



# What shall we eat today?



## May 2024 - PRE-SCHOOL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
		1 HOLIDAY	2 Mixed salad Pasta with bechamel sauce and chicken garlic bread Fresh fruit Water	3 Steamed rice Chickpea with chorizo Mixed salad Garden salad Water
6 Mango Ceviche Pork chop Mashed sweet potato and potato Fresh fruit Neapolitan quesadilla	7 Corn cream Grilled fish fillet Green vegetable salad Fresh fruit chocolate with cookies	8 French fries Mixed meats fajitas Sautéed vegetables Fresh fruit Roasted tamale	9 Coleslaw Fried Cassava Baked pork ribs Fresh Fruit Sausage banderillas	10 Aztec soup Chicken fillet Chip tortillas Fresh Fruit Water
13 Chayote salad Romanian Mahi mahi Rice and red beans Fresh fruit snack: cinnamon and milk rolls	14 Elbow pasta with butter Beef stew with pomodoro sauce Steamed vegetables Fresh fruit snack : fruit cereal	15 Cucumber salad Chicken breast in coconut sauce Baked potatoes Fresh fruit snack:cup cake and juice	16 Lentils with chorizo Curry rice Fresh salad Fresh fruit chocobananas	17 Italy Neapolitan mini calzone Mediterranean salad Vegetable cream Strawberry mousse Water
20 Chickpea stew with pork Rice eggplant pickle Fresh fruit Tortilla with cheese	21 Avocado and hearts of palm salad Meat lasagna in pomodoro sauce Vegetable broth Fresh fruit Snack: crepes with peanut butter	22 Green plantain chips Tilapia in batter Green vegetable salad Fresh fruit Snack: club sandwich	23 Basil and strawberries salad Penne pasta with Pomodoro sausage Olive oil-cooked vegetables Fresh fruit snack:apple pie	24 Brazil Picanha Coxinhas Salpicão Brigadeiro Water
27 Cold pasta salad Sesame vegetables	28 Fresh salad Stuffed chicken	29 Mexico Pico de gallo Shepherd meat	30 Chicken Soup Steamed vegetables	31 Spinach cream 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...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta or potatoes
<b>Main course</b>	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
<b>Dessert</b>	
Fruit	Dairy product 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 pulses.

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.

In every menu, the kcal of an approximate average serving is indicated.



Steak □  
Fresh fruit  
Snack: Ham and cheese wraps

Rice  
Fresh fruit  
snack:chicken empanadas

Tortilla chips nachos  
Fresh fruit  
snack: chocolate waffles

White Rice  
Fresh fruit  
Cheese sticks

Potato stew  
Fresh fruit  
Water

