



# What shall we eat today?



## NOVEMBER 2022 - GLUTEN-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Vegetable salad Stuffed chicken Rice with almonds Fresh fruit Water	2 Pasta with pesto Sautéed vegetables Grilled beef steak Fresh fruit Water	3 Grilled tomato Garlic potatoes Grilled pork cutlet Jello Water	4 Tomato, avocado and heart of palm salad White rice and beans Shredded beef in creole sauce Fresh fruit Water
7 Mixed salad (lettuce, tomato, red onions) Mashed potatoes Garlic mahi mahi Fresh fruit Water	8 Beef stew Steamed vegetables White rice Fresh fruit Water	9 <b>Tex-mex</b> Pico de gallo Chilli con carne Corn tortilla chips Fresh fruit Water	10 Cream of spinach Roasted chicken Squash puree Fresh fruit Water	11 Mixed salad Chickpea stew Steamed rice Yogurt Water
14 Pineapple and carrot salad Pork tenderloin with chimichurri Baked potato Fresh fruit Water	15 Aztec soup Grilled chicken fillet Toasted corn tortillas Fresh fruit Water	16 Mixed salad (lettuce, carrots, radishes) Beef tenderloin with grilled vegetables Spaghetti with butter Fresh fruit Water	17 <b>Thanksgiving</b> Mediterranean salad Tilapia with tomato and olives Fried cassava Fresh fruit Water	18 Marinated eggplant Chicken thighs in cream sauce Crispy potatoes Coconut flan Water
21 Mashed potatoes Quiche lorraine Tricolor salad Fresh fruit Water	22 <b>Teachers' Day</b>	23 Cucumber salad Baked pork ribs Onion rings Yogurt Water	24 <b>Thanksgiving</b> Waldorf salad Baked turkey Mashed sweet potatoes with marshmallows Fresh fruit Water	25 Creole Salad Hot dogs French fries 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...
<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.

