



What shall we eat today?





2020 November - PRESCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Mixed salad (Lettuce, tomato, cucumbers)	Salad with pico de gallo	Vegetables and pasta soup	Mixed salad, (lettuse, carrots, corn)	Tomatoes, avocato and heart of palm salad
White rice and red beans	Steamed vegetables	Mixed salad	Baked baby potatoes	Sliced meat in creole sauce
Chicken ragout	Romanian style sea bass	Brocolli quiche	Pork chop loin	Mashed potato
Fresh fruit	Fresh fruit	Fresh fruit	strawberry jello	Fresh fruit
Water	Water	Water	Water	Water
Snack: bread with tomato and juice	Snack: fruit salad	Snack: cereal and yoghurt	Fresh fruit	
9	10	11 CANTONESE CHINA	12	13
Mixed Salad (lettuse, tomato, avocato, red onions)	Lentil stew (with bacon)	Steamed vegetables	Brocoli and couliflower gratin	Mixed salad (Lettuce, tomato, cucumbers)
Rice with peas	French omelet with ham and cheese	Chicken gyoza dumplings	Pork tenderloin whit mhrooms gravy	Chickpea casserole
Sealled grill tuna	Garden rice	Three delights rice	Mashed potatoes	Steamed rice
Fresh fruit	Yoghurt	Fresh fruit	Fresh fruit	Fresh fruit
Water	Bread and water	Water	Water	Water
Snack: corn chips with cheese and juice	Snack: fruit and juice	Snack: cookies and juice	Snack: fruit salad	
16	17	18	19 SPAIN	20
Pineapple and carrot salad	Aztec soup	Mix salad (letusse, carrots and babby radish)	Campera salad	Broccoli soup
Roast pork loin	Griddled diced chicken	Beef bites whit grilled vegetables	Galician-style sea bass	Fried eggs country style
Smashed carrots and potatoes	Fried corn tortillas	Spaghetti carbonara	Vegetables paella	Rice with corn
Coconut flan	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Water
Snack: mini croissant and juice	Snack: cereal and yoghurt	Snack: fruit salad and juice	Snack: bread with tomato and juice	
23	24	25	Pasta and tuna salad	27
Cream of mushroom soup with croutons	Mixed salad	Falafel with tahini	Pasta and tuna salad	Caprese salad
Griddled diced beef	Rainbow trout in lemon parsley sauce	Chiken curry	French omelet	Ham and mushroom pizza
Mashed potato and vegetables	White rice and red beans	Basmati rice	Sauteed vegetables	Zucchini in batter
Fresh fruit	Fresh fruit	Fresh fruit	strawberry jello	Fresh fruit
Water	Water	Water	Water	Water
Snack: cookies and juice	Snack: bread with ham and cheese and	Snack: fruit salad	Snack: cake of the day and milk	
30 Tossed carrots with garlic with bacon				
Dorado cooked with herbs				
Fries				

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	Rentes		
Fruit	Dairy produt 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.

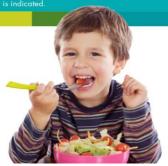
A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.

It's advisable to eat fresh and seasonal food,

favoring the consumption of fruit, vegetables and

It's important to eat between 4 and 5 meals a day, trying not to skip one of the most important meals:

We can't forget to include physical exercise as the companion to a balanced diet.



Water

Snack: banana pudding, milk