What shall we eat today?

GSD International School Costa Rica

NOVEMBER 2026 - VEGETARIAN MENU — GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pico de gallo White rice and black beans Tofu and vegetable fajitas Fresh fruit Water	3 Creole salad Baked chickpeas in BBQ sauce Rosemary potatoes Fresh fruit Water	4 Steamed vegetables Pasta with butter Lentil balls in tomato sauce Fresh fruit Bread	5 Grilled tofu White rice and red beans Fried ripe plantain Fresh fruit Water	6 Türkiye Green salad Pita bread Chickpea shawarma Gulab jamun Water
9 Flour tortilla Sautéed tofu with vegetables Green salad Fresh fruit Water	10 Lentil patties with onions Fried cassava Vegetarian Caesar salad Fresh fruit Water	11 China Vegetable chop suey Tofu tempura with orange sauce Asian salad Fresh fruit Water	12 Cucumber salad White beans in BBQ sauce mashed potatoes Yogurt Water	13 Germany Chickpea schnitzel Potatoes au gratin German potato salad Fresh fruit Water
16 Colombia Chicken and rice Beans Russian salad Fresh fruit Water	17 Rice and beans Fried plantain Lentils in Creole sauce Fresh fruit Water	18 Japan Tofu and vegetable gyoza Tofu and vegetable sushi Goma-ae sesame salad Mini tres leches cake Black tea	19 Mediterranean salad Rice flour-battered tofu Garlic baby potatoes Fresh fruit Water	20 HOLIDAY
23 Black bean burgers Vegetable salad Waffle fries Fresh fruit Water	24 Italy Vegetable and cheese pizza Caprese salad Cream of squash soup Panna cotta Water	25 Chickpea and vegetable soup Steamed vegetables Steamed rice Fresh fruit 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.

