

# D. Dinis Canteen Menu

R25

Week - 04<sup>th</sup> to 08<sup>th</sup> March 2024

Monday (04-03-2024)

**Soup:** Spinach.

**Dish:** Hake Medallions with Mashed Carrots, Lettuce, Watercress and Red Cabbage Salad.

**Veg Dish:** Macedonian Vegetable Stew and Salad.

**Dessert:** Seasonal Fruit.



Tuesday (05-03-2024)

**Soup:** Turnip with Coriander.

**Dish:** Pork Leg Stew (Sliced) with Spiral Pasta, Algarve Salad (Tomato, Cucumber and Peppers)

**Veg Dish:** Stewed broad beans with leek, spinach, carrots, spiral pasta and salad.

**Dessert:** Seasonal Fruit / Pudding.



Wednesday (06-03-2024)

**Soup:** Chayote Cream.

**Dish:** Cuttlefish Feijoada, White Cabbage, Carrot and Arugula Salad.

**Veg Dish:** Vegetable Feijoada and Salad.

**Dessert:** Seasonal Fruit.



Thursday (07-03-2024)

**Soup:** Green Beans with Carrots.

**Dish:** Poultry Rice with Chorizo, Lettuce, Tomato and Cucumber Salad.

**Veg Dish:** Oven baked mushrooms with courgette, broccoli, pumpkin, rice and salad.

**Dessert:** Seasonal Fruit.



Friday (08-03-2024)

**Soup:** Chickpeas with Cabbage.

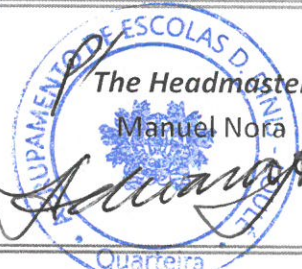
**Dish:** Forkbeard and Smashed Vegetables, Lettuce, Tomato and Beetroot Salad.

**Veg Dish:** Smashed Vegetables with Chickpeas and Salad.

**Dessert:** Seasonal Fruit.



\*The menu is subject to change

  
The Headmaster  
Manuel Nora  
  
Quarteira

Date  
19<sup>th</sup> February 2024