



# What shall we eat today?



## 2020 November - GENERAL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>Mixed salad (Lettuce, tomato, cucumbers)</p> <p>White rice and red beans</p> <p>Chicken ragout</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>3</b></p> <p>Coleslaw</p> <p>Steamed vegetables</p> <p>Romanian style sea bass</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>4</b></p> <p>Vegetables and pasta soup</p> <p>Mixed salad</p> <p>Broccoli quiche</p> <p>Fresh fruit</p> <p>Bread and water</p>	<p><b>5</b></p> <p>Mixed salad, (lettuce, carrots, corn)</p> <p>Baked baby potatoes</p> <p>Pork chop loin</p> <p>strawberry jello</p> <p>Water</p>	<p><b>6</b></p> <p>Tomatoes, avocado and heart of palm salad</p> <p>Sliced meat in creole sauce</p> <p>Mashed potato</p> <p>Fresh fruit</p> <p>Water</p>
<p><b>9</b></p> <p>Mixed Salad (lettuce, tomato, avocado, red onions)</p> <p>Rice with peas</p> <p>Griddled tuna steak</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>10</b></p> <p>Lentil stew (with bacon)</p> <p>French omelet with ham and cheese</p> <p>Garden rice</p> <p>Yoghurt</p> <p>Bread and water</p>	<p><b>11</b> CANTONESE CHINA</p> <p>Sauteed vegetables with ginger and sesame</p> <p>Chicken gyoza dumplings</p> <p>Three delights rice</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>12</b></p> <p>Broccoli and cauliflower gratin</p> <p>Pork tenderloin with mushrooms gravy</p> <p>Mashed potatoes</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>13</b></p> <p>Mixed salad (Lettuce, tomato, cucumbers)</p> <p>Chickpea casserole</p> <p>Steamed rice</p> <p>Fresh fruit</p> <p>Water</p>
<p><b>16</b></p> <p>Pineapple and carrot salad</p> <p>Roast pork loin</p> <p>Smashed carrots and potatoes</p> <p>Coconut flan</p> <p>Water</p>	<p><b>17</b></p> <p>Aztec soup</p> <p>Griddled diced chicken</p> <p>Fried corn tortillas</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>18</b></p> <p>Mix salad (lettuce, carrots and baby radish)</p> <p>Beef bites with grilled vegetables</p> <p>Spaghetti carbonara</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>19</b> SPAIN</p> <p>Campera salad</p> <p>Galician-style sea bass</p> <p>Vegetables paella</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>20</b></p> <p>Broccoli soup</p> <p>Fried eggs country style</p> <p>Rice with corn</p> <p>Fresh fruit</p> <p>Bread and water</p>
<p><b>23</b></p> <p>Cream of mushroom soup with croutons</p> <p>Griddled diced beef</p> <p>Mashed potato and vegetables</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>24</b></p> <p>Mixed salad</p> <p>Rainbow trout in lemon parsley sauce</p> <p>White rice and red beans</p> <p>Fresh fruit</p> <p>Bread and water</p>	<p><b>25</b> INDIA</p> <p>Falafel with tahini</p> <p>Chicken curry</p> <p>Basmati rice</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>26</b></p> <p>Pasta salad</p> <p>French omelet</p> <p>Tossed vegetables</p> <p>Fresh fruit</p> <p>Water</p>	<p><b>27</b></p> <p>Heart of palm and avocado salad</p> <p>Ham and mushroom pizza</p> <p>Zucchini in batter</p> <p>Fresh fruit</p> <p>Water</p>
<p><b>30</b></p> <p>Tossed carrots with garlic with bacon</p> <p>Dorado cooked with herbs</p> <p>Fries</p> <p>Fresh fruit</p> <p>Water</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...	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.

