



# What shall we eat today?



## January/ February 2024 VEGETARIAN MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	thursday	Friday
		29 Grilled zucchini casserole (gluten free) Campesino potatoes Fresh fruit Water	1 Chicken soup with vegetables omelet with mushrooms White rice and black beans Fresh fruit Water	2 Oven-baked potatoes grilled filet soy Steamed vegetables Caramel mousse Water
5 Spaghetti à la napolitaine □ Filet soy grillé □ Mixed salad Fresh fruit Water	6 Rice and beans Caribbean soy cocles salad Fresh fruit Water	7 Sautéed Mediterranean vegetables roasted mushroom Campesino potatoes Fresh Fruit Water	8 Coleslaw Hot dog Fries Fresh fruit Water	9 lentils with vegetables Salad of the garden Steamed rice coconut milk caramel Water
12 ITALY Capresse salad Fusilli in tomato-basil sauce Focaccia (gluten free) Fresh fruit Water	13 Aztec soup Tender cheese Fried corn tortillas Fresh fruit Water	14 Potato puree (lactose free) Diced breaded cheese Basil and strawberries salad Fresh fruit Water	15 Chilli beans Fried corn tortillas Pico gallo Fresh fruit Water	16 Rice with vegetables sweet chili breads filete Salad of the garden Yogurt Water
19 Broccoli soup Baked vegetable protein Fries Fresh fruit Water	20 spaghetti with butter Grilled vegetable protein Mixed salad Fresh fruit Water	21 Potato gratin casserole (gluten free) Vegetable stew Fresh fruit Water	22 chayote minced creole salad Steamed rice Fresh fruit Water	23 CHINA Vegetables in oyster sauce □ Seared vegetable protein and pickle Vegetable Chinese taco Coconut flan Water
26 Onion soup Roast vegetable protein loin Sweet potato puree (lactose free)	27 Mini truffle potatoes vegetable protein stroganoff Caesar salad	28 Gallo pinto (rice and beans) Grille vegetable protein-steake Pico de gallo with avocado □	29 Melon and cucumber Sautéed Mediterranean vegetables Vegetables paella	

### 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...

##### Starches

Rice/pasta, potatoes or pulses

##### Vegetables

##### Main course

Meat (beef, pork, poultry)

##### Fish

##### Egg

##### Dessert

##### Fruit

##### Dairy product

#### At dinner...

##### Starches

Cooked or raw vegetables

Rice/pasta or potatoes

Fish or eggs

Lean meat or egg

Fish or meat

Dairy product or fruit

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.



Fresh fruit  
Water

Fresh Fruit  
Water

Fresh fruit  
Water

Torrijas in syrup  
Water

