



# What shall we eat today?



## 2020 November - PRESCHOOL 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>Snack: bread with tomato and juice</p>	<p><b>3</b></p> <p>Salad with pico de gallo</p> <p>Steamed vegetables</p> <p>Romanian style sea bass</p> <p>Fresh fruit</p> <p>Water</p> <p>Snack: fruit salad</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>Water</p> <p>Snack: cereal and yoghurt</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>Fresh fruit</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>Sealed grill tuna</p> <p>Fresh fruit</p> <p>Water</p> <p>Snack: corn chips with cheese and juice</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>Snack: fruit and juice</p>	<p><b>11</b> CANTONESE CHINA</p> <p>Steamed vegetables</p> <p>Chicken gyoza dumplings</p> <p>Three delights rice</p> <p>Fresh fruit</p> <p>Water</p> <p>Snack: cookies and juice</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>Snack: fruit salad</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>Snack: mini croissant and juice</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>Snack: cereal and yoghurt</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>Snack: fruit salad and juice</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>Snack: bread with tomato and juice</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>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>Snack: cookies and juice</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>Water</p> <p>Snack: bread with ham and cheese and</p>	<p><b>25</b></p> <p>Falafel with tahini</p> <p>Chicken curry</p> <p>Basmati rice</p> <p>Fresh fruit</p> <p>Water</p> <p>Snack: fruit salad</p>	<p><b>26</b> Pasta and tuna salad</p> <p>Pasta and tuna salad</p> <p>French omelet</p> <p>Sauteed vegetables</p> <p>strawberry jello</p> <p>Water</p> <p>Snack: cake of the day and milk</p>	<p><b>27</b></p> <p>Caprese 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>				

### 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.



Water  
Snack: banana pudding, milk

