



What shall we eat today?



SEPTEMBER 2022 - VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

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

