

D. Dinis Canteen Menu

R35

Week – 13th to 17th May 2024

Monday (13-05-2024)

Soup: Courgette and turnip.

Dish: Spaghetti Bolognese, corn, beetroot and carrot salad.

Veg Dish: Soya bolognese spaghetti, vegetables and salad.

Dessert: Seasonal fruit.



Tuesday 14-05-2024)

Soup: White bean cream with spinach.

Dish: Fish pie with leek, lettuce, tomato and watercress salad.

Veg Dish: Mushroom pie with leek, carrot, broccoli and salad.

Dessert: Seasonal fruit.



Wednesday (15-05-2024)

Soup: Beetroot with chopped coriander.

Dish: Braised short ribs with lentils, white rice, red cabbage salad, arugula and cucumber.

Veg Dish: Stewed lentils with ratatouille, white rice and salad.

Dessert: Seasonal fruit.



Thursday (16-05-2024)

Soup: Cauliflower with vegetables

Dish: Baked perch with vegetables, boiled potatoes, Algarve salad (tomato, cucumber, pepper).

Veg Dish: Stewed chickpeas with sweet potato, pumpkin, courgette and salad.

Dessert: Seasonal fruit.



Friday (17-05-2024)

Soup: Savoy cabbage

Dish: Turkey steak with carrot rice, lettuce, tomato and watercress salad.

Veg Dish: Vegetables risotto with peas and salad.

Dessert: Seasonal fruit.



* The menu is subject to change

The Headmaster
Manuel Nora

Date

29th April 2024