

What shall we eat today?





April 2025 - LOW CHOLESTEROL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

	CHOLESTEROL MENU		GSD INTERNATIONAL S	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	"Pico de gallo"	Fish sticks	Chicken in pomodoro sauce	Shredded beef
	Tender beans with pork rinds	Rice and beans	Baked potato	Tortillas
	Steamed rice	Fried plantain	Caesar salad	Potato picadillo
	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
	Water	Water	Water	Water
7	8	9	10	11
Beef fajitas	Barbecued chicken	Poke	Rice with chicken	
Creole salad	Sautéed vegetables	Garden salad	Green salad with egg	HOLIDAY
Mashed potatoes	Rice with vegetables	Grilled chicken	Toasted potatoes	
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	
Water	Water	Water	Water	
14	15	16	17	18
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
21	22	23	24	25
•		Chicken stew		Brown and white rice
	Spaghetti Bolognese	Cnicken stew	Chop suey	Brown and white rice
HOLIDAY	Garden salad	Steamed vegetables	Coastal salad	Beef meatballs in pomodoro sauce
	Bread	White rice	Teriyaki beef tenderloin	Mixed salad
	Fresh fruit	Fresh fruit	Fresh fruit	Yogurt
	Water	Water	Water	Water
28	29	30		
Caribbean chicken	Hawaiian salad	Pulled pork quesadillas		
Fried plantain	Pork tenderloin with gravy and mushrooms	"Pico de gallo"		
Rice and beans (Caribbean food)	Mushrooms Achiote rice	Refried beans		
resh fruit	Fresh fruit	Fresh fruit		
Vater	Water	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	7	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables	
Vegetables	Rice/pasta o potatoes	
Main course		
Meat (beef, pork, poultry)	Fish or eggs	
Fish	Lean meat or egg	
Egg	Fish or meat	
Dessert	Tarent .	
Fruit	Dairy produt 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.

