

Water



Water

What shall we eat today?





NOVEMBER 2025 - LOW CHOLESTEROL 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 Fresh fruit Water	Crispy rustic mashed potatoes Fresh fruit Water	Cous cous Fresh fruit Water	Italian-style beef steak Fresh fruit Water	Shawarma Gulab jamun Water	
10 White rice and beans	11 Pork steak sautéed with onions	12 China Vegetable chop suey	13 German-style roasted chicken	14 Cucumber salad	
Fried ripe plantain Beef in creole sauce Guava borrachos	Cassava with Garlic Sauce Caesar salad Fresh fruit	Orange- Glazed Tuna Asian salad Fresh fruit	Gratin potatoes Coleslaw Fresh fruit	BBQ pork ribs French fries	
Water	Water	Water	Water	Yogurt Water	
17 Tomato, avocado, and heart of palm salad Peruvian potato wedges Beef stir-fry Fresh fruit	18 Pineapple and carrot salad Pork chop with chimichurri Fried sweet potato Fresh fruit	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	20 Japan Gyosas Mixed sushi Gomaae salad Mini tres leches cake	21 HOUDAY	
Water	Water	Water	Black tea		
24 Mediterranean salad Galician-style tilapia	25 Hamburger Green salad	26 HOUDAY	27 HOLIDAY	28 HOLIDAY	
Garlic baby potatoes Fresh fruit	Potato chips Jelly				

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:

It at lunch	Af 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	A-man-	
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.

