



What shall we eat today?



FEBRUARY 2023 - PRESCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31 White beans with chorizo White rice Sauteed vegetables Fresh fruit Water Snack: cookies and milk	1 Creole salad Baked chicken pieces Roasted sweet corn Yogurt Water Snack: fruit salad and yogurt	2 Sauteed vegetables Beef milanese Rice with hearts of palm Fresh fruit Water Snack: toast with jelly and milk	3 Potatoes with rosemary Fish patties Mixed salad Fresh fruit Water
6 Rice with mushrooms Grilled chicken Pico de gallo Fresh fruit Water Snack: natural fruit and juice	7 Cassava sticks Pork with pomodoro sauce Mixed salad Fresh fruit Water Snack: bread with chocolate and milk	8 Vegetable stew Breaded tilapia Mashed potatoes Fresh fruit Water Snack: cereal with yogurt	9 Spaghetti in Provençal sauce Beef fajitas Garden salad Fresh fruit Water Snack: cookies and juice	10 JAPAN Vegetable soup Grilled chicken Vegetable gyoza Moshi Water
13 Cream of squash and cheese Potato and ham omelette Garden rice Fresh fruit and Water Snack: ham and cheese sandwich and juice	14 Fusilli with butter Meatballs with tomato sauce Mixed salad Fresh fruit Water Snack: cookies and juice	15 Cream of carrot Chicken breast with cheese and york ham Baked potatoes Yogurt and Water Snack: tumaca bread with ham and cheese, juice	16 Lentils with pork Rice with peas Garden salad Fresh fruit Water Snack: Ham and cheese wraps	17 Ham and cheese pizza Mediterranean salad Cream of vegetables Fresh fruit Water
20 Chickpea stew with pork Rice with broccoli Pisto manchego Fresh fruit Water Snack: bread with chocolate and milk	21 Heart of palm and avocado salad Pasta in cream sauce with chicken Corn chowder Fresh fruit Water Snack: cookies and juice	22 Mashed potato Buttered tilapia Sauteed vegetables Fresh fruit Water Snack: cereal and milk	23 Roasted potatoes with chimichurri Arrachera fajitas Garden salad Jello Water Snack: cake of the day and juice	24 CHINA Cantonese rice Chinese tacos Sauteed vegetables Fresh fruit Water
27 Salad (Coleslaw) Fried cassava Shredded pork Fresh fruit Water Snack: jello and coconut water	28 Roast chicken Ratatouille Pasta salad Fresh fruit Water and bread Snack: pancakes and coconut milk			

GSD INTERNATIONAL SCHOOL COSTA RICA

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.

