



What shall we eat today?



FEBRUARY 2023 - FISH AND SHELLFISH-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31 White beans with chorizo White rice Sauteed vegetables Fresh fruit Water	1 Creole salad Roasted chicken thigh Roasted sweet corn Yogurt Water	2 Sauteed vegetables Steak with onions Rice with hearts of palm Fresh fruit Water	3 Mini potatoes with rosemary Fried cheese Mixed salad Fresh fruit Water
6 Rice with mushrooms Grilled chicken fillet Pico de gallo Fresh fruit Water	7 Fried cassava sticks Pork ribs Mixed salad Fresh fruit Water	8 Vegetable stew Grilled chicken thigh Mashed potatoes Fresh fruit Water	9 Spaghetti in Provençal sauce Beef fajitas Garden salad Fresh fruit Water	10 JAPAN Soy and vegetable (miso) soup Kakuri Vegetable gyozas Moshi Water
13 Cream of squash and cheese Potato and ham omelette Garden rice Fresh fruit Water	14 Fusilli with butter Meatballs with tomato sauce Mixed salad Fresh fruit Water	15 Cream of carrot Chicken breast with cheese and york ham Baked potatoes Yogurt Water	16 Lentils with pork Rice with peas Garden salad Fresh fruit Water	17 Ham and cheese pizza Mediterranean salad Cream of vegetables Fresh fruit Water
20 Chickpea stew with pork Rice with broccoli Pisto manchego Fresh fruit Water	21 Heart of palm and avocado salad Chicken lasagna in cream sauce Corn chowder Fresh fruit Water	22 Mashed sweet potatoes Pork Chops with Onions Sauteed vegetables Fresh fruit Water	23 Roasted potatoes with chimichurri Arrachera fajitas Garden salad Jello Water	24 CHINA Cantonese rice Chinese tacos Sauteed vegetables with ginger and sesame Fresh fruit Water
27 Salad (Coleslaw) Fried cassava Shredded pork Fresh fruit Water	28 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...
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.

