



# What shall we eat today?



## June 2024 - EGG-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  |
|--|---|--|--|---|
| <p>3</p> <p>Mixed salad (lettuce, tomato, red onion)</p> <p>Fried plantain</p> <p>Battered mahi mahi</p> <p>Fresh fruit</p> <p>Water</p> | <p>4</p> <p>Snails pasta with pesto</p> <p>Sesame vegetables</p> <p>Steak with onions</p> <p>Fresh fruit</p> <p>Water</p>                 | <p>5</p> <p>Chicken soup with vegetables</p> <p>Flamenco style chicken</p> <p>White rice and black beans</p> <p>Fresh fruit</p> <p>Water</p>                         | <p>6</p> <p>Tomato, avocado and heart of palm salad</p> <p>Potato gnocchi</p> <p>Grilled bbq chicken breast</p> <p>Fresh Fruit</p> <p>Water</p>  | <p>7</p> <p>Cucumber salad</p> <p>Baked pork ribs</p> <p>Onion rings</p> <p>Yogurt</p> <p>Water</p> |
| <p>10</p> <p>Tacos ticos</p> <p>Creole Salad</p> <p>Birria Consomé</p> <p>Fresh Fruit</p> <p>Water</p>                                   | <p>11</p> <p>Pineapple and carrot salad</p> <p>Pork loin with chimichurri</p> <p>Roasted sweet potato</p> <p>Fresh fruit</p> <p>Water</p> | <p>12</p> <p>Mixed salad (lettuce, carrots, radishes)</p> <p>Diced beef tenderloin with grilled vegetables</p> <p>Pasta al burro</p> <p>Fresh fruit</p> <p>Water</p> | <p>13</p> <p>Mediterranean Salad</p> <p>Tilapia Galician style</p> <p>Fried cassava</p> <p>Fresh fruit</p> <p>Water</p>                          | <p>14</p> <p style="text-align: center;">NO SCHOOL</p>  |
| <p>17</p> <p>Green salad</p> <p>Mixed ravioli in béchamel sauce</p> <p>Mashed sweet potato</p> <p>Fresh fruit</p> <p>Water</p>           | <p>18</p> <p>Mixed lettuce salad</p> <p>Rice with chicken</p> <p>Country potatoes</p> <p>Fresh fruit</p> <p>Water</p>                     | <p>19</p> <p>Caesar salad</p> <p>Traditional stew</p> <p>White rice and ripe plantain</p> <p>Fresh fruit</p> <p>Water</p>  | <p>20</p> <p style="text-align: right;">Tokyo</p> <p>Marinated Mustard</p> <p>Pork Ramen</p> <p>Rice noodles</p> <p>Fresh fruit</p> <p>Water</p> | <p>21</p> <p>Creole salad</p> <p>Nuggets</p> <p>French fries</p> <p>Mini milk cake</p> <p>Water</p> |
| <p>24</p> <p style="text-align: center;">HOLIDAY</p>   | <p>25</p> <p style="text-align: center;">HOLIDAY</p>  | <p>26</p> <p style="text-align: center;">HOLIDAY</p>   | <p>27</p> <p style="text-align: center;">HOLIDAY</p>   | <p>28</p> <p style="text-align: center;">HOLIDAY</p>  |

**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...             |
|--------------------------------|--------------------------|
| <b>Starters</b>                |                          |
| Rice/pasta, potatoes or pulses | Cooked or raw vegetables |
| Vegetables                     | Rice/pasta or potatoes   |
| <b>Main course</b>             |                          |
| Meat (beef, pork, poultry)     | Fish or eggs             |
| Fish                           | Lean meat or egg         |
| Egg                            | Fish or meat             |
| <b>Dessert</b>                 |                          |
| 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.

