



# What shall we eat today?



## NOVEMBER 2025 - VEGETARIAN MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|--|--|--|---|
| <b>3</b><br>Pico de gallo<br>White rice and beans<br>Vegetable protein<br>Fresh fruit<br>Water                               | <b>4</b><br>Green salad<br>Vegetable protein<br>Crispy rustic mashed potatoes<br>Fresh fruit<br>Water      | <b>5</b><br>Arugula salad with cherry tomatoes and raisins<br>Vegetable protein<br>Cous cous<br>Fresh fruit<br>Water   | <b>6</b><br>Chayote hash<br>White rice<br>Vegetable protein<br>Fresh fruit<br>Water            | <b>7</b> India<br>Green salad<br>Arabic bread<br>Shawarma<br>Gulab jamun<br>Water   |
| <b>10</b><br>White rice and beans<br>Fried ripe plantain<br>Vegetable protein<br>Guava borrachos<br>Water                    | <b>11</b><br>Vegetable protein<br>Cassava with Garlic Sauce<br>Caesar salad<br>Fresh fruit<br>Water        | <b>12</b> China<br>Vegetable chop suey<br>Vegetable protein<br>Asian salad<br>Fresh fruit<br>Water   | <b>13</b><br>Vegetable protein<br>Gratin potatoes<br>Coleslaw<br>Fresh fruit<br>Water          | <b>14</b><br>Cucumber salad<br>Vegetable protein<br>French fries<br>Yogurt<br>Water |
| <b>17</b><br>Tomato, avocado, and heart of palm salad<br>Peruvian potato wedges<br>Vegetable protein<br>Fresh fruit<br>Water | <b>18</b><br>Pineapple and carrot salad<br>Vegetable protein<br>Fried sweet potato<br>Fresh fruit<br>Water | <b>19</b><br>Pumpkin cream with parmesan foam and serrano ham<br>Vegetable protein<br>Potato pie with caramelized onion<br>Chocolate mousse with aquafaba and orange zest<br>Water | <b>20</b> Japan<br>Gyosas<br>Mixed sushi<br>Gomaae salad<br>Mini tres leches cake<br>Black tea | <b>21</b><br>HOLIDAY  |
| <b>24</b><br>Mediterranean salad<br>Vegetable protein<br>Garlic baby potatoes<br>Fresh fruit<br>Water                        | <b>25</b><br>Vegetarian burger<br>Green salad<br>Potato chips<br>Jelly<br>Water                            | <b>26</b><br>HOLIDAY   | <b>27</b><br>HOLIDAY   | <b>28</b><br>HOLIDAY  |

### 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

#### At dinner...

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.

