What shall we eat today?

GSD International School Costa Rica

September 2023 - EGG-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pumpkin and plantain curry Roasted chicken Mixed salad Fresh fruit Water and bread
4 Tomato, carrot and ginger soup Mixed meats Rice with mini veggies Fresh fruit Water	5 Creole salad Pork Bites Small pieces of yucca with mojo Fresh Fruit Water	6 White rice *Picadillo de Turno* Green vegetable salad Fresh fruit Water	7 CUBA El Morro Salad Fried green plantains Cuban fish filet au gratin Papaya candy Water	8 Ham and cheese pizza Pear and pecan salad Poultry and vegetable soup Water and fruit popsicles Water
11 Mixed salad Chicken thigh in creole sauce Mashed pumpkin Fresh fruit Water	12 PUERTO RICO Chayote salad Puerto rican antipasto Rice with Pigeon Peas Fresh fruit Water	13 Cabbage salad Pork loin kámuk Creamy potatoes au gratin Fresh fruit Water	14 *Arroz con pollo* Russian salad Tortilla chips Fresh fruit Water	15 Holiday
18 Heart of palm and avocado salad Traditional Vichyssoise Chicken strips Fresh fruit Water	19 Creole salad Smoked pork chop Mashed sweet potato and potato Fresh fruit Water	20 *Olla de Carne* White rice Steam vegetables Fresh fruit Water	21 Sauteed broccoli Beef meatballs with pomodoro sauce Baked potatoes Fresh fruit Water	22 LEBANON Cous cous salad Beef tenderloin in spice sauce and roasted tomato Steamed vegetables with olive oil Fresh Fruit Water
25 Spaghetti bolognese Homemade salad Fresh fruit Water and bread	26 Pasta salad Breaded tilapia fillet Vegetables Fresh Fruit Water	27 Sauteed vegetables Baked chicken leg Potatoes, mushrooms and carrot Fresh fruit Water	28 *Gallo Pinto* Beef stew in tomato sauce Creole salad Yogurt Water	29 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 produt 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.