

SCHOOL MENU



★ Mar 18 to 22 ★



Monday

Tuesday

Wednesday

Thursday

Friday

Drinks

Yogurt

Blackberry juice

Oatmeal

Pear sorbet

Coffee with milk

Side Dish

Ham and croissant cheese

Ranch cake

Chicken pie

Brownie

Cheese stick

Fruit

Fruit

Fruit

Icecream

Soup

Cereal soup

Sancochito

Lentils

Wheat cuchuco

Oatmeal

Protein

Chicken in mushroom sauce

Meatloaf

Grilled meat

Pork in pineapple sauce

Breaded fish in tartar sauce

Cereal

Green Rice

Rice with noodles

White rice

Rice with corn

White rice

Tuber

Fried Yucca

White corn arepa

Salty potato

Onion rings

Patacon

Vegetables

Farmhouse Country Salad (Lettuce, Tomato and Corn)

Waldorf salad (Lettuce, apple, carrot and raisins)

Avocado salad (Avocado, lettuce, Tomato, onion and coriander)

Stewed cucumber

Hawaiian salad (Lettuce, pineapple, cheese and grapes raisins)

Juice

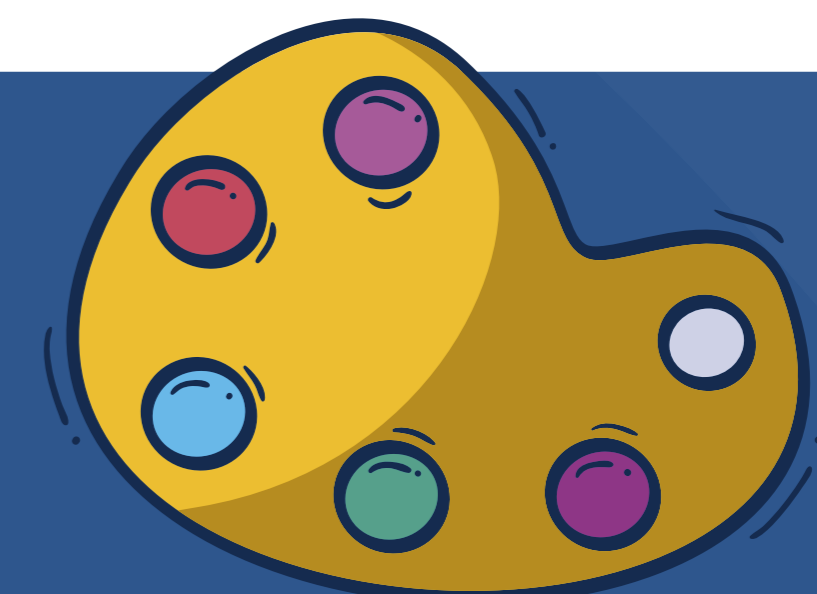
Harvest Juice

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MENÚ ESCOLAR

★ Mar 18 al 22 ★

C.F.C. COLEGIO FUNDACIÓN COLOMBIA

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



Lunes

Martes

Miércoles

Jueves

Viernes

Bebida

Yogur

Jugo de mora

Avena

Sorbete de pera

Café con leche

Acompañamiento

Croissant jamón y queso

Pastel ranchero

Pastel de pollo

Brownie

Palito de queso

Fruta

Fruta

Fruta

Helado

Sopa

Cereales

Sancochito

Lentejas

Cuchuco de trigo

Avena

Proteína

Pollo en salsa de champiñones

Carne mechada

Carne a la plancha

Cerdo en salsa de piña

Pescado apanado en salsa tártara

Cereal

Arroz verde

Arroz con fideos

Arroz blanco

Arroz con maíz

Arroz blanco

Tubérculo

Croqueta de yuca

Arepa blanca

Papa salada

Anillos de cebolla

Patacón

Verdura

Ensalada Campestre (Lechuga, tomate y maíz)

Ensalada Waldorf (Lechuga, manzana, zanahoria Y uvas pasas)

Ensalada de aguacate (Aguacate, lechuga, tomate, cebolla y cilantro)

Pepino de guiso

Ensalada Hawaiana (Lechuga, piña, queso y uvas pasas)

Jugo

Cosecha

Cosecha

Cosecha

Cosecha

Cosecha

