



What shall we eat today?



JUNE 2022 - PREESCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
		1 Pomodoro mini shell pasta Mixed salad Grilled chicken Fresh fruit Snack: peanut butter toast	2 Mixed salad (lettuce, carrot and corn) Pesto mini potatoes Pork chop bits Jello Snack: oat cookies and milk	3 Tomato, avocado and palm heart salad White rice and black beans Costa Rican style shredded beef Fresh fruit
6 Mixed salad (lettuce, tomato and red onion) Mashed potatoes Buttered tuna Fresh fruit Snack: jello and fruits	7 Kidney beans with vegetables Diced smoked pork White rice Fresh fruit Snack: cereal with milk	8 CHINESE-CANTONESE Steamed vegetables Three delights rice Fresh fruit Snack: berries toast and milk	9 Cauliflower and broccoli gratin Demi-glace meatballs Mashed squash Fresh fruit Snack: bean burrito and juice	10 Mixed salad Chickpea stew Steamed rice Yogurt
13 Pineapple and carrot salad Roasted pork loin Roasted potato Coconut flan Snack: pizza toast and juice	14 Aztec style soup Grilled chicken filet Toasted corn tortilla Fresh fruit Snack: waffles and juice	15 Mixed salad (lettuce, carrot and radish) Grilled steak bits with vegetables Butter and cheese spaghetti Fresh fruit Snack: fruit parfait	16 Country salad Galician tilapia Garden vegetables Fresh fruit Snack: banana and maple toast	17 Marinade eggplant Creamy chicken drumsticks Crispy potatoes Fresh fruit Water
20 Mushroom cream with croutons Veal ragout Mashed potatoes and vegetables Fresh fruit Snack: chicken sandwich and juice	21 Mixed salad Grilled tilapia White rice and red beans Fresh fruit Snack: cereal bar and juice	22 INDIA Cucumber salad Chicken shawarma Steamed basmati rice Fresh fruit Snack: vegetable quesadilla and juice	23 Cesar salad Turkey lentils Rice with vegetables Yogurt Snack: fruit and nuts salad	24 Palm heart and avocado salad Ham and cheese pizza Grilled zucchini Fresh fruit
27 Beet salad (russian style) Roasted chicken Annatto rice Fresh fruit Snack: guava pastries and milk	28 Chicken and vegetable soup Pomodoro beef fajitas Cheesy potato pancakes Yogurt Snack: strawberries with chocolate and milk	29 Green salad Breaded tilapia Green plantain fritters Fresh fruit Snack: tortillas with cheese and juice	30 Neapolitan-style barbeque Barbeque beef steak White rice and black beans Fresh fruit Snack: Pineapple patties and milk	

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.



