



# What shall we eat today?



## FEBRUARY 2023 - VEGETARIAN MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	31 White beans with soy White rice Sauteed vegetables Fresh fruit Water	1 Creole salad Soy protein with onions Roasted sweet corn Yogurt Water	2 Sauteed vegetables Soy protein milanese Rice with hearts of palm Fresh fruit Water	3 Mini potatoes with rosemary Soy protein patties Mixed salad Fresh fruit Water
6 Rice with mushrooms Grilled soy protein Pico de gallo Fresh fruit Water	7 Fried cassava sticks Stuffed eggplant Mixed salad Fresh fruit Water	8 Vegetable stew Plant based stew Mashed potatoes Fresh fruit Water	9 Spaghetti in Provencal sauce Beef substitute fajitas  Garden salad Fresh fruit Water	10 <b>JAPAN</b> Soy and vegetable (miso) soup Soy protein Vegetables gyozas Moshi Water
13 Cream of squash and cheese Potato omelette Gardening rice Fresh fruit Water	14 Fusilli with butter Soy albondigas Mixed salad Fresh fruit Water	15 Cream of carrot Chicken Protein Substitute Baked potatoes Yogurt Water	16 Lentils Rice with peas Garden salad Fresh fruit Water	17 Mushroom and soy protein pizza Mediterranean salad Vegetable cream Fresh fruit Water
20 Chickpea Stew Rice with broccoli Pisto manchego Fresh fruit Water	21 Heart of palm and avocado salad Vegetable lasagna Corn chowder Fresh fruit Water	22 Mashed sweet potatoes Breaded eggplant Sauteed vegetables Fresh fruit Water	23 Roasted potatoes with chimichurri Soy protein fajitas Garden salad Jello Water	24 <b>CHINA</b> Vegetarian rice Chinese tacos Sauteed vegetables with ginger and sesame Fresh fruit Water
27 Salad (Coleslaw) Fried cassava Pork substitute Fresh fruit Water	28 Soy patties 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 o 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.

