



# What shall we eat today?



## SEPTEMBER 2022 - GLUTEN-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 heart of palm 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 potatoes 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...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta o 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.

