



SASE
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR
UNIVERSIDADE DOS AÇORES

Ticket system: 09:00 - 11:00 / 15:00 - 17:30

Tuesday/Wednesday/Thursday

(of the previous week)

MENU

PT

EN

SEG
MONDAY

02

Sopa: Salsa com ovo

Prato: Feijoada à transmontana | Pota
a lagareiro, batata e arroz com açafrão
legumes e castanha
Arroz | Saladas

TER
TUESDAY

03

Sopa: Couve-flor com batata-doce

Prato: Bacalhau de natas | Carne de
vaca assada | Mouqueca de grão com
manga e farofa
Saladas | Arroz

QUA
WEDNESDAY

04

Sopa: Cenoura com laranja

Prato: Bifinhos com molho de mostarda
| Atum com citrinos e ervas frescas |
Tomate recheado com chilly de soja e
quinoa
Arroz | Batata aos gomos | Saladas

QUI
THURSDAY

05

Sopa: Abóbora com castanha

Prato: Almondegas | Pastéis de bacalhau
com maionese de alho assado | Bulgur
com legumes assados e molho de pepino
com hortelã
Esparguete | Arroz | Saladas

SEX
FRIDAY

06

Sopa: Primavera

Prato: Espetada de carnes | Lulas
grelhadas com molho de manteiga e
alinho | Lasanha de espinafres

Soup: Parsley with egg

Plate: Trás-os-Montes-style feijoada
| Roasted squid “à lagareiro” with
potatoes, saffron rice, vegetables, and
chestnuts
Rice | Salads

Soup: Cauliflower with sweet potato

Plate: Creamy codfish (Bacalhau
com natas) | Roasted beef | Chickpea
moqueca with mango and toasted
cassava flour (farofa)
Salads | Rice

Soup: Carrot with orange

Plate: Beef strips with mustard sauce
| Tuna with citrus and fresh herbs |
Stuffed tomato with soy chili and
quinoa
Rice | Wedge potatoes | Salads

Soup: Pumpkin with chestnut

Plate: Meatballs | Codfish fritters
with roasted garlic mayonnaise |
Bulgur with roasted vegetables and
cucumber-mint sauce
Spaghetti | Rice | Salads

Soup: Spring vegetable soup

Plate: Mixed meat skewers | Grilled
squid with garlic butter sauce |
Spinach lasagna

JUNHO |
JUNE

Dispomos de serviço take-away 292 200 411

We offer take-away service 292 200 411