



What shall we eat today?



2021 MARCH - GENERAL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stewed potatoes Chicken bites with vegetables Brown rice Fresh fruit Water	2 Green salad Griddled dorado fillet Chickpea stew Fresh fruit Bread and water	3 Chicken soup with vegetables French omelet with ham and mushrooms Sliced potatoes Yoghurt Water	4 Grilled zucchini Beef casserole Pilaf rice Fresh fruit Water	5 U.S.A. Coleslaw Hot dogs Fries Fresh fruit Water
8 Spaghetti napolitana French omelet with cheese Mixed salad Yoghurt Water	9 Rice and beans Caribbean chicken Carrot salad Bananas in orange tree honey Water	10 Sautéed Mediterranean vegetables Meatballs in demi-glace sauce Roasted potatoes Fresh fruit Water	11 Lentils with chorizo Griddled sea bass fillet Steamed vegetables Fresh fruit Bread and Water	12 Oven-baked potatoes BBQ chicken wings Steamed vegetables Fresh fruit Water
15 Rice with vegetables Breaded ham and cheese delights Green salad Fresh fruit Water	16 Squash soup Diced breaded cheese Garden vegetables salad Fresh fruit Bread and water	17 Aztec soup Griddled diced chicken Fried corn tortillas Fresh fruit Water	18 Ranch-style beans Diced pork in Hawaiian sauce Pilaf rice Yoghurt Water	19 ITALY Cheese ravioli in tomato sauce Grilled sea bass fillet Focaccia Fresh fruit Water
22 Broccoli soup Grilled chicken breast Fries Fresh fruit Water	23 Garden fusilli Griddled pork loin Mixed salad Yoghurt Water	24 Potatoes au Gratin Beef stew Vegetable stew Fresh fruit Water	25 CHINA Vegetable Chinese taco Seared tuna and pickle White rice Fresh fruit Water	26 Potato and cabbage hash Chicken in fresh tomato sauce Sautéed vegetables Fresh fruit Bread and water
HOLIDAY	HOLIDAY	HOLIDAY		

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.

