



What shall we eat today?



May 2025 - PRESCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HOLIDAY	2 Steamed rice Chickpea Chifrijo "Pico de gallo" Fresh fruit Water
5 Creole salad Baked pork rinds Mashed potatoes Fresh fruit Mini turkey ham sandwich	6 Squash cream Grilled dorado fillet Cassava croquettes Fresh fruit Cereal bars	7 Mini potatoes in butter Mixed fajitas Sautéed vegetables Fresh fruit Cheese sticks	8 Steamed carrots "Gallo pinto" Pork ribs in tamarind sauce Fresh fruit Oatmeal cookies	9 Tortilla soup Chicken fillet Tortillas chips Fresh fruit Water
12 Pasta salad Pork chop Rice and red beans Fresh fruit Pita bread with cream cheese	13 Elbow pasta with butter Grilled beef steak Steamed vegetables Fresh fruit Gelatin with fruits	14 Cucumber salad Baked chicken Breaded potatoes Fresh fruit Chicken wrap	15 Lentils with turkey White rice Garden salad Fresh fruit Banana and oatmeal muffin	16 Italy Ham and cheese pizza Mediterranean salad Cream of vegetables Strawberry mousse Water
19 White bean stew Steamed rice "Pico de gallo" Fresh fruit Oatmeal bread with cheese	20 Heart of palm and avocado salad Meat lasagna with pomodoro sauce Vegetable consommé Fresh fruit Carrot cake	21 White rice Tilapia with butter Green salad Fresh fruit Mini vegetable quiche	22 Basil and strawberry salad Chicken saltado pasta Olive-roasted vegetables Fresh fruit Banana and coconut balls	23 Brazil Picanha Arroz branco soltinho Feijão tropeiro Brigadeiro Water
26 Cold salad Steamed vegetables Grilled steak Fresh fruit Potato tortilla skewer	27 Garden salad Chicken fillet White rice Fresh fruit Whole wheat toast with jam	28 Mexico "Pico de gallo" Al pastor meat Corn tortillas Fresh fruit Spinach and cheese muffin	29 Chicken stew Steamed vegetables White rice Fresh fruit Apple cookies	30 Rice and beans Chayote picadillo Tomato and cucumber salad Blueberry cupcake 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 o 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.

