



What shall we eat today?



2021 May- FISH & SHELLFISH FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 JAPAN
	White beans with chorizo French omelet with ham and cheese Sauteed vegetables Fresh fruit Bread and water	Mashed potato Griddled pork loin Grilled corn on the cob Yoghurt Water	Chickpea casserole Beef schnitzel Rice with heart of palm Fresh fruit Water	Miso soup and vegetables Egg and avocado sushi Chicken gyoza dumplings Fresh fruit Water
10	11	12	13	14
Rice with mushrooms Grilled chicken fillet Salad with pico de gallo Yoghurt Water	Fried cassava sticks BBQ pork rib Mixed salad Fresh fruit Water	Vegetable stew Smoked turkey sausages Fries Fresh fruit Bread and water	Spaghetti in Provençal sauce Diced beef in fresh tomato sauce Green salad Fresh fruit Water	Creamy squash soup Breaded ham and cheese delights Fresh fruit Water
17 CHINA	18	19	20	21
Three delights rice (without seafood) Peking-style pork Sauteed vegetables with ginger and sesame Fresh fruit Water	Fusilli bolognese Grilled turkey breast Green salad Fresh fruit Water	Creamy carrot soup Chicken breast with cheese and cooked ham Sliced potatoes Yoghurt Water	Vegetable soup French omelet with cheese and corn Rice with peas Fresh fruit Water	Creamy potatoes Beef burger Mixed salad Fresh fruit Bread and water
24	25	26	27 ARGENTINA	28
Chickpea stew Roast pork loin Ratatouille Fresh fruit Bread and water	Heart of palm and avocado salad Chicken lasagna with white sauce Zucchini in batter Fresh fruit Water	Garden rice French omelet with cooked ham Sauteed vegetables in garlic Fresh fruit Water	Roast potatoes with chimichurri sauce Roast beef loin Garden salad Fresh fruit Water	Cream of vegetable soup Ham and cheese pizza Mediterranean salad Yoghurt Water
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Campera salad Steamed chicken breast Mashed potatoes 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.

