



What shall we eat today?



NOVEMBER 2022 - VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable salad Vegetable protein Rice with almonds Fresh fruit Water	2 Pasta with pesto Sautéed vegetables Vegetable protein Fresh fruit Water	3 Grilled tomato Garlic potatoes Vegetable protein Jello Water	4 Tomato, avocado and heart of palm salad White rice and beans Vegetable protein Fresh fruit Water
7 Mixed salad (lettuce, tomato, red onions) Mashed potatoes Vegetable protein Fresh fruit Water	8 Vegetable soup Steamed vegetables White rice Fresh Fruit Water	9 Tex-mex Pico de gallo Vegetable Protein Chilli Corn tortilla chips Fresh fruit Water	10 Cream of spinach Vegetable protein Squash puree Fresh fruit Water	11 Mixed salad Chickpea stew Steamed rice Yogurt Water
14 Pineapple and carrot salad Vegetable protein Baked potato Fresh fruit Water	15 Aztec soup Vegetable protein Toasted corn tortillas Fresh fruit Water	16 Mixed salad (lettuce, carrots, radishes) Vegetable protein Spaghetti with butter Fresh fruit Water	17 Thanksgiving Mediterranean salad Vegetable protein Fried cassava Fresh fruit Water	18 Marinated eggplant Vegetable protein Crispy potatoes Coconut flan Water
21 Mashed potatoes Vegetable protein Tricolor salad Fresh fruit Water	22 Teachers' Day	23 Cucumber salad Vegetable protein Onion rings Yogurt Water	24 Waldorf salad Vegetable protein Mashed sweet potatoes with marshmallows Fresh fruit Water	25 Creole Salad Hot dogs French fries Fresh fruit Water

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 or 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.

