



# What shall we eat today?



August - CHOLESTEROL DIET MENU 2024

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Ham and Cheese Pizza Green Salad Spinach Soup Fresh Fruit Water	2  HOLIDAY
5 Spaghetti al burro Pomodoro beef back loin Mixed Salad Fresh Fruit Water	6 Rice and beans Caribbean Chicken Cocles Salad Fresh Fruit Water	7 Mediterranean veggie stir fry Pork loin with mushroom gravy Country potato wedges Fresh Fruit Water	8 Coleslaw Cheesy sticks Rice and Beans Fresh Fruit Water	9 Mexican Soup Grilled chicken Chips Fresh Fruit Water
12 Chayote picadillo Creole Salad Boiled rice Fresh Fruit Water	13 <span style="float: right;">Italy</span> Caprese Salad Beef loin with apple sauce Arancini di riso Fresh Fruit Water	14 Mashed Potatoes Breaded tilapia with tartar sauce Garden salad Fresh Fruit Water	15  HOLIDAY	16 Lentils with turkey Garden salad Boiled rice Cocadas Water
19 Truffled mini potatoes Stroganoff chicken Caesar Salad Fresh Fruit Water	20 Rice and Beans Pork chop Fried plantain Fresh Fruit Water	21 Potato gratin Beef stew Vegetables stew Fresh Fruit Water	22 Beef chili Chips Pico de gallo Fresh Fruit Water	23 Rice with shrimp Coast pickle Potato Chips Fritters Water
26 <span style="float: right;">Lebanon</span> Fasolia Falafel Fatush Fresh Fruit Water	27 Yellow squash soup Baked chicken thighs Cowboy caviar Fresh Fruit Water	28 Pinto Grilled beefsteak Pico de gallo with avocado Fresh Fruit Water	29 Potato salad Battered mahi mahi filet Vegetable Stir Fry Fresh Fruit Water	30 Roasted Chicken Ratatouille Pasta salad Fresh Fruit Water

**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.

