

SCHOOL MENU

★ Mar 11 to 15 ★



Monday

Tuesday

Wednesday

Thursday

Friday

Drinks

Chocolate

Passion Fruit Juice

Chocolisto

Strawberry juice

Yogurt

Side Dish

Almojabana

Empanada

Calentano Bread

Snack

Ham & Cheese Croissant

Fruit

Fruit

Fruit

Ice cream

Soup

Rice soup

Colicero (Banana) soup

Chickpeas

Spaghetti Soup

Cereal Soup

Protein

Beef on Onions

Honey mustard chicken wings

Pork Scalope

Meat in Chimichurri Sauce

Chicken in mushroom Sauce

Cereal

Peanut Rice

Rice with Carrots

Rice with Peas

White Rice

Green Rice

Tuber

Patacon

Hulled potatoes

Creole Potatoes

Fried Banana Slices

Fried Yucca

Vegetables

Spinach Salad (Spinach, Strawberry and Mango)

Lettuce, Cucumber and Carrot Salad

Pico de gallo (Tomato, Cilantro, White onion)

Oriental Vegetables (Yellow, Green zucchini, Bell Pepper, Onion and Carrot)

Farmhouse Country Salad (Lettuce, Tomato and Corn)

Juice

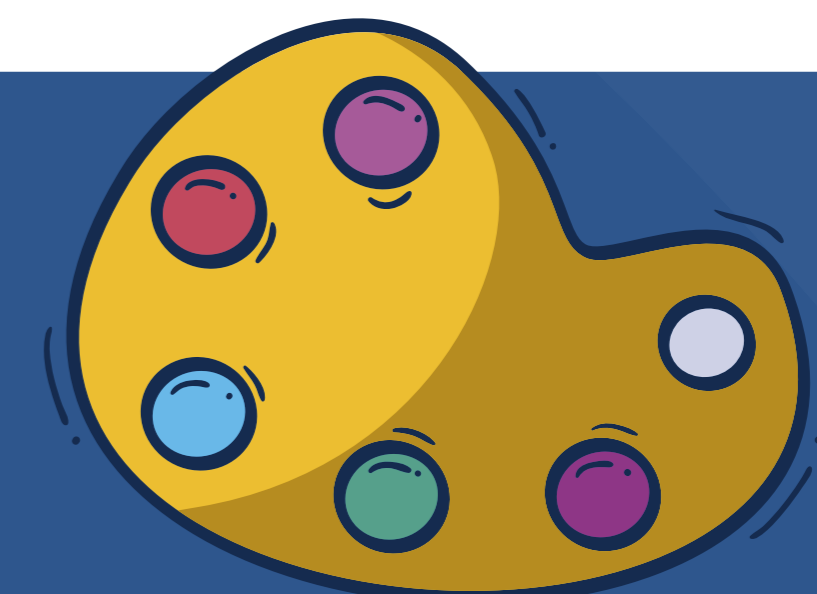
Harvest Juice

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MENÚ ESCOLAR

C.F.C. COLEGIO FUNDACIÓN COLOMBIA

Familia Funcol...
...Familia de Corazón.
Funcol Family. Heart Family.



★ Mar 11 al 15 ★



Lunes

Martes

Miércoles

Jueves

Viernes

Bebida

Chocolate

Jugo de Maracuyá

Chocolito

Jugo de fresa

Yogur

Acompañamiento

Almojábana

Empanada

Pan calentano

Pasabocas

Croissant jamón y queso

Fruta

Fruta

Fruta

Helado

Sopa

Arroz

Colicero

Garbanzos

Pasta

Cereales

Proteína

Carne encebollada

Alitas miel mostaza

Escalope de cerdo

Carne en salsa chimichurri

Pollo en salsa de champiñones

Cereal

Arroz con maní

Arroz con zanahoria

Arroz con arveja

Arroz blanco

Arroz verde

Tubérculo

Patacón

Papa en cascós

Papa criolla

Tajadas maduras

Croqueta de yuca

Verdura

Ensalada de Espinaca
(Espinaca, fresa y mango)

Ensalada de lechuga,
pepino y zanahoria

Pico de gallo
(Tomate, cilantro,
cebolla blanca)

Verdura Oriental
(Zuchini amarillo,
verde, pimentón,
cebolla y zanahoria)

Ensalada Campestre
(Lechuga, tomate y maíz)

Jugo

Cosecha

Cosecha

Cosecha

Cosecha

Cosecha

