

What shall we eat today?



August - Genei	ral Menu 2024	SD INTERNATIONAL SCHOO	DL COSTA RICA			
Monday	Tuesday	Wednesday	Thursday 1 Ham and Cheese Pizza Green Salad	Friday 2 HOUDAY	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:	
			Spinach Soup Fresh Fruit Water		If at lunch Starters Rice/pasta, potatoes or pulses	At dinner Cooked or raw vegetables
5 6		7	8	9	Vegetables	Rice/pasta o potatoes
Spaghetti al burro Riv	ice and beans	Mediterranean veggie stir fry	Coleslaw	Mexican Soup	Main course Meat (beef, pork, poultry)	Fish or eggs
Pomodoro beef back loin Co	Caribbean Chicken	Pork loin wih mushroom gravy	Cheesy sticks	Grilled chicken	Fish	Lean meat or egg
Mixed Salad	Cocles Salad	Country potato wedges	Rice and Beans	Chips	Egg	Fish or meat
	resh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Dessert Fruit	Dairy produt or fruit
	Vater	Water	Water	Water	Dairy product	Fruit
12 13	3 Italy	14	15	16	It's recommended to eat foo in order to sleep well afterw	d that is not high in fat
Chayote picadillo Co	Caprese Salad	Mashed Potatoes		Lentils with turkey	Water should be the drink of choice as opposed to juice or soft drinks.	
Creole Salad Be	eef loin with apple sauce	Breaded tilapia with tartar sauce	HOLIDAY	Garden salad	A balanced diet should be varied in order to make sure we have a good intake of all the nutrients.	
Boiled rice Ar	Arancini di riso	Garden salad		Boiled rice	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.	
Fresh Fruit Fr	resh Fuit	Fresh Fruit		Cocadas		
Water W	Vater	Water		Water		
19 20	0	21	22	23		
Truffled mini potatoes Rie	lice and Beans	Potato gratin	Beef chili	Rice with shrimp		
Strogonoff chicken Pc	ork chop	Beef stew	Chips	Coast pickle	In every menu, the kcal of a serving is indicated.	in approximate average
Caesar Salad Fr	ried plantain	Vegetables stew	Pico de gallo	Potato Chips		
Fresh Fruit Fr	resh Fruit	Fresh Fruit	Fresh Fruit	Fritters	10	and the
Water W	Vater	Water	Water	Water	1	
26 Lebanon 27	7	28	29	30		
Fasolia Ye	'ellow squash soup	Pinto	Potato salad	Roasted Chicken		
Falafel Bc	aked chicken thighs	Grilled beefsteak	Battered mahi mahi filet	Ratatouille		
Fatush Co	Cowboy caviar	Pico de gallo with avocado	Vegetable Stir Fry	Pasta salad		
Fresh Fruit Fr	resh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit		Sent Co
Water W	Vater	Water	Water	Water		