



# What shall we eat today?



## March 2024 - LOW CHOLESTEROL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	thursday	Friday
				<p>1</p> <p>Heart of palm and avocado salad</p> <p>Traditional Vichyssoise</p> <p>Chicken strips</p> <p>Fresh fruit</p> <p>Water</p>
<p>4</p> <p>Rice with palm hearts</p> <p>Veal ragout</p> <p>Broccoli with garlic</p> <p>Fresh fruit</p> <p>Water and bread</p>	<p>5</p> <p>Vegetable salad</p> <p>Filet of mahi mahi</p> <p>Minced vegetables</p> <p>Fresh fruit</p> <p>Water</p>	<p>6</p> <p>Tomato, carrot and ginger cream soup</p> <p>Mixed meats</p> <p>Creamy mashed potato</p> <p>Fresh fruit</p> <p>Water</p>	<p>7</p> <p>CUBA</p> <p>Congri</p> <p>Cassaba with mojo</p> <p>Roasted chicken</p> <p>Fresh fruit</p> <p>water</p>	<p>8</p> <p>Corn dogs</p> <p>roasted potatoes</p> <p>Caesar Salad</p> <p>Jellies</p> <p>Water</p>
<p>11</p> <p>Green banana ceviche</p> <p>Chicken stew</p> <p>White rice</p> <p>Fresh fruit</p> <p>Water</p>	<p>12</p> <p>MEXICAN</p> <p>Taco station</p> <p>Corn</p> <p>Ranchero broth</p> <p>Fresh fruit</p> <p>Water</p>	<p>13</p> <p>Cabbage salad</p> <p>Smoked chicken chops with onions</p> <p>Mini potato with garlic and rosemary</p> <p>Fresh Fruit</p> <p>Water and bread</p>	<p>14</p> <p>Rice with chicken</p> <p>Russian salad</p> <p>Tortilla chips</p> <p>Fresh fruit</p> <p>Water</p>	<p>15</p> <p>Grilled zucchini</p> <p>Beef milanesas with chimichurri sauce</p> <p>Country style potatoes</p> <p>Yogurt</p> <p>Water</p>
<p>18</p> <p>White beans with chicken</p> <p>Mediterranean salad</p> <p>White rice</p> <p>Fresh fruit</p> <p>Water</p>	<p>19</p> <p>Pesto pasta salad</p> <p>Breaded tilapia fillet</p> <p>Vegetables al olio</p> <p>Fresh fruit</p> <p>Water</p>	<p>20</p> <p>Mixed salad</p> <p>Homemade meatballs</p> <p>Rice with vegetables</p> <p>Fresh fruit</p> <p>water</p>	<p>21</p> <p>Stir-fried broccoli</p> <p>Roast chicken</p> <p>Breaded potatoes</p> <p>Rice pudding</p> <p>Water</p>	<p>22</p> <p>Lebanese</p> <p>Cous cous salad</p> <p>Beef tenderloin in spice sauce and grilled tomato</p> <p>Steamed vegetables with olive oil</p> <p>Fresh fruit</p> <p>Water</p>
<p>25</p> <p>HOLIDAY</p>	<p>26</p> <p>HOLIDAY</p>	<p>27</p> <p>HOLIDAY</p>	<p>28</p> <p>HOLIDAY</p>	<p>29</p> <p>HOLIDAY</p>

### 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...

##### Starters

Rice/pasta, potatoes or pulses

Vegetables

##### Main course

Meat (beef, pork, poultry)

Fish

Egg

##### Dessert

Fruit

Dairy product

#### At dinner...

Cooked or raw vegetables

Rice/pasta or potatoes

Fish or eggs

Lean meat or egg

Fish or meat

Dairy product or fruit

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.



