



# What shall we eat today?



## NOVEMBER 2025 - LOW CHOLESTEROL MENU

## GSD INTERNATIONAL SCHOOL COSTA RICA

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

Rice/pasta, potatoes or pulses

Vegetables

Main course

Meat (beef, pork, poultry)

Fruit

Dessert

Fruit

Dairy product or fruit

Fruit

Dairy product

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