What shall we eat today?

GSD International School Costa Rica

October 2026 – GLUTEN-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked potato and sweetcorn purée Grilled mahi-mahi fillet Vegetable salad Fresh fruit Water	2 Pico de gallo Pork chop with onions Rice and beans Fresh fruit Water
5 HOLIDAY	6 HOLIDAY	7 HOLIDAY	8 HOLIDAY	9 HOLIDAY
12 White rice Cubaces Pork cracklings Picogallo Water	13 Ziti with butter Bolognese sauce Steamed vegetables Fresh fruit Bread	14 Cucumber salad Chicken curry Steamed brown rice Fresh fruit Water	15 Baked ribs French fries Organic Salad Fresh fruit Water	16 Striploin Mediterranean salad Rosemary potato Strawberry mousse Water
19 Picadillo de turno Rice with peas Pacific style escabeche Fresh fruit Water	20 Vegetable bar Ravioli Squash soup Fresh fruit Water	21 Rice and beans Breaded tilapia Fried plantain Garden salad Water	22 Basil and strawberry salad Baked chicken fillet Vegetables with olives Fresh fruit Water	23 Brazil Picanha Arroz a vapor con farofa Feijoada Brigadeiro Water
26 Arugula, kale, and grape salad Country-style potatoes	27 Garden salad Stuffed chicken roll	28 French fries Mixed meats	29 Tomato soup Steamed chicken	30 Swiss-style steak in Creole sauce Steamed rice

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.

Beef tenderloin in portobello sauce	Rice with almonds	Vegetable bar	Tortilla chips	Sautéed vegetables
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Brownie
Water	Water	Water	Water	Water