



# What shall we eat today?



## 2021 October- GENERAL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> JAPAN Mix salad (lettuce, carrots and baby radish) Tuna and avocado sushi Sautéed vegetables with ginger and sesame Fresh fruit Water
<b>4</b> Rice with mushrooms Grilled chicken fillet Pico de gallo Yoghurt Water	<b>5</b> Fried cassava sticks BBQ pork rib Mixed salad Fresh fruit Water	<b>6</b> Vegetable stew Sea bass in butter Fries Fresh fruit Bread and water	<b>7</b> Green salad Griddled diced beef Spaghetti napolitana Fresh fruit Water	<b>8</b> Creamy squash soup Breaded ham and cheese delights Pasta salad with garlic bread Fresh fruit Water
<b>11</b> HOLIDAY	<b>12</b> HOLIDAY	<b>13</b> HOLIDAY	<b>14</b> HOLIDAY	<b>15</b> HOLIDAY
<b>18</b> ARGENTINA Roast potatoes with chimichurri sauce Roast beef loin Garden salad Fresh fruit Water	<b>19</b> Heart of palm and avocado salad Chicken lasagna with white sauce Grilled Zucchini Fresh fruit Water	<b>20</b> Garden rice Rainbow trout in lemon parsley sauce Sautéed vegetables in garlic Fresh fruit Water	<b>21</b> HOLIDAY	<b>22</b> Cream of vegetable soup Ham and cheese pizza Mediterranean salad Yoghurt Water
<b>25</b> Potato salad Chicken ragout Mixed sautéed vegetables Fresh fruit Water	<b>26</b> Caprese salad Fusilli bolognese Steamed vegetables Fresh fruit Water	<b>27</b> Chicken soup with noodles Eggs crumble with jam and chesse Mixed salad Fresh fruit Bread and water	<b>28</b> Vegetable stew Grilled pork chop Cajun potatoes Yoghurt Water	<b>29</b> Three delights rice Sliced meat in creole sauce Sautéed vegetables 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.

