



# What shall we eat today?



## July 2023 VEGETARIAN 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 Vegetable lasagna in white sauce Vegan corn cream Fresh fruit Water	26 Mashed sweet potato Zucchini with lemon and parsley sauce Sautéed vegetables Fresh fruit Water	27 Roasted potatoes with chimi churri Soy fajitas Green salad Strawberry jelly Water	28 CHINA Cantonese vegetable rice Chinese tacos Sautéed vegetables with ginger Fresh fruit Water
31 Coleslaw Fried cassava Shredded vegetable meat Fresh fruit 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...

##### 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 or 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.

