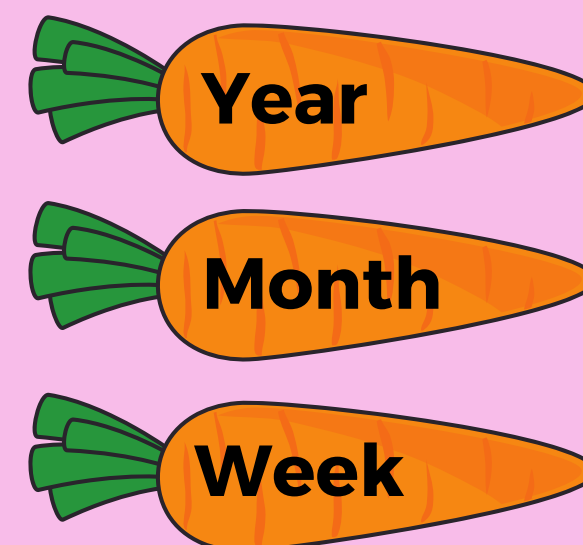
SNACK

DRINKS	Coffe with milk	Passion fruit juice	Pomy		Chocolate
SIDE DISH	Arequipe pastry	Roscon of Bocadoillo			Haway puff pastry
FRUIT			Season Fruit		Ice cream
SOUP	Soup	Vegetables			Pearl Barley
PROTEIN	Steack Meat	Chicken Mix with Beans	Hamburguer		Chicken with Honey Mustard
CEREAL	White Rice	Rice with Sesame			White Rice
TUBER	Popatoes mash	Bananas' Slides	French Potatoes		Cassava Croquette
VEGETABLES	Verdura Caliente (Pepino de guiso con zanahoria)	Tropical Salad (Lettuce, , Mango, Melon, Grape)	Lettuce, Tomatoe		Countryside Salad (Lettuce, Tomatoe, Carrots and Corn)
JUICE	Season Fruit	Season Fruit	Cartton of Juice		Season Fruit

LUNCH



Diana Bernate
Diana Cristina Bernate
NUTRICIONISTA
MND 06809



Year

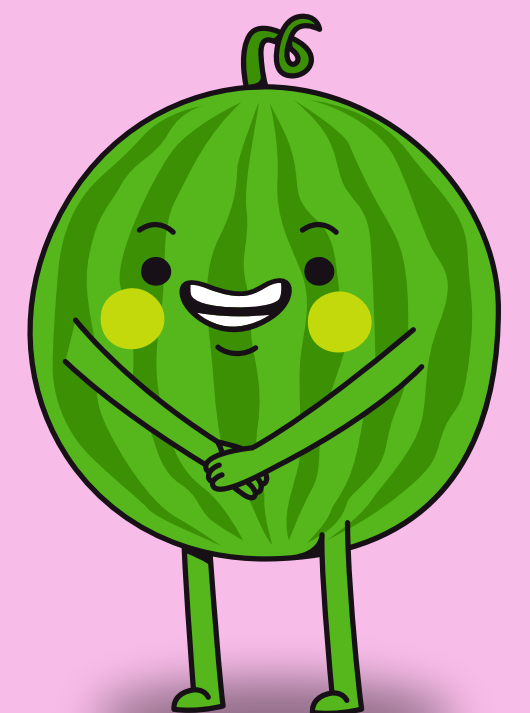
2023

Month

March

Week

27 to 31





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MENÚ ESCOLAR



COMIDA

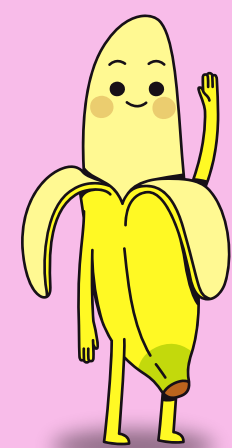
LUNES

MARTES

MIÉRCOLES

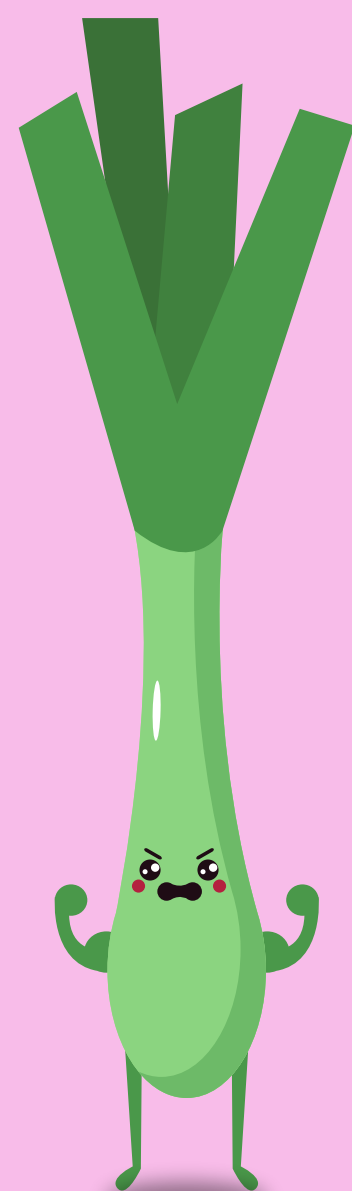
JUEVES

VIERNES

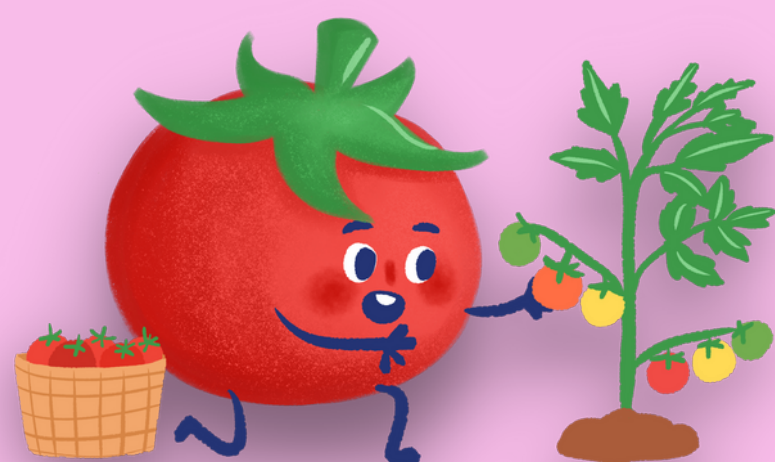


REFRIGERIO

BEBIDA	Café con Leche	Jugo de Maracuyá	Pomy		Chocolate
ACOMPANAMIENTO	Pastel Gloria de Arequipe	Roscón de Bocado			Croissant Hawaiano
FROTA			Fruta de Mano		Helado
SOPA	Pasta	Verduras			Cebada Perlada
PROTEICO	Carne en Bistec	Fricasé de pollo con arveja	Hamburguesa		Pollo en Miel Mostaza
CEREAL	Arroz Blanco	Arroz con Ajonjolí			Arroz Blanco
TUBERCULO	Pure de papa	Moneditas de plátano	Papa Francesa		Croqueta de Yuca
VERDURA	Verdura Caliente (Pepino de guiso con zanahoria)	Ensalada Tropical (Lechuga, Papaya, Mango, Melón, Uva Isabelina)	Lechuga, Tomate		Ensalada Campestre (Lechuga, Tomate, Zanahoria y Maíz)
JUGO	Cosecha	Cosecha	Jugo en Caja		Cosecha



ALMUERZO



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Diana Cristina Bernate
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2023



Marzo



27 al 31

