



What shall we eat today?



July 2023 PRE-SCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HOLIDAYS	4 HOLIDAYS	5 HOLIDAYS	6 HOLIDAYS	7 HOLIDAYS
10 HOLIDAYS	11 HOLIDAYS	12 HOLIDAYS	13 HOLIDAYS	14 HOLIDAYS
17 HOLIDAYS	18 HOLIDAYS	19 HOLIDAYS	20 HOLIDAYS	21 HOLIDAYS
24 HOLIDAYS	25 Palm heart, avocado and tomato salad Chicken lasagna with white sauce Creamed corn Fresh fruit Snack: corn dogs	26 Mashed sweet potato Grilled tilapia Sauteed vegetables Fresh fruit Snack: cereal with yogurt	27 Roasted potatoes with chimi churri Beef fajitas Green salad Strawberry jelly Snack: small chicken baskets	28 CHINA Cantonese fried rice Chinese tacos Sauteed vegetables Fresh fruit Water
31 Coleslaw Fried cassava Shredded pork loin Fresh fruit Snack : sandwich with egg				

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.

