What shall we eat today?

GSD International School Costa Rica

May 2025 - FISH-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HOLIDAY	2 Steamed rice Chickpea Chifrijo "Pico de gallo" Fresh fruit Water
5 Mango Ceviche Baked pork rinds Sweet potato and potato mash Fresh fruit Water	6 Squash cream Chicken fillet Cassava croquettes Fresh fruit Water	7 Mini potatoes with rosemary Mixed fajitas Sautéed vegetables Fresh fruit Water	8 Glazed carrots "Gallo pinto" Pork ribs in tamarind sauce Fresh fruit Water	9 Tortilla soup Chicken fillet Tortillas chips Fresh fruit Water
12 Chayote salad Pork chop Rice and red beans Fresh fruit Water	13 Elbow pasta with butter Grilled beef steak Steamed vegetables Fresh fruit Water	14 Cucumber salad Chicken stroganoff Breaded potatoes Fresh fruit Water	15 Lentils with turkey Curry rice Garden salad Fresh fruit Water	16 Italy Ham and cheese pizza Mediterranean salad Cream of vegetables Strawberry mousse Water
19 White bean stew Steamed rice Pickled vegetables Fresh fruit Water	20 Heart of palm and avocado salad Meat lasagna with pomodoro sauce Vegetable consommé Fresh fruit Water	21 Green plantain chips Chicken fillet Green salad Fresh fruit Water	22 Basil and strawberry salad Chicken saltado pasta Olive-roasted vegetables Fresh fruit Water	23 Brazil Picanha Arroz branco soltinho Feijão tropeiro Brigadeiro Water
26 Cold salad Sesame vegetables Steak with onions Fresh fruit Water	27 Garden salad Stuffed chicken Garden rice Fresh fruit Water	28 Mexico "Pico de gallo" Al pastor meat Corn tortillas Fresh fruit Water	29 Chicken stew Steamed vegetables White rice Fresh fruit Water	30 Salad bar Mixed meats Mixed breads Blueberry cupcake 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 o potatoes
Main course	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
Dessert	
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.