

# CANTINA – ALMOCO | CANTEEN - LUNCH

22 – 26 DE JULHO | 22<sup>nd</sup> – 26<sup>th</sup> OF JULY / 2024



SASE  
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR  
UNIVERSIDADE DOS AÇORES

	<b>Segunda – feira</b> <i>Monday</i> <b>22</b>	<b>Terça – feira</b> <i>Tuesday</i> <b>23</b>	<b>Quarta – feira</b> <i>Wednesday</i> <b>24</b>	<b>Quinta – feira</b> <i>Thursday</i> <b>25</b>	<b>Sexta – feira</b> <i>Friday</i> <b>26</b>
<b>Sopa</b> <i>Soup</i>	Creme de abóbora e cenoura <i>Pumpkin and carrot cream</i>	Sopa de feijão-branco com repolho <i>White bean soup with cabbage</i>	Caldo Verde <i>Green Soup</i>	Sopa de grão com espinafres <i>Bean soup with spinach</i>	Sopa de feijão-verde <i>Green bean soup</i>
<b>Peixe/Carne</b> <i>Fish/ Meat</i>	Feijoada de carnes com arroz branco e cenoura raspada <i>Meat stew with beans, white rice and grated carrot</i>	Pudim de atum com jardineira salteada com alho <i>Tuna pudding with sautéed vegetables and garlic</i>	Frango assado com arroz de cenoura, repolho e cenoura raspada <i>Roast chicken with carrot rice, cabbage and grated carrot</i>	Bacalhau com broa e salada de alface, tomate e cebola <i>Codfish with cornbread and lettuce, tomato and onion salad</i>	Lasanha de carne (de vaca) com cogumelos, salada de alface, cenoura e milho <i>Meat lasagna with mushrooms, lettuce, carrot and corn salad</i>
<b>Vegetariano</b> <i>Vegetarian</i>	Empadão de cogumelos e soja com cenoura raspada <i>Mushroom and soy pie with grated carrots</i>	Almôndegas vegetarianas com massa espiral salteada com ervas aromáticas e jardineira salteada com alho <i>Vegetarian meatballs with spiral pasta sautéed with aromatic herbs and sautéed vegetables with garlic</i>	Legumes à gomes de Sá com azeitonas, salsa, repolho e cenoura raspada <i>Gomes de Sá style vegetables with olives, parsley, cabbage and grated carrot</i>	Massada de legumes com salada de alface, cenoura e milho <i>Vegetable pasta with lettuce, carrot and corn salad</i>	Strogonoff vegetariano (cogumelos, cenoura, pimentão vermelho e ervilhas com natas de soja) com arroz branco e salada de alface, cenoura e milho <i>Vegetarian stroganoff (mushrooms, carrots, red pepper and peas with soy cream) with white rice and lettuce, carrot and corn salad</i>
<b>Jantar</b> <i>Dinner</i> <u>(take-away)</u>	Caril de pescada com batata e cenoura raspada <i>Hake curry with potatoes and grated carrots</i>	Omelete de salsa com arroz branco e jardineira salteada com alho <i>Parsley omelet with white rice and sautéed garden with garlic</i>	Red-fish assado no forno com batata assada, repolho e cenoura raspada <i>Oven-roasted red fish with roast potatoes, cabbage and grated carrot</i>	Perna de porco estufada com esparguete e salada de alface, tomate e cebola <i>Braised pork leg with spaghetti and lettuce, tomato and onion salad</i>	Douradinhos no forno com salada de batata e legumes <i>Fish fingers in the oven with potato and vegetable salad and lettuce</i>
<b>Sobremesa</b> <i>Desert</i>	Fruta da época <i>Fruit</i>	Bolo de laranja / Fruta <i>Orange cake / Fruit</i>	Fruta da época <i>Fruit</i>	Salada de fruta <i>Fruit salad</i>	Fruta da época <i>Fruit</i>

Obs: A ementa pode ser alterada por motivos imprevistos / The menu may change for unforeseen