



# What shall we eat today?



## April 2024 - VEGETARIAN MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
1  Holiday	2 Creole salad  Vegetable protein crackling Cassava pieces in mojo sauce Fresh fruit Water	3 Vegetable protein with garlic  Steamed Cauliflower Mini potato with rosemary Fresh fruit Water	4 Vegetable protein in pomodoro sauce  White rice Caesar salad Fresh fruit Water	5 Vegetable protein  Chayote hash Roasted sweet potato Fresh fruit Water
8 Shredded Vegetable protein  Tortilla Banana hash Fresh Fruit Water	9 BBQ Vegetable protein  Stir-fried hemstitch Rice with vegetables Fresh fruit Water	10 Breaded Vegetable protein  Zucchini with cheese Plantain hash Fresh fruit Water	11 Cantonese rice  Green salad with egg Roasted potatoes Fresh fruit Water	12 Tender beans with Vegetable protein  Tomato, onion, lemon Toasted tortillas Caramel flan Water
15 Mixed salad  Pasta in bechamel sauce garlic bread Fresh fruit Water	16 Chickpea ceviche  Vegetable protein Vegetable hash Fresh fruit Water	17 Vegetable protein pot  White rice Steamed vegetables Fresh fruit Water	18 Mini hamburger  Potatoes with rosemary Green salad Fresh fruit Water	19 Vegetable protein with onions  Rice & Beans Ripe plantain Fresh Fruit Water
22 Beet salad  Vegetable protein with tartar sauce Arracache mince Fresh fruit Water	23 Spaghetti Bolognese  Garden salad Fresh fruit water and bread	24 Creole salad  Smoked Vegetable protein White rice Fresh fruit Water	25 Quesadillas  Pico de gallo Refried beans Fresh fruit Water	26 Mashed potatoes  Meatballs with pomodoro Mixed salad Yogurt Water
29 Caribbean vegetable protein  Ripe plantain Cocles salad	30 Cream of corn  Vegetable protein Green salad			

### 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 or potatoes

#### Main course

Meat (beef, pork, poultry)

Fish or eggs

Fish

Lean meat or egg

Egg

Fish or meat

#### Dessert

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.



Fresh fruit  
Water

Fresh fruit  
Water

