



What shall we eat today?



2021 October - DAIRY-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 JAPAN Mix salad (lettuce, carrots and baby radish) Tuna and avocado sushi Sautéed vegetables with ginger and sesame Fresh fruit Water
4 Rice with mushrooms Grilled chicken fillet Pico de gallo Yoghurt Water	5 Fried cassava sticks BBQ pork rib Mixed salad Fresh fruit Water	6 Vegetable stew Sea bass in butter Fries Fresh fruit Bread and water	7 Green salad Griddled diced beef Spaghetti napolitana Fresh fruit Water	8 Creamy squash soup Breaded ham and cheese delights Pasta salad with garlic bread Fresh fruit Water
11 HOLIDAY	12 HOLIDAY	13 HOLIDAY	14 HOLIDAY	15 HOLIDAY
18 ARGENTINA Roast potatoes with chimichurri sauce Roast beef loin Garden salad Fresh fruit Water	19 Heart of palm and avocado salad Chicken lasagna with white sauce Grilled Zucchini Fresh fruit Water	20 Garden rice Rainbow trout in lemon parsley sauce Sautéed vegetables in garlic Fresh fruit Water	21 HOLIDAY	22 Cream of vegetable soup Ham and cheese pizza Mediterranean salad Yoghurt Water
25 Potato salad Chicken ragout Mixed sautéed vegetables Fresh fruit Water	26 Caprese salad Fusilli bolognese (lactose free) Steamed vegetables Fresh fruit Water	27 Chicken soup with noodles Eggs crumble with jam and chesse Mixed salad Fresh fruit Bread and water	28 Vegetable stew Grilled pork chop Cajun potatoes Yoghurt Water	29 Three delights rice Sliced meat in creole sauce Sautéed vegetables Fresh fruit 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...	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.

