

What shall we eat today?





September 2025 - FISH-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

Ocptember 2020 -	1 1311-1 IXEL IVILINO		D INTERNATIONAL SC	TIOOL GOOTA MOA
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Mixed salad	Creole salad	Rice with chicken	Breaded chicken	Mixed fajitas
Pasta with bechamel sauce and chicken	Pork cracklings	Toasted potatoes	Toasted plantain	Rice and beans
Garlic bread	Cassava croquettes	Russian salad	Green salad	Ripe plantains in syrup
Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Water
8	9	10	11 Argentine	12
White rice	Mixed hamburgers	Meat in sauce	Choripan with chimichurri	Beef stew
Potato/papaya hash	Green salad	Rice and beans	Argentine Creole	White rice
Caesar salad	French fries	Creole salad	Provençal potatoes	Steamed vegetables
Fresh fruit	Fruit popsicle	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Water
15	16	17	18	19 Mexican
	Rice with peas	Pork ribs barbecue	Chicken stew	Suadero beef
HOLIDAY	Annatto chicken	Coleslaw	White rice	Corn tortilla
	Creole vegetable hash	Rustic mashed potatoes	Steamed vegetables	Mixed vegetables
	Corn tamale	Fresh fruit	Fresh fruit	Fruit salad
	Water	Water	Water	Water
22	23	24	25	26
Beetroot salad	Spaghetti bolognese	Creole salad	Arepas	White rice
Grilled chicken	Garden salad	Smoked pork chop	Shredded chicken with avocado	Beef meatballs with pomodoro sauce
Mashed potatoes	Fresh fruit	White rice	Colombian pico de gallo	Mixed salad
Fresh fruit	Bread	Fresh fruit	Fresh fruit	Fresh fruit
Water	Water	Water	Water	Water
29	30			
Chicken fajitas	White rice			
Handmade tortillas	Steamed vegetables			
Cucumber salad	Beef stew			
Corn tamale	Fresh fruit			
Water	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		
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	Tames		
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.

