



# What shall we eat today?



## 2021 May - EGG-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 cheese (with egg substitute) Sautéed vegetables Fresh fruit Bread and water	Mashed potato Griddled pork loin Grilled corn on the cob Yoghurt Water	Chickpea casserole Beef schnitzel (egg 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 Yoghurt Water	Fried cassava sticks BBQ pork rib Mixed salad Fresh fruit Water	Vegetable stew Sea bass in butter Fries Fresh fruit Bread and water	Spaghetti in Provençal sauce (egg-free pasta) Diced beef in fresh tomato sauce Green salad Fresh fruit Water	Creamy squash soup Breaded ham and cheese delights Pasta salad with garlic bread Fresh fruit Water
17 CHINA	18	19	20	21
Three delights rice (egg free) Peking-style pork Sautéed vegetables with ginger and sesame Fresh fruit Water	Blondness fusilli (egg free) Dorado cooked with herbs Green salad Fresh fruit Water	Creamy carrot soup Chicken breast with cheese and cooked ham Sliced potatoes Yoghurt Water	Fish soup with vegetables French omelet with cheese and corn (with egg substitute) Rice with peas Fresh fruit Water	Creamy potatoes Beef burger Mixed salad Fresh fruit Bread and 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 with white sauce (egg-free pasta) Zucchini in batter Fresh fruit Water	Garden rice Rainbow trout in lemon parsley sauce Sautéed vegetables in garlic Fresh fruit Water	Campera salad Roast beef loin Garden salad Fresh fruit Water	Cream of vegetable soup Ham and cheese pizza Mediterranean salad Yoghurt Water
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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...

##### Starters

Rice/pasta, potatoes or pulses

Vegetables

##### Main course

Meat (beef, pork, poultry)

Fish

Egg

##### Dessert

Fruit

Dairy product

#### 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.

