



What shall we eat today?



2021 March - FISH & SHELLFISH FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	SIN TRADUCCIÓN	SIN TRADUCCIÓN	SIN TRADUCCIÓN
1 Stewed potatoes Diced chicken with vegetables Brown rice Fresh fruit Water	2 Chickpea stew BBQ pork rib Green salad Fresh fruit Bread and water	3 Chicken soup with vegetables French omelet with ham and mushrooms Sliced potatoes Yoghurt Water	4 Grilled zucchini Beef casserole Pilaf rice Fresh fruit Water	5 U.S.A. Coleslaw Hot dogs Fries Fresh fruit Water
8 Spaghetti napolitana French omelet with cheese Mixed salad Yogurt Water	9 Rice and beans Caribbean chicken Carrot salad Fried banana in orange honev Water	10 Sautéed Mediterranean vegetables Meatballs in demi-glace sauce Roasted potatoes Fresh fruit Water	11 Lentils with chorizo French omelet with ham and cheese Steamed vegetables Fresh fruit bread	12 Oven-baked potatoes BBQ chicken wings Steamed vegetables Fresh fruit Water
15 Rice with vegetables Breaded ham and cheese delights Green salad Fresh fruit Water	16 Butternut Squash soup Breaded cheese cubes Garden vegetables salad Fresh fruit Bread and water	17 Aztec soup Griddled diced chicken Fried corn tortillas Fresh fruit Water	18 Ranch-style beans Diced pork in Hawaiian sauce Pilaf rice Yoghurt Water	19 ITALY Spaghetti napolitana Diced beef in fresh tomato sauce Fresh fruit Water
22 Broccoli soup Grilled chicken breast Fries Fresh fruit Water	23 Garden fusilli Griddled pork loin Mixed salad Yoghurt Water	24 Baked potatoes Beef stew Vegetable stew Fresh fruit Water	25 CHINA Vegetable Chinese taco Roast pork loin White rice Fresh fruit Water	26 Potato and cabbage hash Beef schnitzel Sautéed vegetables Fresh fruit Bread and water
HOLIDAY	HOLIDAY	HOLIDAY		

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.

