



What shall we eat today?



March 2024 - GENERAL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	thursday	Friday
				1 Heart of palm and avocado salad Traditional Vichyssoise Chicken strips Fresh fruit Water
4 Rice with palm hearts Veal ragout Broccoli with garlic Fresh fruit Water and bread	5 Vegetable salad Filet of mahi mahi Minced vegetables Fresh fruit Water	6 Tomato, carrot and ginger cream soup Mixed meats Creamy mashed potato Fresh fruit Water	7 CUBA Congri Cassaba with mojo Roasted suckling pig Fresh fruit water	8 Corn dogs roasted potatoes Caesar Salad Jellies Water
11 Green banana ceviche Chicken stew White rice Fresh fruit Water	12 MEXICAN Taco station Corn Ranchero broth Fresh fruit Water	13 Cabbage salad Smoked pork chops with onions Mini potato with garlic and rosemary Fresh Fruit Water and bread	14 Rice with chicken Russian salad Tortilla chips Fresh fruit Water	15 Grilled zucchini Beef milanesas with chimichurri sauce Country style potatoes Yogurt Water
18 White beans with chorizo Mediterranean salad White rice Fresh fruit Water	19 Pesto pasta salad Breaded tilapia fillet Vegetables al olio Fresh fruit Water	20 Mixed salad Homemade meatballs Rice with vegetables Fresh fruit water	21 Stir-fried broccoli Roast chicken Breaded potatoes Rice pudding Water	22 Lebanese Cous cous salad Beef tenderloin in spice sauce and grilled tomato Steamed vegetables with olive oil Fresh fruit Water
25 HOLIDAY	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY	29 HOLIDAY

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.



