



What shall we eat today?



MARCH 2023 - PRE-SCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Grilled zucchini Beef casserole Potato wedges Fresh fruit Snack: vanilla waffles	2 Chicken soup with vegetables Ham and mushroom omelette White rice and black beans Fresh fruit Snack: pudding and milk	3 Oven-baked potatoes Grilled filet of sole Steamed vegetables Caramel mousse Water
6 Spaghetti à la napolitaine Filet de boeuf Mixed salad Fresh fruit Snack: cereal and milk	7 Rice and beans Caribbean chicken Coles salad Fresh fruit Snack: ham and cheese sandwiches	8 Sautéed Mediterranean vegetables Roasted pork tenderloin with mushroom gravy Potato wedges Fresh fruit Snack: blueberry cookie	9 Coleslaw Hot dogs French fries Fresh fruit Snack: chicken pot pie	10 Lentils with seafood sauce Green salad Steamed rice Cocadas Water
13 Caprese salad Fusilli in tomato-basil sauce and veal Focaccia (gluten free) Fresh fruit Snack: yogurt and fruits	14 Aztec soup Grilled chicken Fried corn tortillas Fresh fruit Snack: banana pancake	15 Mashed Potatoes Breaded cheese sticks Basil and strawberry salad Fresh fruit Snack: pepperoni burritos	16 Chilli con carne Fried corn tortillas Pico de gallo Fresh fruit Snack: chocolate cake	17 Rice with vegetables Breaded tilapia with classic tartar sauce Green salad Yogurt Water
20 Broccoli soup Baked chicken thighs French fries Fresh fruit Snack: apple cookies	21 Spaghetti with butter Grilled pork chops Mixed salad Fresh fruit Snack: doughnuts	22 Potato gratin Beef stew Vegetable stew Fresh fruit Snack: strawberries and condensed milk	23 Squash picadillo Creole salad Steamed rice Fresh fruit Snack: toast with cheese	24 Vegetables in oyster sauce Seared tuna and pickles Vegetable egg roll Coconut flan Water
27 Onion soup Roast pork loin Mashed sweet potato Fresh fruit Snack: guava pastry	28 Mini truffle potatoes Chicken stroganoff Caesar salad Fresh fruit Snack: turkey ham sandwich	29 Gallo pinto (rice and beans) Grilled beef steak Pico de gallo with avocado Fresh fruit Snack: mini sausages with bread	30 Potato salad Mahi mahi filet Sautéed vegetables Fresh fruit Snack: jello with fruit	31 Melon and serrano ham salad Sautéed Mediterranean vegetables Seafood paella Torrijas 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 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.

