



# What shall we eat today?



## September 2021 Dairy-Free Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SPAIN Potato salad Old-fashioned chicken stew Ratatouille Fresh fruit Bread and water	2 Squash and corn diced stew Sliced meat with creole sauce White rice Baked sweet plantains Water	3 Heart of palm and avocado salad Cream of squash soup with croutons Chicken pizza (gluten free) Fresh fruit Water
6 Mashed potatoes Chicken ragout Broccoli cooked in garlic Fresh fruit Bread and water	7 White beans veggies stove Beef stew Diced cassava in mojo sauce Yogurt (lactose free) Water	8 Pasta and tuna salad French omelet (lactose free) White rice or bread Fresh fruit Water	9 Tomato salad BBQ chicken wings Fries Fresh fruit Water	10 Cream of broccoli soup (lactose free) Trough grill filet Mixed salad Fresh fruit Water
13 HOLIDAY	14 CHINA Vegetable salad Seared tuna with soy sauce Steamed rice Fresh fruit Water	15 Coleslaw Rice with chicken Refried black beans Fresh fruit Bread and water	16 Chickpea salad Lean pork ragout Brown rice Fresh fruit Water	17 Grilled zucchini Breaded beef filete whit "chimi-churry" sauce Campesino potatoes Yogurt (lactose free) Water
20 Mixed salad Roast loin in gravy White rice Fresh fruit Water	21 Cream of vegetable soup (lactose free) Breaded chicken fillet Vegetables in olive oil Fresh fruit Water	22 Mixed salad Homemade meatballs Garden rice Fresh fruit Water	23 Tossed broccoli Tilapia Fish breaded sticks Sliced potatoes Yogurt (lactose free) Bread and water	24 LEBANON Rice salad Beef striploin in spices grill tomatato sauce Steamed greens veggies whit olive oil Fresh fruit Water
27 Spaghetti carbonara (lactose free) Diced roast chicken Garden salad Fresh fruit Water	28 White beans with chorizo French omelet (lactose free) White rice Fresh fruit Bread and water	29 Sautéed potatoes with olive oil Diced grill pork bites Mashed potato Vainilla or chocolatte pudin Water	30 Chickpea casserole Brown rice Grill squash 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...

##### Starters

Rice/pasta, potatoes or pulses

Vegetables

#### At dinner...

Cooked or raw vegetables

Rice/pasta o potatoes

##### Main course

Meat (beef, pork, poultry)

Fish

Egg

Fruit

Dairy product

Fish or eggs

Lean meat or egg

Fish or meat

Dairy product or fruit

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.

