



What shall we eat today?



May 2022 - MILK FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Spaghetti with carbonara</p> <p>Garden salad</p> <p>Fresh fruit</p> <p>Water</p>	<p>3</p> <p>White beans with chorizo</p> <p>White rice</p> <p>Sauteed vegetables</p> <p>Fresh fruit</p> <p>Water</p>	<p>4</p> <p>Creole salad</p> <p>Steak with onions</p> <p>Roasted sweet corn</p> <p>Yogurt</p> <p>Water</p>	<p>5</p> <p>Sauteed vegetables</p> <p>Beef milanese</p> <p>Rice with palm heart</p> <p>Fresh fruit</p> <p>Water</p>	<p>6</p> <p>Mini potatoes with rosemary</p> <p>Beef burger</p> <p>Mixed salad</p> <p>Fresh fruit</p> <p>Water</p>
<p>9</p> <p>Rice with mushrooms</p> <p>Grilled chicken fillet</p> <p>Pico de gallo</p> <p>Fresh fruit</p> <p>Water</p>	<p>10</p> <p>Fried cassava sticks</p> <p>Pork rib</p> <p>Mixed salad</p> <p>Fresh fruit</p> <p>Water</p>	<p>11</p> <p>Vegetable stew</p> <p>Breaded tilapia</p> <p>Mashed potato</p> <p>Fresh fruit</p> <p>Water</p>	<p>12</p> <p>Spaghetti in Provençal sauce</p> <p>Beef fajitas</p> <p>Garden salad</p> <p>Fresh fruit</p> <p>Water</p>	<p>13</p> <p>JAPAN</p> <p>Soy and vegetable (miso) soup</p> <p>Salmon and avocado sushi</p> <p>Pork gyoza</p> <p>Fresh fruit</p> <p>Water</p>
<p>16</p> <p>Ayote and cheese cream</p> <p>Rancheros eggs (tomato and ham)</p> <p>Gardening rice</p> <p>Fresh fruit</p> <p>Water</p>	<p>17</p> <p>Fusilli with butter</p> <p>Meatballs with tomato sauce</p> <p>Mixed salad</p> <p>Fresh fruit</p> <p>Water</p>	<p>18</p> <p>Carrot cream</p> <p>Chicken breast with cheese and york ham</p> <p>Baked potatoes</p> <p>Yogurt</p> <p>Water</p>	<p>19</p> <p>Lentils with pork</p> <p>Rice with peas</p> <p>Garden salad</p> <p>Fresh fruit</p> <p>Water</p>	<p>20</p> <p>Ham and cheese pizza</p> <p>Mediterranean salad</p> <p>Vegetable cream</p> <p>Fresh fruit</p> <p>Water</p>
<p>23</p> <p>Chickpea stew with pork</p> <p>Rice with broccoli</p> <p>Pisto manchego</p> <p>Fresh fruit</p> <p>Water</p>	<p>24</p> <p>Palm and avocado salad</p> <p>Chicken lasagna in white sauce</p> <p>Corn cream</p> <p>Fresh fruit</p> <p>Water</p>	<p>25</p> <p>Sweet potato puree</p> <p>Tilapia in lemon and parsley sauce</p> <p>Sauteed vegetables</p> <p>Fresh fruit</p> <p>Water</p>	<p>26</p> <p>Roasted potatoes with chimichurri</p> <p>Arrachera fajitas</p> <p>Garden salad</p> <p>Yogurt</p> <p>Water</p>	<p>27</p> <p>CHINA</p> <p>Cantonese rice</p> <p>Chinese tacos</p> <p>Sauteed vegetables with ginger and sesame</p> <p>Fresh fruit</p> <p>Water</p>
<p>30</p> <p>Salad (Coleslaw)</p> <p>Fried cassava</p> <p>Shredded pork</p> <p>Fresh fruit</p> <p>Water</p>	<p>31</p> <p>Roast chicken</p> <p>Ratatouille</p> <p>Pasta salad</p> <p>Fresh fruit</p> <p>Water and bread</p>			

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.

