



# What shall we eat today?



## April 2025 - GLUTEN-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 "Pico de gallo" Tender beans with pork rinds Steamed rice Fresh fruit Water	2 Fish sticks Rice and beans Fried plantain Fresh fruit Water	3 Chicken in pomodoro sauce Baked potato Caesar salad Fresh fruit Water	4 Shredded beef Tortillas Potato picadillo Fresh fruit Water
7 Beef fajitas Creole salad Mashed potatoes Fresh fruit Water	8 Barbecued rib Sautéed vegetables Rice with vegetables Fresh fruit Water	9 Poke Garden salad Grilled chicken Fresh fruit Water	10 Rice with chicken Green salad with egg Toasted potatoes Fresh fruit Water	11 HOLIDAY
14 HOLIDAY	15 HOLIDAY	16 HOLIDAY	17 HOLIDAY	18 HOLIDAY
21 HOLIDAY	22 Spaghetti Bolognese Garden salad Bread Fresh fruit Water	23 Chicken stew Steamed vegetables White rice Fresh fruit Water	24 Chop suey Coastal salad Teriyaki beef tenderloin Fresh fruit Water	25 Brown and white rice Beef meatballs in pomodoro sauce Mixed salad Yogurt Water
28 Caribbean chicken Fried plantain Rice and beans (Caribbean food) Fresh fruit Water	29 Hawaiian salad Pork tenderloin with gravy and mushrooms Achiote rice Fresh fruit Water	30 Pulled pork quesadillas "Pico de gallo" Refried beans 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...	At dinner...
<b>Starters</b>	
Rice/pasta, potatoes or pulses	Cooked or raw vegetables
Vegetables	Rice/pasta or potatoes
<b>Main course</b>	
Meat (beef, pork, poultry)	Fish or eggs
Fish	Lean meat or egg
Egg	Fish or meat
<b>Dessert</b>	
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.**

