



What shall we eat today?



NOVEMBER 2022 - PRESCHOOL MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable salad Stuffed chicken Rice with almonds Fresh fruit Snack: banana pancake	2 Pasta with pomodoro Sautéed vegetables Grilled steak Fresh fruit Snack: chicken quesadilla	3 Grilled tomato Baked potato Grilled pork cutlet Jello Snack: oatmeal cookies	4 Tomato, avocado and heart of palm salad White rice and beans Shredded beef in creole sauce Fresh fruit Water
7 Mixed salad (lettuce, tomato, red onions) Mashed potatoes Garlic mahi mahi Fresh fruit Snack: cheese sticks	8 Beef stew Steamed vegetables White rice Fresh Fruit Snack: vanilla muffins	9 Tex-mex Pico de gallo Chilli con carne Corn tortilla chips Fresh fruit Snack: nutritional bars	10 Cream of spinach Roasted chicken Squash puree Fresh fruit Snack: crepes with peanut butter	11 Mixed salad Chickpea stew Steamed rice Yogurt Water
14 Pineapple and carrot salad Pork tenderloin with chimichurri Baked potato Fresh fruit Snack: cinnamon rolls	15 Aztec soup Grilled chicken fillet Toasted corn tortillas Fresh fruit Snack: mini pizza toast	16 Mixed salad (lettuce, carrots, radishes) Beef tenderloin with grilled vegetables Spaghetti with butter Fresh fruit Snack: cake	17 Mediterranean salad Tilapia with tomato and olives Fried cassava Fresh fruit Snack: tortillas with cheese	18 Marinated eggplant Chicken thighs in cream sauce Crispy potatoes Coconut flan Water
21 Mashed potatoes Quiche lorraine Tricolor salad Fresh fruit Snack: ham quesadilla	22 Teachers' Day	23 Cucumber salad Baked pork ribs Onion rings Yogurt Snack: pineapple pastry	24 Thanksgiving Waldorf salad Baked turkey Mashed sweet potatoes with marshmallows Fresh fruit Snack: strawberries with chocolate	25 Creole Salad Hot dogs French fries Fresh fruit Water

GSD INTERNATIONAL SCHOOL COSTA RICA

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.

