

D. Dinis Canteen Menu

R31

Week – 15th to 19th April 2024

Monday (15-04-2024)

Soup: Carrot with courgette strips.

Dish: Hake fillets with 3-bean rice, lettuce, beetroot and arugula salad.

Veg Dish: Bean stew with cabbage, spinach, pumpkin, rice and salad.

Dessert: Seasonal Fruit.



Tuesday (16-04-2024)

Soup: Leek

Dish: Stewed veal (sliced) with spiral pasta, white cabbage, carrot and watercress salad

Veg Dish: Stewed lentils with broccoli, aubergine, green beans, spiral pasta and salad.

Dessert: Seasonal Fruit.



Wednesday (17-04-2024)

Soup: Chickpeas with spinach

Dish: Baked perch with vegetables, mashed potato, tomato, peppers and cucumber salad

Veg Dish: Baked mushrooms with vegetables, mashed potato and salad.

Dessert: Seasonal Fruit.



Thursday (18-04-2024)

Soup: Cauliflower cream with coriander.

Dish: Valencian rice (chicken and pork), lettuce, tomato and arugula salad.

Veg Dish: Saffron rice with peas, carrots, courgettes, cauliflower and salad

Dessert: Seasonal Fruit.



Friday (19-04-2024)

Soup: Green beans

Dish: Elbow pasta with prawns, sea delicacies, carrots, corn and lettuce, beetroot and cucumber salad

Veg Dish: Elbow pasta with sautéed Chinese vegetables and salad

Dessert: Seasonal Fruit.



* The menu is subject to change

The Headmaster
Manuel Nora

Adriano

Date

08th April 2024