

What shall we eat today?



April 2025 - FISH	I-FREE MENU	GSE	DINTERNATIONAL SC	CHOOL COSTA RICA
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	"Pico de gallo"	Chicken fillet	Chicken in pomodoro sauce	Shredded beef
	Tender beans with pork rinds	Rice and beans	Baked potato	Tortillas
	Steamed rice	Fried plantain	Caesar salad	Potato picadillo
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Water	Water	Water	Water
7	8	9	10	11
Beef fajitas	Barbecued rib	Poke	Rice with chicken	
Creole salad	Sautéed vegetables	Garden salad	Green salad with egg	HOLIDAY
Mashed potatoes	Rice with vegetables	Grilled chicken	Toasted potatoes	
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	
Water	Water	Water	Water	
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
21	22	23	24	25
	Spaghetti Bolognese	Chicken stew	Chop suey	Brown and white rice
HOLIDAY	Garden salad	Steamed vegetables	Coastal salad	Beef meatballs in pomodoro sauce
	Bread	White rice	Teriyaki beef tenderloin	Mixed salad
	Fresh fruit	Fresh fruit	Fresh fruit	Yogurt
	Water	Water	Water	Water
28	29	30		
Caribbean chicken	Hawaiian salad	Pulled pork quesadillas		
Fried plantain	Pork tenderloin with gravy and mushrooms	"Pico de gallo"		
Rice and beans (Caribbean food)	Achiote rice	Refried beans		
Fresh fruit	Fresh fruit	Fresh fruit		
Water	Water	Water		

for a healthy dinner ner should be a full meal, but a light one in order romote good rest and contribute to adequate gy intake.

Il consist of a starter, main course and dessert. ould complement the rest of the day's intake, ch is why it should be made up of food groups h were not eaten at lunch:

If at lunch	At dinner	
Starters		
Rice/pasta, potatoes or pulses	Cooked or raw vegetables	
Vegetables	Rice/pasta o potatoes	
Main course		
Meat (beef, pork, poultry)	Fish or eggs	
Fish	Lean meat or egg	
Egg	Fish or meat	
Dessert		
Fruit	Dairy produt or fruit	
Dairy product	Fruit	
It's recommended to eat for		

rder to sleep well afterwards.

ter should be the drink of choice as opposed to or soft drinks.

alanced diet should be varied in order to make we have a good intake of all the nutrients. advisable to eat fresh and seasonal food,

ring the consumption of fruit, vegetables and

mportant to eat between 4 and 5 meals a day, ng not to skip one of the most important meals: akfast.

can't forget to include physical exercise as the panion to a balanced diet.

ery menu, the kcal of an approximate average g is indicated.

