



What shall we eat today?



AUGUST 2026 - GLUTEN-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sirloin Steak with Onions Creole Beans / Steamed Rice Picogallo Fresh fruit Water	4 Rice with palm hearts Mashed potato Broccoli with garlic Fresh fruit Water	5 Sautéed vegetables Mixed fajitas Baked potatoes with bacon Fresh fruit Water	6 CUBA Caldosa Steamed vegetables White rice Fresh fruit Water	7 Potato and chorizo pie Vegetable salad Cream of squash and pejiabaye soup Tres leches cake Water
10 Green banana ceviche Breaded tilapia fillet White rice and beans Fresh fruit Water	11 MÉXICO Grilled nachos station Buttered sweetcorn Ranchero broth Fresh fruit Water	12 Washington salad Smoked pork chops with pineapple Mini potatoes with garlic and rosemary Fresh fruit Water	13 Chicken and rice Russian salad Crisps Fresh fruit Water	14 Holiday
17 Beef in mushroom sauce Rosemary potatoes Minced squash and chayote Fresh fruit Water	18 Salmon in Caribbean sauce White and brown rice Caesar salad Fresh fruit Water	19 France Salade niçoise Chicken Alfredo crepes Country-style potatoes Fresh Fruit Water	20 Sautéed broccoli Teriyaki pork loin Steamed rice Fresh fruit Water	21 Students choice doudecime Chicken wings Coleslaw Chips Jely Water
24 Palm heart and avocado salad Chicken in Creole sauce Rice and beans Fresh fruit Water	25 Creole salad Pork crackling Tortilla Fresh fruit Water	26 Mahi-mahi fillet in garlic sauce Steamed rice and beans Ripe plantain Fresh fruit Water	27 Argentina Artisan chorizo Sourdough bread Argentine criolla Alfajor Water	28 Chop suey Wok-fried fajitas Crab salad Fresh fruit Water
31 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...

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

Fish or eggs

Lean meat or egg

Fish or meat

Dessert

Fruit

Dairy product

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.



