



What shall we eat today?



September 2025 - LOW CHOLESTEROL MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

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

Starters

Rice/pasta, potatoes or pulses

Cooked or raw vegetables

Vegetables

Rice/pasta or potatoes

Main course

Meat (beef, pork, poultry)

Fish or eggs

Fish

Lean meat or egg

Egg

Fish or meat

Dessert

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.

