



# What shall we eat today?



## May 2022 - FISH AND SHELLFISH FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

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

**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...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta or potatoes
<b>Main course</b>	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
<b>Dessert</b>	
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.

