



# What shall we eat today?



## JUNE 2022 - MILK FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Pesto mini shell pasta Mixed salad Grilled salmon Fresh fruit Water	2 Mixed salad (lettuce, carrot and corn) Pesto mini potatoes Grilled pork chop Jello Water	3 Tomato, avocado and palm heart salad White rice and black beans Costa Rican style shredded beef Fresh fruit Water
6 Mixed salad (lettuce, tomato and red onion) Mashed potatoes Tuna in citrus sauce Fresh fruit Water	7 Kidney beans with vegetables Smoked pork White rice Fresh fruit Water	8 CHINESE-CANTONESE Steamed vegetables Chicken dim sum Three delights rice Fresh fruit Water	9 Cauliflower and broccoli gratin Demi-glace meatballs Mashed squash Fresh fruit Water	10 Mixed salad Chickpea stew Steamed rice Yogurt Water
13 Pineapple and carrot salad Bittersweet pork loin Roasted potato Coconut flan Water	14 Aztec style soup Grilled chicken filet Toasted corn tortilla Fresh fruit Water	15 Mixed salad (lettuce, carrot and radish) Grilled steak bits with vegetables Butter and cheese spaghetti Fresh fruit Water	16 Country salad Galician tilapia Garden vegetables Fresh fruit Water	17 Marinade eggplant Creamy chicken Crispy potatoes Fresh fruit Water
20 Mushroom cream with croutons Veal ragout Mashed potatoes and vegetables Fresh fruit Water	21 Mixed salad Salmon-style tilapia with lemon parsley sauce White rice and red beans Fresh fruit Water	22 INDIA Falafel and yogurt sauce Chicken curry Spiced basmati rice Fresh fruit Water	23 Cesar salad Turkey lentils Rice with vegetables Yogurt Water	24 Palm heart and avocado salad Four seasons pizza Grilled zucchini Fresh fruit Water
27 Beet salad (russian style) Roasted chicken Annatto rice Fresh fruit Water	28 Chicken and vegetable soup Breaded pomodoro beef steak Cheesy potato pancakes Yogurt Water	29 Green salad Breaded tilapia Green plantain fritters Fresh fruit Water	30 Neapolitan-style barbeque Onion beef steak White rice and black beans 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 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.

