



What shall we eat today?



February 2025-- LOW CHOLESTEROL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	thursday	Friday
3 Spaghetti à la napolitaine Filet de boeuf, grillé Mixed salad Fresh fruit Water	4 Rice and beans Caribbean chicken Cocles salad Fresh fruit Water	5 Sautéed Mediterranean vegetables Roasted pork tenderloin with mushroom gravy Campesino potatoes Fresh Fruit Water	6 Coleslaw Baked breast Fries Fresh fruit Water	7 Lentils with Chicken and vegetables Garden salad Steamed rice Coconut milk caramel Water
10 ITALY Capresse salad Fusilli in tomato-basil sauce and veal Focaccia (gluten free) Fresh fruit Water	11 Aztec soup Grilled chicken Fried corn tortillas Fresh fruit Water	12 Potato puree (lactose free) Diced cheese Basil and strawberries salad Fresh fruit Water	13 Chilli meat beans Fried corn tortillas Pico de gallo Fresh fruit Water	14 Rice with vegetables Tilapia breaded fillet with tartar sauce Garden salad Yogurt Water
17 Broccoli soup Baked chicken leg Fries Fresh fruit Water	18 Spaghetti with butter Baked chicken breast Mixed salad Fresh fruit Water	19 Potato gratin Beef casserole (gluten free) Vegetable stew Fresh fruit Water	20 Chayote minced Creole salad Steamed rice Fresh fruit Water	21 CHINA Vegetables in oyster sauce Seared tuna and pickle Vegetable Chinese taco Coconut flan Water
24 Onion soup Baked chicken breast Sweet potato puree (lactose free) Fresh fruit Water	25 Mini truffle potatoes Chicken stroganoff Caesar salad Fresh Fruit Water	26 Gallo pinto (rice and beans) Grille Beff-steake Pico de gallo with avocado Fresh fruit Water	27 Spain Melon and cucumber Chicken and Vegetables paella Sautéed Mediterranean vegetables Fresh fruit Water	28 Steamed rice Beef in creole sauce Heart of palm 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...
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 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.

