



What shall we eat today?



June 2024 - VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Mixed salad (lettuce, tomato, red onion)</p> <p>Fried plantain</p> <p>Battered vegetal protein</p> <p>Fresh fruit</p> <p>Water</p>	<p>4</p> <p>Snails pasta with pesto</p> <p>Sesame vegetables</p> <p>Vegetal protein with onions</p> <p>Fresh fruit</p> <p>Water</p>	<p>5</p> <p>Chicken soup with vegetables</p> <p>Flamenco style eggs</p> <p>White rice and black beans</p> <p>Fresh fruit</p> <p>Water</p>	<p>6</p> <p>Tomato, avocado and heart of palm salad</p> <p>Potato gnocchi</p> <p>Vegetal protein</p> <p>Fresh Fruit</p> <p>Water</p>	<p>7</p> <p>Cucumber salad</p> <p>Vegetal protein</p> <p>Onion rings</p> <p>Yogurt</p> <p>Water</p>
<p>10</p> <p>Tacos ticos</p> <p>Creole Salad</p> <p>Birria Consomé</p> <p>Fresh Fruit</p> <p>Water</p>	<p>11</p> <p>Pineapple and carrot salad</p> <p>Vegetal protein with chimichurri</p> <p>Roasted sweet potato</p> <p>Fresh fruit</p> <p>Water</p>	<p>12</p> <p>Mixed salad (lettuce, carrots, radishes)</p> <p>Diced vegetal protein with grilled vegetables</p> <p>Pasta al burro</p> <p>Fresh fruit</p> <p>Water</p>	<p>13</p> <p>Mediterranean Salad</p> <p>Vegetal protein galician style</p> <p>Fried cassava</p> <p>Fresh fruit</p> <p>Water</p>	<p>14</p> <p>NO SCHOOL</p>
<p>17</p> <p>Green salad</p> <p>Mixed ravioli in béchamel sauce</p> <p>Mashed sweet potato</p> <p>Fresh fruit</p> <p>Water</p>	<p>18</p> <p>Mixed lettuce salad</p> <p>Rice with vegetal protein</p> <p>Country potatoes</p> <p>Fresh fruit</p> <p>Water</p>	<p>19</p> <p>Caesar salad</p> <p>Traditional stew</p> <p>White rice and ripe plantain</p> <p>Fresh fruit</p> <p>Water</p>	<p>20</p> <p>Tokyo</p> <p>Marinated Mustard</p> <p>Vegetal protein Ramen</p> <p>Rice noodles</p> <p>Fresh fruit</p> <p>Water</p>	<p>21</p> <p>Creole salad</p> <p>Nuggets vegetal protein</p> <p>French fries</p> <p>Mini milk cake</p> <p>Water</p>
<p>24</p> <p>HOLIDAY</p>	<p>25</p> <p>HOLIDAY</p>	<p>26</p> <p>HOLIDAY</p>	<p>27</p> <p>HOLIDAY</p>	<p>28</p> <p>HOLIDAY</p>

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.

