



What shall we eat today?



November 2024 - LOW CHOLESTEROL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cucumber salad Pork ribs Onion rings Yogurt Water
4 Mixed salad (Lettuce, tomatoes, red onion) Fried banana Grilled goldfish Rice with beans Water	5 Caesar Salad Rosemary potatoes Pork chops with onion Fresh Fruit Water	6 Mixed sushi/ fried rice Miso soup Asian salad Mochis Water	7 Potato hash Creole salad Tortilla Fresh Fruit Water	8 Chicken stew Steamed rice Steamed vegetables Fresh Fruit Water
11 Tomatoes, Avocado y palm heart salad Mashed potatoes Cordon bleu Fresh Fruit Water	12 Pineapple and carrot salad Pork loin with chimichurri Roasted sweet potato Fresh Fruit Water	13 Mixed salad (lettuce, carrot, radish) Beef loin with stir fry vegetables Rice and beans Fresh Fruit Water	14 Mediterranean salad Gallega tilapia Small potatoes with garlic Fresh Fruit Water	15 Pickled vegetables Chicken legs with cream Crunchy potatoes Jelly Water
18 Chickpeas salad Parmesan cauliflower Stir fry pork Fresh Fruit Water	19 Green salad Rice with chicken Chips Fresh Fruit Water	20 Pico gallo Meat with creole sauce White rice and riped banana Fresh Fruit Water	21 Stuffed turkey Bicolor mashed Christmas salad Christmas pudin Water	22 Holiday
25 Creole salad Fries Chicken wings Small tres leches 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
Main course	
Vegetables	Rice/pasta o potatoes
Dessert	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
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.

