



# What shall we eat today?



## April 2024 - GLUTEN FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
1  Holiday	2 Creole salad Pork crackling Cassava pieces in mojo sauce Fresh fruit Water	3 Mahi mahi with garlic Steamed Cauliflower Mini potato with rosemary Fresh fruit Water	4 Chicken in pomodoro sauce White rice Caesar salad Fresh fruit Water	5 Beef fajitas Chayote hash Roasted sweet potato Fresh fruit Water
8 Shredded beef Tortilla Banana hash Fresh Fruit Water	9 BBQ chicken Stir-fried hemstitch Rice with vegetables Fresh fruit Water	10 Breaded fish Zucchini with cheese Plantain hash Fresh fruit Water	11 Cantonese rice Green salad with egg Roasted potatoes Fresh fruit Water	12 Tender beans with pork loin Tomato, onion, lemon Toasted tortillas Caramel flan Water
15 Mixed salad Pasta in bechamel sauce and chicken garlic bread Fresh fruit Water	16 Chickpea ceviche Fish sticks Vegetable hash Fresh fruit Water	17 Beef pot White rice Steamed vegetables Fresh fruit Water	18 Mini hamburger Potatoes with rosemary Green salad Fresh fruit Water	19 Steak with onions Rice & Beans Ripe plantain Fresh Fruit Water
22 Beet salad Fish with tartar sauce Arracache mince Fresh fruit Water	23 Spaghetti Bolognese Garden salad Fresh fruit water and bread	24 Creole salad Smoked pork chop White rice Fresh fruit Water	25 Chicken quesadillas Pico de gallo Refried beans Fresh fruit Water	26 Mashed potatoes Beef meatballs with pomodoro Mixed salad Yogurt Water
29 Caribbean chicken Ripe plantain Cocles salad	30 Cream of corn grilled tuna Green salad			

### 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 or 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.



Fresh fruit  
Water

Fresh fruit  
Water

