



What shall we eat today?



September 2026 - PRESCHOOL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Monday	Tuesday	Wednesday	Thursday	Friday
Parrillada de calabacín Albóndigas Pasta al olivo Yogurt Agua	1 Loaded fries Bolognese Picogallo Fresh fruit Oatmeal cookies	2 Criollo salad Pork chop Rice and beans Fresh fruit Yogurt with chia seeds	3 Shrimp and rice Toasted potatoes Picogallo Fresh fruit Crepe with peanut butter	4 Clalupa Tuna Vegetable salad Fresh fruit Water
7 Chicken pot White rice Steamed vegetables Fresh fruit Small corn arepa with cheese	8 Aztec Soup Chicken Fillet Toasted Tortilla Fresh Fruit Chia pudding with banana	9 Hot dog French fries Cabbage salad Fresh fruit Oat pancakes with applesauce	10 Salmon burger Vegetable salad Country potatoes Fresh fruit Homemade rice pudding with no added	11 Lomo saltado Potato salad Steamed vegetables Yogurt Water
14 Pico de gallo Steamed rice / beans Grilled chicken fillet Fresh fruit Boiled cassava with fresh cheese	15 Holiday	16 Rice with peas Meatball stew Salad Fresh fruit Baked ripe plantain with cheese	17 Penne al burro Pork loin in tomato sauce Caesar salad Fresh fruit Mini corn tortilla quesadilla with cheese	18 Breaded fish Basil and strawberry salad Mashed potatoes Fresh fruit Water
21 Pork stew Coleslaw Rice with corn Fresh fruit Apple and pear purée	22 Arepas Pollo pepiado Picogallo colombiano Fruta fresca Homemade oat and banana bites	23 Ensalada criolla Bistec de lomo de res Arroz blanco Fruta fresca Whole grain toast with ricotta and fruit	24 Chicken and rice Green fruit salad Roasted potatoes Fresh fruit Oat porridge with mango	25 Mexican Suadero meat Corn tortilla Mixed vegetables Mexican flan Water
28 Chickpeas with chicken Boiled rice	29 students choice Sushi rice Mixed vegetables	30 White rice Steamed vegetables		

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.



Cucumber salad
Fresh fruit
Whole grain cereal with milk and banana

Mixed meats
Fresh fruit
Baked potato and cheese croquettes

Beef stew
Fresh fruit
Mini cheese and tomato sandwich

