



What shall we eat today?



2021 May- PRESCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 JAPAN
	Stewed white beans French omelet Sauteed vegetables fresh fruits Bread and water Snack: bread with chocolate and milk	Mashed potato Grilled beef tendeloin Grilled corn on the cob Yogurt Water Snack: cereal with yoghurt	Chickpea casserole Beef schnitzel Rice with heart of palm fresh fruits Water Snack: cookies and juice	Vegetable soup Tuna whit tomatoes Diced potatoes Fresh fruit Water
10	11	12	13	14
Rice with peas Grilled chicken fillet Salad with pico de gallo Yogurt Water Snack: ham and cheese sandwich and juice	Mashed cassava Diced pork in BBQ sauce Mixed salad Freh fruits Water Snack: cookies and juice	Vegetable stew Sea bass in butter Fries Fresh fruit Water Snack: tomato en garlic bread whit olive oil and jam chesse	Fusilli in tomato sauce Potatoes and steak bits Green salad Fresh fruit Bread and water Snack: Ham and cheese wraps	Potato picadillo Sliced meat with creole sauce Garden rice Baked sweet plantains Agua
17	18	19	20	21
Three delights rice Sliced pork Ginger veggies Fresh fruits Bread and water Snack: bread with chocolate and milk	White beans veggies stove BBQ pork rib Diced cassava in mojo sauce Yoghurt Water Snack: cookies and juice	Congri rice Breaded fish fingers Coleslaw Fresh fruit Water Snack: cereal and milk	Italian Macaroni Scrambled eggs with sausages Pasta salad Fresh fruit Water Snack: brown bread with jelly	Spinach cream whit croutons Breaded chicken fillet Mixed salad Fresh fruit Water
24	25	26	27	28
Chicken gyoza dumplings Sealed tuna whit sesame and sjoa sauce Vegetables in ginger Water Snack: fruit salad and cookies	Garden rice Rainbow trout in lemon parsley sauce Sauteed vegetables in garlic Bread and water Bread whit jam and chesse	Chickpea salad Lean pork ragout Rice with vegetables Water Snack: fresh fruit and cookies	Roast potatoes with chimichurri sauce Roast beef loin Garden salad Water Snack: cake of the day and milk	Spaghetti carbonara Griddled chicken fillet Garden salad Water
31				
Campera salad Diced breaded sea bass Mashed potatoes Water Snack: cereal and milk				

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...

Starters

Rice/pasta, potatoes or pulses

Vegetables

Main course

Meat (beef, pork, poultry)

Fish

Egg

Dessert

Fruit

Dairy product

At dinner...

Cooked or raw vegetables

Rice/pasta o potatoes

Fish or eggs

Lean meat or egg

Fish or meat

Dairy product or fruit

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.

