



What shall we eat today?



May 2022- PRESCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti with carbonara Garden salad Fresh fruit Water Snack: banana cookies and juice	3 White beans with chorizo White rice Sauteed vegetables Fresh fruit Water Snack: cookies and milk	4 Creole salad Steak in meat sauce Roasted sweet corn Yogurt Water Snack: mini sandwich cesar and juice	5 Sauteed vegetables loin al stroganoff Rice with palm heart Fresh fruit Water Snack: toast with jelly and milk	6 Potatoes with rosemary Beef burger Mixed salad Fresh fruit Water
9 Rice with mushrooms Grilled chicken fillet Pico de gallo Fresh fruit Water Snack: caprese toast and juice	10 Cassava sticks Pieces of pork post with pomodoro Mixed salad Fresh fruit Water Snack: bread with chocolate and milk	11 Vegetable stew Breaded tilapia Mashed potato Fresh fruit Water Snack: cereal with yogurt	12 Spaghetti in Provençal sauce Beef fajitas Garden salad Fresh fruit Water Snack: cookies and juice	13 JAPAN Chicken soup with stars fried rice with soy chicken with vegetables Fresh fruit Water
16 Ayote and cheese cream Egg rancheros (tomato and ham) Gardening rice Fresh fruit and Water Snack: ham and cheese sandwich and juice	17 Fusilli with butter Meatballs with tomato sauce Mixed salad Fresh fruit Water Snack: cookies and juice	18 Carrot cream Chicken breast with cheese and york ham Baked potatoes Yogurt and Water Snack: tumaca bread with ham and cheese, juice	19 Lentils with pork Rice with peas Garden salad Fresh fruit Water Snack: Ham and cheese wraps	20 Ham and cheese pizza Mediterranean salad Vegetable cream Fresh fruit Water
23 Chickpea stew with pork Rice with broccoli Pisto manchego Fresh fruit Water Snack: bread with chocolate and milk	24 Palm and avocado salad Pasta in white sauce with chicken Corn cream Fresh fruit Water Snack: cookies and juice	25 Mashed potato Buttered tilapia Sauteed vegetables Fresh fruit Water Snack: cereal and milk	26 Roasted potatoes with chimichurri Arrachera fajitas Garden salad Yogurt Water Snack: cheese and juice pressings	27 Italy snail pasta tuscan chicken broccoli au gratin Fresh fruit water
30 Salad (Coleslaw) Fried yucca Shredded pork Fresh fruit Water Snack: gelatin and pipe water	31 Roast chicken Ratatouille Pasta salad Fresh fruit Water and bread Snack: pancakes and coconut milk			

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.

