



What shall we eat today?



May 2025 - VEGETARIAN MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 HOLIDAY	2
5 Mango Ceviche Vegetable protein Sweet potato and potato mash Fresh fruit Water	6 Squash cream Vegetable protein Cassava croquettes Fresh fruit Water	7 Mini potatoes with rosemary Vegetable protein Sautéed vegetables Fresh fruit Water	8 Glazed carrots "Gallo pinto" Vegetable protein Fresh fruit Water	9 Tortilla soup Vegetable protein Tortillas chips Fresh fruit Water
12 Chayote salad Vegetable protein Rice and red beans Fresh fruit Water	13 Elbow pasta with butter Vegetable protein Steamed vegetables Fresh fruit Water	14 Cucumber salad Vegetable protein Breaded potatoes Fresh fruit Water	15 Lentils Curry rice Garden salad Fresh fruit Water	16 Italy Cheese pizza Mediterranean salad Cream of vegetables Strawberry mousse Water
19 White bean stew Steamed rice Pickled vegetables Fresh fruit Water	20 Heart of palm and avocado salad Vegetable protein Vegetable consommé Fresh fruit Water	21 Green plantain chips Vegetable protein Green salad Fresh fruit Water	22 Basil and strawberry salad Pasta Olive-roasted vegetables Fresh fruit Water	23 Brazil Vegetable protein Arroz branco soltinho Feijão tropeiro Brigadeiro Water
26 Cold salad Sesame vegetables Vegetable protein Fresh fruit Water	27 Garden salad Vegetable protein Garden rice Fresh fruit Water	28 Mexico "Pico de gallo" Vegetable protein Corn tortillas Fresh fruit Water	29 Vegetable protein Steamed vegetables White rice Fresh fruit Water	30 Salad bar Vegetable protein Mixed breads Blueberry cupcake 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...

Starters

Rice/pasta, potatoes or pulses

Vegetables

Main course

Meat (beef, pork, poultry)

Fish

Egg

Dessert

Fruit

Dairy product

At dinner...

Cooked or raw vegetables

Rice/pasta or 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.

