



# What shall we eat today?



## May 2023 - GENERAL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| 1<br><br>HOLIDAY  | 2<br>Spaghetti Bolognese<br><br>Green salad<br><br>Fresh fruit<br>Water and bread   | 3<br>Creole salad<br><br>Smoked pork chop<br><br>Mashed white & sweet potatoes<br>Fresh fruit<br>Water    | 4<br>Sautéed vegetables<br><br>Baked chicken thigh<br><br>Rice with palm's hearts<br>Fresh fruit<br>Water                                    | 5<br>Potatoes, mushrooms and carrots<br><br>Beef meatballs with pomodoro sauce<br><br>Mixed salad<br>Yogurt<br>Water    |
| 8<br>Chifrijo<br><br>White rice<br><br>Tomato and chopped onion<br>Fresh fruit<br>Water         | 9<br>Corn cream<br><br>Chicken Milanese with chimichurri sauce<br><br>Fresh salad<br>Fresh fruit<br>Water                 | 10<br>French fries<br><br>Mixed meats fajitas<br><br>Sautéed vegetables<br>Fresh fruit<br>Water           | 11<br>Potato hash with shredded beef<br><br>Steamed rice<br><br>Avocado and palm's heart salad<br>Fresh fruit<br>Water                       | 12<br>Mini rosemary potatoes<br><br>Mixed chicken wings<br><br>Vegetable crudités in ranchera sauce<br>Jellies<br>Water |
| 15<br>Chayote salad<br><br>Sea bream battered<br><br>Rice and red beans<br>Fresh fruit<br>Water | 16<br>Elbow pasta with butter<br><br>Beef stew with pomodoro sauce<br><br>Steamed vegetables<br>Fresh fruit<br>Water      | 17<br>Cucumber salad<br><br>Chicken breast in coconut sauce<br><br>Baked potatoes<br>Fresh fruit<br>Water | 18<br>Lentils with chorizo<br><br>Curry rice<br><br>Fresh salad<br>Fresh fruit<br>Water  | 19<br>Italy<br>Mini calzone napolitana<br><br>Mediterranean salad<br><br>Vegetable cream<br>Strawberry mousse<br>Water  |
| 22<br>Chickpea stew with pork<br><br>Rice with peas<br>Pickled eggplant<br>Fresh fruit<br>Water | 23<br>Avocado and palm's heart salad<br><br>Meat lasagne in pomodoro sauce<br><br>Vegetable broth<br>Fresh fruit<br>Water | 24<br>Green plantain chips<br><br>Battered tilapia<br><br>Green salad<br>Fresh fruit<br>Water             | 25<br>Basil and strawberries salad<br><br>Penne pasta with Pomodoro sausage<br><br>Sautéed vegetables with olive oil<br>Fresh fruit<br>Water | 26<br>Brazil<br>Picanha<br><br>Coixinhas<br>Salpicão<br>Brigadeiro<br>Water   |
| 29<br>Pasta salad<br><br>Sesame vegetables<br>Steak with onions<br>Fresh fruit<br>Water         | 30<br>Fresh salad<br><br>Stuffed chicken<br>Rice with almonds<br>Fresh fruit<br>Water                                     | 31<br>Cabbage salad<br><br>Fried cassava<br>Baked pork ribs<br>Fresh fruit<br>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...             |
|--------------------------------|--------------------------|
| <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.

