

D. Dinis Canteen Menu

R26

Week - 11th to 15th March 2024

Monday (11-03-2024)

Soup: Diced courgette and pumpkin

Dish: *Spaghetti bolognese, lettuce, beetroot and cucumber salad.*

Veg Dish: *Soya spaghetti bolognese and salad*

Dessert: Seasonal fruit.



Tuesday (12-03-2024)

Soup: Vegetable macedonia

Dish: Boiled red fish with sweet potato, broccoli, cauliflower, lettuce, carrot and watercress salad

Veg Dish: *Sweet potatoes salad with broccoli, cauliflower, macedonia and salad.*

Dessert: Seasonal fruit.



Wednesday (13-03-2024)

Soup: Arugula

Dish: *Turkey breast (sliced) with lentil rice, lettuce, red cabbage and cucumber salad.*

Veg Dish: *Lentil Rice with vegetables and Salad.*

Dessert: Seasonal fruit.



Thursday (14-03-2024)

Soup: Beans with savoy cabbage

Dish: Cod pasta with tomatoes, peppers, lettuce, arugula and beetroot salad.

Veg Dish: *Stewed beans with tomatoes, peppers, cabbage, pasta and salad.*

Dessert: Seasonal fruit.



Friday (15-03-2024)

Soup: Greens

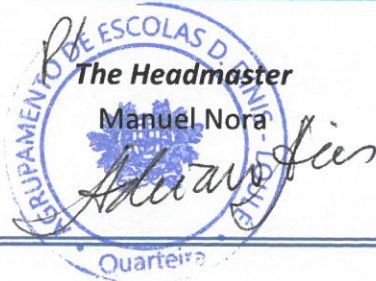
Dish: Braised spare ribs with vegetables, green bean rice, lettuce, white cabbage and carrot salad

Veg Dish: *Stewed peas with vegetables, green bean rice and salad.*

Dessert: Seasonal fruit.



*The menu is subject to change


The Headmaster
Manuel Nora
Quarteiro

Date
04th March 2024