



# What shall we eat today?



## 2021 May - GENERAL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 JAPAN
	White beans with chorizo	Mashed potato	Lentejas con chorizo	Miso soup with vegetables
	French omelet with ham and cheese	Griddled pork loin	Filete de corvina a la plancha	Tuna and avocado sushi
	Sauteed vegetables	Grilled corn on the cob	Verduras al vapor	Chicken gyoza dumplings
	Fresh fruit	Yoghurt	Fruta fresca	Fresh fruit
	Bread and water	Water	Agua y pan	Water
10	11	12	13	14
Rice with mushrooms	Fried cassava sticks	Vegetable stew	Spaghetti in Provençal sauce	Creamy squash soup
Grilled chicken fillet	BBQ pork rib	Sea bass in butter	Diced beef in fresh tomato sauce	Breaded ham and cheese delights
Salad with pico de gallo	Mixed salad	Fries	Green salad	Pasta salad with garlic bread
Yoghurt	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Bread and water	Water	Water
17 CHINA	18	19	20	21
Three delights rice	Fusilli bolognese	Creamy carrot soup	Fish soup with vegetables	Creamy potatoes
Peking-style pork	Dorado cooked with herbs	Chicken breast with cheese and cooked ham	French omelet with cheese and corn	Beef burger
Sauteed vegetables with ginger and sesame	Green salad	Sliced potatoes	Rice with peas	Mixed salad
Fresh fruit	Fresh fruit	Yoghurt	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Bread and water
24	25	26	27 ARGENTINA	28
Chickpea stew	Heart of palm and avocado salad	Garden rice	Roast potatoes with chimichurri sauce	Cream of vegetable soup
Roast pork loin	Chicken lasagna with white sauce	Rainbow trout in lemon parsley sauce	Roast beef loin	Ham and cheese pizza
Ratatouille	Zucchini in batter	Sauteed vegetables in garlic	Garden salad	Mediterranean salad
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Yoghurt
Bread and water	Water	Water	Water	Water
31				
Campera salad				
Diced breaded sea bass				
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 or 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.

