What shall we eat today?



FEBRUARY 2023 - FISH AND SHELLFISH-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Image: stand	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Tips for a healthy dinner Dinner should be a full meal, but a light one in order
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Autor Badad week below		White rice	Roasted chicken thigh	Steak with onions		which is why it should be made up of food groups
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Protect and ham emetetie Mediter and ham emetetie Mediter and half of the definition and load Proceeding account load, and the definition account load, and the definition of fuil, account load, and the defini	Cream of squash and cheese	Fusilli with butter		Lentils with pork	Ham and cheese pizza	
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Water and bread	Fresh fruit	Fresh fruit				
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