



What shall we eat today?



NOVEMBER 2025 - EGG-FREE MENU

GSD INTERNATIONAL SCHOOL COSTA RICA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pico de gallo White rice and beans Achiote chicken with potatoes Fresh fruit Water	4 Green salad Pork loin in blackberry sauce Crispy rustic mashed potatoes Fresh fruit Water	5 Arugula salad with cherry tomatoes and raisins Garlic-roasted dorado fillet Cous cous Fresh fruit Water	6 Chayote hash White rice Italian-style beef steak Fresh fruit Water	7 India Green salad Arabic bread Shawarma Gulab jamun Water
10 White rice and beans Fried ripe plantain Beef in creole sauce Guava borrachos Water	11 Pork steak sautéed with onions Cassava with Garlic Sauce Caesar salad Fresh fruit Water	12 China Vegetable chop suey Orange- Glazed Tuna Asian salad Fresh fruit Water	13 German-style roasted chicken Gratin potatoes Coleslaw Fresh fruit Water	14 Cucumber salad BBQ pork ribs French fries Yogurt Water
17 Tomato, avocado, and heart of palm salad Peruvian potato wedges Beef stir-fry Fresh fruit Water	18 Pineapple and carrot salad Pork chop with chimichurri Fried sweet potato Fresh fruit Water	19 Pumpkin cream with parmesan foam and serrano ham Sous-vide turkey stuffed with olives, raisins, and spinach, glazed with cane Potato pie with caramelized onion Chocolate mousse with aquafaba and orange zest Water	20 Japan Gyosas Mixed sushi Gomaae salad Mini tres leches cake Black tea	21 HOLIDAY
24 Mediterranean salad Galician-style tilapia Garlic baby potatoes Fresh fruit Water	25 Hamburger Green salad Potato chips Jelly Water	26 HOLIDAY	27 HOLIDAY	28 HOLIDAY

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

At dinner...

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 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.

