



What shall we eat today?



2021 June- FISH & SHELLFISH FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Coleslaw Steamed vegetables Griddled chicken Fresh fruit Water	2 Vegetables and pasta soup Mixed salad Broccoli quiche Fresh fruit bread and water	3 Mixed salad, (lettuce, carrots, corn) Baked baby potatoes Pork chop loin strawberry jello Water	4 Tomatoes, avocado and heart of palm salad Smashed carrots and potatoes Sliced meat in creole sauce Fresh fruit Water
7 Mixed Salad (lettuce, tomato, avocado, red onions) Rice with peas Hot dogs (gluten free) Fresh fruit Water	8 Chilli meat beans French omelet with ham and cheese Garden rice Yoghurt Bread and water	9 CANTONESE CHINA Steamed vegetables Chicken dim sum paties Three delights rice Fresh fruit Water	10 Broccoli and cauliflower gratin Meatballs in demi-glace sauce Mashed potatoes Fresh fruit Water	11 Mixed salad Chickpea stew Fresh fruit Water
14 Pineapple and carrot salad Roast pork loin Smashed carrots and potatoes Coconut flan Water	15 Aztec soup Griddled diced chicken Fried corn tortillas Fresh fruit Water	16 Mix salad (lettuce, carrots and baby radish) Beef bites with grilled vegetables Spaghetti napolitana Fresh fruit Water	17 SPAIN Campera salad Potatoes and steak bits Chicken and Vegetables paella Fresh fruit Water	18 Broccoli soup Fried eggs country style Rice with corn Fresh fruit Bread and water
21 Vacations	22 Vacations	23 Vacations	24 Vacations	25 Vacations
28 Vacations	29 Vacations	30 Vacations		

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.

