



What shall we eat today?



August 2025 - GLUTEN-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Roast meat Tlalpeño broth Corn Tortillas Fresh fruit Water
4 Spaghetti alla burro Pomodoro pork loin Mixed salad Fresh fruit Water and bread	5 Rice and beans (caribbean) Caribbean chicken Coleslaw Fresh fruit Water	6 Mediterranean vegetable stir-fry Roasted pork loin with mushroom gravy Country-style Potatoes Fresh fruit Water	7 Coleslaw Fish fingers Rice and Beans Fresh fruit Water	8 Aztec soup Grilled chicken fillet Toasted tortilla Fresh fruit Water
11 Picadillo de turno Creole salad Steamed rice Fresh fruit Water	12 ITALY Caprese salad Beef tenderloin in apple sauce Arancini rice Fresh fruit Water	13 Mashed Potatoes Breaded tilapia fillet with tartar sauce Garden salad Fresh fruit Water	14 Lentils with chorizo Fried plantain Steamed rice Pineapple Atoll Water	15 HOLIDAY
18 Au gratin Potatoes Stroganoff chicken Caesar salad Fresh fruit Water	19 Baked corn Pork chops Grilled vegetables Fresh fruit Water	20 Rice and beans Beef stew Green salad Fresh fruit Water	21 Pomodoro meatballs Butter pasta Pico de gallo Fresh fruit Water	22 Rice with shrimp Porteño pickled Potato chips Fritter Water
25 Lebanon Musakhan Babaganoush Pitas Maamoul Water	26 Gallo pinto Grilled steak Pico de gallo with avocado Fresh fruit Water	27 Squash cream Baked chicken thigh Baquero caviar Fresh fruit Water	28 Potato salad Fish puttanesca Sautéed vegetables Fresh fruit Water	29 Pork loin stuffed with spinach and cheese Warm green bean salad Rice with vegetables 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

Vegetables

Rice/pasta or potatoes

Main course

Meat (beef, pork, poultry)

Fish or eggs

Fish

Lean meat or egg

Egg

Fish or meat

Dessert

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.

