



# What shall we eat today?



## JUNE 2025 - GENERAL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> "Pico de gallo" White rice and beans Mixed fajitas Fresh fruit Water	<b>3</b> Green salad Rice with chicken Chips Fresh fruit Water	<b>4</b> Coleslaw Country potatoes Chicken wings Fresh fruit Water	<b>5</b> Chayote hash White rice Garden salad Fresh fruit Water	<b>6</b> Cucumber salad BBQ Pork ribs Mashed potatoes Yogurt Water
<b>9</b> Mixed salad (Lettuce, tomatoes, red onion) Fried plantain Grilled goldfish Rice and beans Water	<b>10</b> Salad bar Mixed meats Mixed breads Blueberry cupcake Water	<b>11</b> China Mixed sushi/ Fried rice Miso soup Asian salad Mochis Water	<b>12</b> Potato hash Creole salad White rice Fresh fruit Water	<b>13</b> Tortilla soup Chicken fillet Tortilla Fresh fruit Water
<b>16</b> Tomatoes, avocado and palm heart salad Mashed potatoes Sautéed beef tenderloin Fresh fruit Water	<b>17</b> Pineapple and carrot salad Pork chop with chimichurri Roasted sweet potato Fresh fruit Water	<b>18</b> Mixed salad (lettuce, carrot, radish) Beef loin with stir fry vegetables Rice and beans Fresh fruit Water	<b>19</b> Mediterranean salad Galician-style tilapia Small potatoes with garlic Fresh fruit Water	<b>20</b> Hamburger Green salad Crunchy potatoes Jelly Water
<b>23</b> HOLIDAY	<b>24</b> HOLIDAY	<b>25</b> HOLIDAY	<b>26</b> HOLIDAY	<b>27</b> HOLIDAY
<b>30</b> 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...	At dinner...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
<b>Vegetables</b>	Rice/pasta o 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.

