

# What shall we eat today?



GSD International School Costa Rica

## NOVEMBER 2026 - EGG-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 2<br>Pico de gallo<br>White rice and black beans<br>Beef tenderloin fajitas<br>Fresh fruit<br>Water | 3<br>Creole salad<br>Oven-baked BBQ chicken wings<br>Rosemary potatoes<br>Fresh fruit<br>Water | 4<br>Steamed vegetables<br>Pasta with butter<br>Meatballs in tomato sauce<br>Fresh fruit<br>Bread | 5<br>Grilled salmon<br>White rice and red beans<br>Fried ripe plantain<br>Fresh fruit<br>Water | 6 Türkiye<br>Green salad<br>Pita bread<br>Shawarma<br>Gulab jamun<br>Water |
| 9<br>Flour tortilla<br>Sautéed chicken<br>Green salad<br>Fresh fruit<br>Water | 10<br>Pork steak with onions<br>Fried cassava<br>Caesar salad<br>Fresh fruit<br>Water | 11 China<br>Vegetable chop suey<br>Orange-flavored tuna tempura<br>Asian salad<br>Fresh fruit<br>Water | 12<br>Cucumber salad<br>BBQ pork ribs<br>mashed potatoes<br>Yogurt<br>Water | 13 Germany<br>Chicken schnitzel<br>Potatoes au gratin<br>German potato salad<br>Fresh fruit<br>Water |
| 16 Colombia<br>Chicken and rice<br>Beans<br>Russian salad<br>Fresh fruit<br>Water | 17<br>Rice and beans<br>Fried plantain<br>Beef in Creole sauce<br>Fresh fruit<br>Water | 18 Japan<br>Gyoza dumplings<br>Mixed sushi<br>Goma-ae sesame salad<br>Mini tres leches cake<br>Black tea | 19<br>Mediterranean salad<br>Rice flour-battered tilapia<br>Garlic baby potatoes<br>Fresh fruit<br>Water | 20<br>HOLIDAY |
| 23<br>Burgers<br>Vegetable salad<br>Waffle fries<br>Fresh fruit<br>Water | 24 Italy<br>Ham and pepperoni pizza<br>Caprese salad<br>Cream of squash soup<br>Panna cotta<br>Water | 25<br>Chicken and vegetable soup<br>Steamed vegetables<br>Steamed rice<br>Fresh fruit<br>Water | 26 | 27 |

**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.

