



What shall we eat today?



2021 APRIL- DAIRY-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 JAPAN
	White beans with chorizo French omelet with ham and tofu Sauteed vegetables Fresh fruit Bread and water	Mashed potato (lactose free) Griddled pork loin Grilled corn on the cob Soy yoghurt Water	Chickpea casserole Beef schnitzel (lactose free) Rice with heart of palm Fresh fruit Water	Miso soup and vegetables Tuna and avocado sushi Chicken gyoza dumplings Fresh fruit Water
10	11	12	13	14
Rice with mushrooms Grilled chicken fillet Salad with pico de gallo Soy yoghurt Water	Fried cassava sticks BBQ pork rib Mixed salad Fresh fruit Water	Vegetable stew Steamed sea bass Fries Fresh fruit Bread and water	Spaghetti in Provençal sauce Diced beef in fresh tomato sauce Green salad Fresh fruit Water	Cream of squash soup (lactose free) Breaded ham delights Pasta salad with garlic bread Fresh fruit and water
17 CHINA	18	19	20	21
Three delights rice Peking-style pork Sauteed vegetables with ginger and sesame Fresh fruit Water	Fusilli bolognese Dorado cooked with herbs Green salad Fresh fruit Water	Creamy carrot soup Chicken breast with tofu and cooked ham Sliced potatoes Soy yoghurt Water	Fish soup with vegetables French omelet with tofu and corn Rice with peas Fresh fruit Water	Creamy potatoes (lactose free) Beef burger Mixed salad Fresh fruit Water
24	25	26	27 ARGENTINA	28
Chickpea stew Roast pork loin Ratatouille Fresh fruit Bread and water	Heart of palm and avocado salad Chicken lasagna (lactose free) Zucchini in batter Fresh fruit Water	Garden rice Rainbow trout in lemon parsley sauce Sauteed vegetables in garlic Fresh fruit Water	Roast potatoes with chimichurri sauce Roast beef loin Garden salad Fresh fruit Water	Cream of vegetable soup (lactose free) Ham and tofu pizza Mediterranean salad Soy yoghurt Water
Campera salad Diced breaded sea bass Mashed potatoes 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.

