



## What shall we eat today?





## May 2024 - GENERAL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

1Vlay 2024 -	GENERAL WENU	G5D IIN	TERNATIONAL SCHOOL	COSTATIOA
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			Mixed salad	Steamed rice[]
		HOLIDAY	Pasta with bechamel sauce and chicken	Chickpea with chorizo
			Garlic bread	Mixed salad□
			Fresh fruit□	Fresh fruit
			Water	Water
6	7	8	9	10
Mango Ceviche	Corn cream[]	French fries[]	Coleslaw	Aztec soup
Onioned pork chop	Grilled fish fillet	Mixed meat fajitas []	Fried Cassava	Chicken fillet
Mashed sweet potato and potato	Green vegetable salad	Sautéed vegetables□	Baked pork ribs	Chip tortillas
Fresh fruit	Fresh fruit	Fresh fruit	Fresh Fruit	Fresh Fruit
Water	Water	Water	Water	Water
13	14	15	16	17 Italy
Chayote salad∏	Elbow pasta with butter□	Cucumber salad	Lentils with chorizo□	Neapolitan mini calzone
Romanian Mahi mahi	Beef stew with pomodoro sauce	Chicken breast in coconut sauce	Curry rice [	Mediterranean salad
Rice and red beans∏	Steamed vegetables[]	Baked potatoes[	Fresh salad	Vegetable cream□
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Strawberry mousse
Water	Water	Water	Water	Water
20	21	22	23	24 Brazil
Chickpea stew with pork□	Avocado and hearts of palm salad□	Green plantain chips	Basil and strawberries salad	Picanha
Rice with peas	Meat lasagna in pomodoro sauce	Tilapia in batter□	Penne pasta with Pomodoro sausage□	Coixinhas
Eggplant pickle[]	Vegetable broth	Green vegetable salad []	Olive oil-cooked vegetables	Salpicão
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Brigadeiro
Water	Water	Water	Water	Water
27	28	29 Mexico	30	31
Cold pasta salad 🛘	Fresh salad	Pico de gallo	Chicken Soup	Spinach cream
Sesame vegetables	Stuffed chicken[]	Shepherd meat	Steamed vegetables	Roasted Chicken

## Tips for a healthy dinner

Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate energy intake.

It will consist of a starter, main course and dessert.

It should complement the rest of the day's intake, which is why it should be made up of food groups which 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	Aumes		
Fruit	Dairy produt or fruit		
Dairy product	Fruit		

It's recommended to eat food that is not high in fat in order to sleep well afterwards.

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

A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.

It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and

It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: breakfast.

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



Steak with onions[	Rice with almonds	Tortilla chips nachos	White Rice	Potato stew
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Water

