

What shall we eat today?



May 2023 - FISH FREE MENU **GSD INTERNATIONAL SCHOOL COSTA RICA** Tips for a healthy dinner Mondav Tuesdav Wednesdav Thursday Fridav Dinner should be a full meal, but a light one in order to promote good rest and contribute to adequate 2 3 Λ 5 energy intake. It will consist of a starter, main course and dessert. Spaghetti Bolognese Creole salad Sautéed vegetables Potatoes, mushrooms and carrots It should complement the rest of the day's intake, which is why it should be made up of food groups HOLIDAY Green salad Smoked pork chop Baked chicken thigh Beef meatballs with pomodoro which were not eaten at lunch: Fresh fruit Mashed white & sweet potatoes Rice with palm's hearts Mixed salad If at lunch. At dinner Starters Water and bread Fresh fruit Fresh fruit Yoaurt Cooked or raw Rice/pasta, potatoes or Water Water Water pulses vegetables Vegetables Rice/pasta o potatoes 8 9 10 11 12 Main course Tender bean stew Potato hash with shredded beef Corn cream French fries Mini rosemary potatoes Meat (beef, pork, poultry) Fish or eggs Fish Chicken Milanese's with chimichurri Lean meat or egg White rice Mixed meats in fajitas Steamed rice Mixed chicken wings sauce Egg Fish or meat Tomato and chopped onion Fresh salad Sauteed vegetables Avocado & palm's heart salad Vegetable crudités in ranchera sauce Dessert Fruit Dairy produt or fruit Fresh fruit Fresh fruit Fresh fruit Fresh fruit .Jellies Dairy product Fruit Water Water Water Water Water It's recommended to eat food that is not high in fat in order to sleep well afterwards. 15 16 17 18 19 Italv Water should be the drink of choice as opposed to Chayote salad Elbow pasta with butter Cucumber salad Lentils with chorizo Neapolitan mini calzone juice or soft drinks. A balanced diet should be varied in order to make sure we have a good intake of all the nutrients. Beef stew with pomodoro sauce Baked chicken fillet Chicken breast in coconut sauce Curry rice Mediterranean salad It's advisable to eat fresh and seasonal food, favoring the consumption of fruit, vegetables and Rice and red beans Baked potatoes Fresh salad Vegetable cream pulses. Steamed vegetables It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals: Fresh fruit Fresh fruit Fresh fruit Fresh fruit Strawberry mousse breakfast Water Water Water Water Water We can't forget to include physical exercise as the companion to a balanced diet. 22 23 24 25 26 Brazil serving is indicate Chickpea stew with pork Avocado and heart of palm salad Green plantain chips Basil and strawberries salad Picanha Penne pasta with Pomodoro Rice with peas Meat lasagne in pomodoro sauce Breaded chicken fillet Coixinhas sausade Egaplant pickle Green salad Sautéed vegetables with olive oil Vegetable broth Salpicão Fresh fruit Fresh fruit Fresh fruit Fresh fruit Brigadeiro Water Water Water Water Water 29 30 31 Pasta salad Fresh salad Cabbage salad Stuffed chicken Sesame vegetables Fried cassava Steak with onions Rice with almonds Baked pork ribs Fresh fruit Fresh fruit Fresh fruit Water Water Water