



What shall we eat today?



October 2026 – VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked potato and sweetcorn purée Plant-based protein Vegetable salad Fresh fruit Water	2 Pico de gallo Plant-based protein Rice and beans Fresh fruit Water
5 HOLIDAY	6 HOLIDAY	7 HOLIDAY	8 HOLIDAY	9 HOLIDAY
12 White rice Cubaces Plant-based protein 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 Plant-based protein French fries Organic Salad Fresh fruit Water	16 Plant-based protein 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 Plant-based protein Fried plantain Garden salad Water	22 Basil and strawberry salad Plant-based protein Vegetables with olives Fresh fruit Water	23 Brazil Plant-based protein Arroz a vapor con farofa Feijoada Brigadeiro Water
26 Arugula, kale, and grape salad Country-style potatoes	27 Garden salad Plant-based protein	28 French fries Plant-based protein	29 Tomato soup Plant-based protein	30 Plant-based protein 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...

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 o 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.



Plant-based protein
Fresh fruit
Water

Rice with almonds
Fresh fruit
Water

Vegetable bar
Fresh fruit
Water

Tortilla chips
Fresh fruit
Water

Sautéed vegetables
Brownie
Water

