



# What shall we eat today?



## July 2025 - FISH-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HOLIDAY	2 HOLIDAY	3 HOLIDAY	4 HOLIDAY
7 HOLIDAY	8 HOLIDAY	9 HOLIDAY	10 HOLIDAY	11 HOLIDAY
14 HOLIDAY	15 Chayote hash Chicken fillet White rice and black beans Fresh fruit Water	16 Squash cream Chicken fillet Roasted potato wedges Fresh fruit Water	17 Teriyaki pork loin Mashed potatoes Steamed vegetables Fresh fruit Water	18 Argentine Argentinian-style choripán Garden salad Chips "Alfajores" Water
21 "Gallo pinto" Grilled steak "Pico de gallo" Yogurt Water	22 Heart of palm, avocado, and tomato salad Chicken lasagna in white sauce Cream of corn Fresh fruit Water	23 Steamed rice Chicken fillet Sautéed vegetables Fresh fruit Water	24 Oriental Cantonese fried rice Spring Tacos Sautéed vegetables with ginger and sesame seeds Fresh fruit Water	25 HOLIDAY
28 Baked potatoes Grilled chicken fillet Steamed vegetables Fresh fruit Water	29 Roasted potatoes with chimichurri sauce Picaña Garden salad Fresh fruit Water	30 Coleslaw Steamed rice Pork chop Fresh fruit Water	31 Pasta with butter Mixed fajitas Garden salad 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...

##### Starters

Rice/pasta, potatoes or pulses

Vegetables

##### Main course

Meat (beef, pork, poultry)

Fish

Egg

##### Dessert

Fruit

#### At dinner...

Cooked or raw vegetables

Rice/pasta or potatoes

Fish or eggs

Lean meat or egg

Fish or meat

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.

