



What shall we eat today?



NOVEMBER 2023 - EGG-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pasta with pesto☐ Sautéed vegetables☐ Grilled beef steak☐ Fresh fruit Water	2 Grilled tomato ☐ Garlic potatoes Grilled pork cutlet Jello Water	3 Tomato, avocado and heart of palm salad☐ White rice and beans Shredded beef in creole sauce Fresh fruit Water
6 Mixed salad (lettuce, tomato, red onions)☐ Mashed potatoes Garlic mahi mahi Fresh fruit Water	7 Beef stew Steamed vegetables White rice Fresh Fruit Water	8 Tex-mex Pico de gallo Chilli con carne Corn tortilla chips ☐ Fresh fruit Water	9 Cream of spinach Roasted chicken☐ Squash puree Fresh fruit Water	10 Mixed salad☐ Chickpea stew☐ Steamed rice☐ yogurt Water
13 Pineapple and carrot salad Pork tenderloin with chimichurri Baked potato Fresh fruit Water	14 Aztec soup☐ Grilled chicken fillet☐ Toasted corn tortillas Fresh fruit Water	15 Mixed salad (lettuce, carrots, radishes)☐ Beef tenderloin with grilled vegetables Spaghetti with butter Fresh fruit Water	16 Mediterranean salad Tilapia with tomato and olives Fried cassava ☐ Fresh fruit Water	17 Marinated eggplant Chicken thighs in cream sauce Crispy potatoes Coconut flan Water
20 Mashed potatoes Grilled chicken Tricolor salad☐ Fresh fruit Water	21 Cucumber salad Baked pork ribs☐ Onion rings Yogurt Water	22 Teacher's Day	23 Thanksgiving Waldorf salad ☐ Baked turkey☐ Mashed sweet potatoes with marshmallows Fresh fruit Water	24 Creole Salad☐ Hot dogs French 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
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Vegetables	Rice/pasta or potatoes
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Main course

Meat (beef, pork, poultry)	Fish or eggs
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Fish	Lean meat or egg
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Egg	Fish or meat
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Dessert

Fruit	Dairy product or fruit
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Dairy product	Fruit
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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.



