



# What shall we eat today?



## May 2025 - EGG-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HOLIDAY	2 Steamed rice Chickpea Chifrijo "Pico de gallo" Fresh fruit Water
5 Mango Ceviche Baked pork rinds Sweet potato and potato mash Fresh fruit Water	6 Squash cream Grilled dorado fillet Cassava croquettes Fresh fruit Water	7 Mini potatoes with rosemary Mixed fajitas Sautéed vegetables Fresh fruit Water	8 Glazed carrots "Gallo pinto" Pork ribs in tamarind sauce Fresh fruit Water	9 Tortilla soup Chicken fillet Tortillas chips Fresh fruit Water
12 Chayote salad Pork chop Rice and red beans Fresh fruit Water	13 Elbow pasta with butter Grilled beef steak Steamed vegetables Fresh fruit Water	14 Cucumber salad Chicken stroganoff Breaded potatoes Fresh fruit Water	15 Lentils with turkey Curry rice Garden salad Fresh fruit Water	16 Italy Ham and cheese pizza Mediterranean salad Cream of vegetables Strawberry mousse Water
19 White bean stew Steamed rice Pickled vegetables Fresh fruit Water	20 Heart of palm and avocado salad Meat lasagna with pomodoro sauce Vegetable consommé Fresh fruit Water	21 Green plantain chips Battered tilapia Green salad Fresh fruit Water	22 Basil and strawberry salad Chicken saltado pasta Olive-roasted vegetables Fresh fruit Water	23 Brazil Picanha Arroz branco soltinho Feijão tropeiro (without egg) Brigadeiro Water
26 Cold salad Sesame vegetables Steak with onions Fresh fruit Water	27 Garden salad Stuffed chicken Garden rice Fresh fruit Water	28 Mexico "Pico de gallo" Al pastor meat Corn tortillas Fresh fruit Water	29 Chicken stew Steamed vegetables White rice Fresh fruit Water	30 Salad bar Mixed meats Mixed breads Blueberry cupcake 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...

##### Starters

Rice/pasta, potatoes or pulses

Vegetables

##### Main course

Meat (beef, pork, poultry)

Fish

Egg

##### Dessert

Fruit

#### At dinner...

Cooked or raw vegetables

Rice/pasta or potatoes

Fish or eggs

Lean meat or egg

Fish or meat

Dairy product or fruit

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.

