What shall we eat today?

GSD International School Costa Rica

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Loaded fries Bolognese Picogallo Fresh fruit Water	2 Criollo salad Pork chop Rice and beans Fresh fruit Water	3 Shrimp and rice Toasted potatoes Picogallo Fresh fruit Water	4 Clalupa Tuna Vegetable salad Fresh fruit Water
Parrillada de calabacín Albóndigas Pasta al olivo Yogurt Agua				
7 Chicken pot White rice Steamed vegetables Fresh fruit Water	8 Aztec Soup Chicken Fillet Toasted Tortilla Fresh Fruit Water	9 Hot dog French fries Cabbage salad Fresh fruit Water	10 Lomo saltado Potato salad Steamed vegetables Fresh fruit Water	11 Lomo saltado Potato salad Steamed vegetables Yogurt Water
14 Pico de gallo Steamed rice / beans Grilled chicken fillet Fresh fruit Water	15 Holiday	16 Rice with peas Meatball stew Salad Fresh fruit Water	17 Penne al burro Pork loin in tomato sauce Caesar salad Fresh fruit Water	18 Breaded fish Basil and strawberry salad Mashed potatoes Fresh fruit Water
21 Salmon burger Vegetable salad Country potatoes Fresh fruit Water	22 Arepas Pollo pepiado Colombian pico de gallo Fruta fresca Water	23 Criolla salad Beef sirloin steak White rice Fresh fruit Water	24 Chicken and rice Green fruit salad Roasted potatoes Fresh fruit Water	25 Mexican Suadero meat Corn tortilla Mixed vegetables Mexican flan Water
28 Chickpeas with chicken Boiled rice	29 students choice Sushi rice Mixed vegetables	30 White rice Steamed vegetables		

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 produt 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.

Cucumber salad Fresh fruit Water	Mixed meats Fresh fruit Water	Beef stew Fresh fruit Water		