



What shall we eat today?



NOVEMBER 2023 - VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta with pesto☐ Sautéed vegetables☐ Vegetarian protein Fresh fruit Water	2 Grilled tomato ☐ Garlic potatoes Vegetarian protein Jello Water	3 Tomato, avocado and heart of palm salad☐ White rice and beans Vegetarian protein Fresh fruit Water
6 Mixed salad (lettuce, tomato, red onions)☐ Mashed potatoes Vegetarian protein Fresh fruit Water	7 Vegetable soup Steamed vegetables White rice Fresh Fruit Water	8 Tex-mex Pico de gallo Vegetarian protein Chili Corn tortilla chips ☐ Fresh fruit Water	9 Cream of spinach Vegetable protein Squash puree Fresh fruit Water	10 Mixed salad☐ Chickpea stew☐ Steamed rice☐ Yogurt Water
13 Pineapple and carrot salad Vegetarian protein Baked potato Fresh fruit Water	14 Aztec soup☐ Vegetarian protein Toasted corn tortillas Fresh fruit Water	15 Mixed salad (lettuce, carrots, radishes)☐ Vegetarian protein Spaghetti with butter Fresh fruit Water	16 Mediterranean salad Vegetarian protein Fried cassava ☐ Fresh fruit Water	17 Marinated eggplant Vegetarian protein Crispy potatoes Coconut flan Water
20 Mashed potatoes Vegetarian protein Tricolor salad☐ Fresh fruit Water	21 Cucumber salad Vegetarian protein Onion rings Yogurt Water	22 Teacher's Day	23 Thanksgiving Waldorf salad ☐ Vegetarian protein Mashed sweet potatoes with marshmallows Fresh fruit Water	24 Creole Salad☐ Hot dogs French fries 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... **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.



