



# What shall we eat today?



## SEPTEMBER 2022 - EGG-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
			1 Roasted ripe plantains  Meat in sauce  White rice Fresh fruit Water	2 Heart of palm and avocado salad  Traditional Vichyssoise  Chicken strips Fresh fruit Water
5 Rice with palm hearts  Veal ragout  Broccoli with garlic Fresh fruit Water and bread	6 Vegetable salad  Mahi mahi filet  Minced vegetables Fresh fruit Water	7 Cream of tomato, carrot and ginger soup  Mixed fajitas  Creamy mashed potato Fresh fruit Water	8 CUBA Congri  Cassaba with mojo  Roasted suckling pig Fresh fruit water	9 Corn dogs  Roasted potatoes  Caesar Salad Jello Water
12 Green banana ceviche  Chicken stew  White rice Fresh fruit Water	13 MEXICAN Taco station  Corn  Ranchero broth Fresh fruit Water	14 Cabbage salad  Smoked pork chops with onions  Mini garlic and rosemary potatoes Fresh Fruit Water and bread	15 Rice with chicken  Russian salad  Tortilla chips Fresh fruit Water	16 Grilled zucchini  Breaded-beef steak with chimichurri sauce  Country style potatoes Yogurt Water
19   HOLIDAY	20 Pesto pasta salad  Breaded tilapia fillet  Vegetables al olio Fresh fruit Water	21 Mixed salad  Homemade meatballs  Rice with vegetables Fresh fruit Water	22 Stir-fried broccoli  Cheese sticks  Breaded potatoes Rice pudding Water	23 Lebanese Cous cous salad  Beef tenderloin in spice and grilled tomato sauce Steamed vegetables with olive oil Fresh fruit Water
26 Spaghetti in bechamel sauce  Baked chicken breast  Vegetable salad Fresh fruit Water and bread	27 White beans with chorizo  Mediterranean salad  White rice Fresh fruit Water	28 Roasted sweet corn with garlic butter  Grilled beef chunks  Caesar salad Coconut flan Water	29 Rice and red beans  Chayote and beef picadillo  Ripe bananas in honey Fresh fruit Water	30   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...

#### 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.

