



# What shall we

July 2023 GLUTTEN FREE MENU

GSD INTERNA

MONDAY	TUESDAY	WEDNESDAY	
3 HOLIDAYS	4 HOLIDAYS	5 HOLIDAYS	6
10 HOLIDAYS	11 HOLIDAYS	12 HOLIDAYS	13
17 HOLIDAYS	18 HOLIDAYS	19 HOLIDAYS	20
24 HOLIDAYS	25 Palm heart, avocado and tomato salad Chicken lasagna with white sauce Creamed corn Fresh fruit Water	26 Mashed sweet potato Tilapia in lemon-parsley sauce Sauteed vegetables Fresh fruit Water	27 Roasted p Beef fajita Green sal Strawber Water
31 Coleslaw Fried cassava Shredded pork loin Fresh fruit Water			

# eat today?



**GSD**  
International  
School  
Costa Rica

## ATIONAL SCHOOL COSTA RICA

THURSDAY	FRIDAY
HOLIDAYS	7 HOLIDAYS
HOLIDAYS	14 HOLIDAYS
HOLIDAYS	21 HOLIDAYS
potatoes with chimi churri as lad ry jelly	28 CHINA Cantonese fried rice  Chinese tacos Sauteed vegetables with ginger 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 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.

