



What shall we eat today?



2020 November - DAIRY-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mixed salad (Lettuce, tomato, cucumbers) White rice and red beans Chicken ragout Fresh fruit Water	3 Coleslaw Steamed vegetables Romanian style sea bass Fresh fruit Water	4 Vegetables and pasta soup Mixed salad Broccoli quiche (Lactose free) Fresh fruit Bread and water	5 Mixed salad, (lettuce, carrots, corn) Baked baby potatoes Pork chop loin strawberry jello Water	6 Tomatoes, avocado and heart of palm salad Sliced meat in creole sauce Potato puree (lactose free) Fresh fruit Water
9 Mixed Salad (lettuce, tomato, avocado, red onions) Rice with peas Griddled tuna steak Fresh fruit Water	10 Lentil stew (with bacon) French omelet with ham and cheese Garden rice Yoghurt Bread and water	11 CANTONESE CHINA Sautéed vegetables with ginger and sesame Chicken gyoza dumplings Three delights rice Fresh fruit Water	12 Vegetables in olive oil Pork tenderloin with mushrooms gravy Mashed potatoes Fresh fruit Water	13 Mixed salad (Lettuce, tomato, cucumbers) Chickpea casserole Steamed rice Fresh fruit Water
16 Pineapple and carrot salad Roast pork loin Smashed carrots and potatoes SIN TRADUCCIÓN Water	17 Aztec soup Griddled diced chicken Fried corn tortillas Fresh fruit Water	18 Mix salad (lettuce, carrots and baby radish) Beef bites with grilled vegetables Garlic and olive oil spaghetti Fresh fruit Water	19 SPAIN Camper salad Galician-style sea bass Vegetables paella Fresh fruit Water	20 Cream of broccoli soup (lactose free) Fried eggs country style Rice with corn Fresh fruit Bread and water
23 Cream of mushroom soup with croutons (lactose free) Griddled diced beef Mashed potato and vegetables Fresh fruit Water	24 Mixed salad Rainbow trout in lemon parsley sauce White rice and red beans Fresh fruit Bread and water	25 INDIA Falafel with tahini Chicken curry Basmati rice Fresh fruit Water	26 Pasta salad French omelet (lactose free) Tossed vegetables Fresh fruit Water	27 Heart of palm and avocado salad Chicken pizza (lactose free) Zucchini in batter Fresh fruit Water
30 Tossed carrots with garlic with bacon Dorado cooked with herbs 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...
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.

