



# What shall we eat today?



## 2021 MARCH - GLUTEN-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Stewed potatoes  Diced chicken with vegetables  Brown rice Fresh fruit Water	2 Chickpea stew  Griddled dorado fillet  Green salad Fresh fruit Bread and water	3 Chicken soup with vegetables  French omelet with ham and mushrooms  Sliced potatoes Yoghurt Water	4 Grilled zucchini  Beef casserole  Pilaf rice Fresh fruit Water	5 U.S.A.  Coleslaw  Hot dogs (gluten free)  Fries Fresh fruit Water
8 Spaghetti napolitana (gluten free)  French omelet with cheese  Mixed salad Yoghurt Water	9 Rice and beans  Caribbean chicken  Carrot salad Bananas in orange tree honey Water	10 Sautéed Mediterranean vegetables  Meatballs (gluten free) in demi-glace sauce Roasted potatoes Fresh fruit Water	11 Lentils with chorizo  Griddled sea bass fillet  Steamed vegetables Fresh fruit Bread and water	12  Oven-baked potatoes  BBQ chicken wings  Steamed vegetables Fresh fruit Water
15 Rice with vegetables  Breaded ham and cheese delights (gluten free) Green salad Fresh fruit Water	16 Squash soup  Breaded ham and cheese delight (gluten free) Garden vegetables salad Fresh fruit Bread and water	17 Aztec soup  Griddled diced chicken  Fried corn tortillas Fresh fruit Water	18 Ranch-style beans  Diced pork in Hawaiian sauce  Pilaf rice Yoghurt Water	19 ITALY  Spaghetti napolitana (gluten free)  Grilled sea bass fillet  Focaccia Fresh fruit Water
22 Broccoli soup  Grilled chicken breast  Fries Fresh fruit Water	23 SIN TRADUCCIÓN  Griddled pork loin  Mixed salad Yoghurt Water	24 Baked potatoes  Beef stew  Vegetable stew Fresh fruit Water	25 CHINA  Spring roll (gluten free)  Seared tuna and pickle  White rice Fresh fruit Water	26  Potato and cabbage hash  Chicken in fresh tomato sauce  Sautéed vegetables Fresh fruit Bread and water
HOLIDAY	HOLIDAY	HOLIDAY		

### 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...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta or potatoes
<b>Main course</b>	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
<b>Dessert</b>	
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.

