



What shall we eat today?



January/ February 2024 Egg-free menu

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	thursday	Friday
		29 Grilled zucchini Beef casserole (gluten free) Campesino potatoes Fresh fruit Water	1 Chicken soup with vegetables Sautéed chicken with ham and mushrooms White rice and black beans Fresh fruit Water	2 Oven-baked potatoes grilled filet of sole Steamed vegetables Caramel mousse Water
5 Spaghetti à la napolitaine □ Filet de bœuf, grillé □ Mixed salad Fresh fruit Water	6 Rice and beans Caribbean chicken cocles salad Fresh fruit Water	7 Sautéed Mediterranean vegetables roasted pork tenderloin with mushroom gravy Campesino potatoes Fresh Fruit Water	8 Coleslaw Hot dog Fries Fresh fruit Water	9 lentils with turkey and vegetables Salad of the garden Steamed rice coconut milk caramel Water
12 ITALY Capresse salad Fusilli in tomato-basil sauce and veal Focaccia (gluten free) Fresh fruit Water	13 Aztec soup Grilled chicken Fried corn tortillas Fresh fruit Water	14 Potato puree (lactose free) Diced breaded cheese Basil and strawberries salad Fresh fruit Water	15 Chilli meat beans Fried corn tortillas Pico gallo Fresh fruit Water	16 Rice with vegetables Tilapia breades filete whit tartar sauce Salad of the garden Yogurt Water
19 Broccoli soup Baked chicken leg Fries Fresh fruit Water	20 spaghetti with butter Grilled pork chop Mixed salad Fresh fruit Water	21 Potato gratin Beef casserole (gluten free) Vegetable stew Fresh fruit Water	22 CHINA chayote minced creole salad Steamed rice Fresh fruit Water	23 Vegetables in oyster sauce □ Seared tuna and pickle Vegetable Chinese taco Coconut flan Water
26 Onion soup Roast pork loin Sweet potato puree (lactose free)	27 Mini truffle potatoes Chicken strogonoff Caesar salad	28 Gallo pinto (rice and beans) Grille Beff-steake Pico de gallo with avocado □	29 Melon and cucumber Seafood Paella Sautéed Mediterranean vegetables	

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.



Fresh fruit
Water

Fresh Fruit
Water

Fresh fruit
Water

Torrijas in syrup
Water

