



## What shall we eat today?





## NOVEMBER 2025 - GLUTEN-FREE MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

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

ir ar iunch	Ar 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	leaner .	
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

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.

n every menu, the kcal of an approximate average erving is indicated.

