



What shall we eat today?



2021 November - EGG-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mixed salad (Lettuce, tomato, cucumbers) White rice and red beans Chicken ragout Fresh fruit Water	2 Coleslaw Steamed vegetables Romanian style sea bass Fresh fruit Water	3 Vegetables and pasta soup Mixed salad Chicken ravioli Fresh fruit Bread and water	4 Mixed salad, (lettuce, carrots, corn) Baked baby potatoes Grilled Pork tenderloin bites strawberry jello Water	5 Tomatoes, avocado and heart of palm salad Sliced meat in creole sauce Mashed potato Fresh fruit Water
8 Mixed Salad (lettuce, tomato, avocado, red onions) Rice with corn Griddled tuna steak Fresh fruit Water	9 Lentil stew (with bacon) Beef bites whit grilled vegetables Garden rice Yoghurt Bread and water	10 CANTONESE CHINA Sauteed vegetables with ginger and sesame Griddled diced chicken Three delights noodles Fresh fruit Water	11 Brocoli and cauliflower gratin Pork tenderloin whit mushrooms gravy Mashed potatoes Fresh fruit Water	12 Mixed salad (Lettuce, tomato, cucumbers) Chickpea casserole Steamed rice Fresh fruit Water
15 Pineapple and carrot salad Diced pork in Hawaiian sauce Smashed potatoes and carrots Chocolate or vainilla gluten free Water	16 Aztec soup Griddled diced chicken Fried corn tortillas Fresh fruit Water	17 Mix salad (lettuce, carrots and babby radish) Beef bites whit grilled vegetables Spaghetti carbonara Fresh fruit Water	18 SPAIN Campera salad Galician-style sea bass Vegetables paella Fresh fruit Water	19 Broccoli soup Beef burger Rice with corn Fresh fruit Bread and water
22 Cream of mushroom soup with croutons Griddled diced beef Mashed potato and vegetables Fresh fruit Water	23 Mixed salad Rainbow trout in lemon parsley sauce White rice and red beans Fresh fruit Bread and water	24 INDIA Steamed greens veggies whit olive oil Chiken curry Basmati rice Fresh fruit Water	25 Pasta salad Mushrooms stuffed with cheese and tomato Tossed vegetables Fresh fruit Water	26 Vegetable soup Ham and mushroom pizza Heart of palm and avocado salad Fresh fruit Water
29	30	31	32	33

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 o 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.

