



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

30

Sopa: Lentilhas com hortelã
Prato: Costeletas á D.Edite com ananás folhado de pera com ricota, e roquefort mel manjericão
Arroz | Salada

Soup: Lentils with mint
Plate: D. Edite's chops with pineapple, pear pastry with ricotta, and Roquefort, honey, and basil.
Rice | Salad

TER

TUESDAY

01

Sopa: Abobora com gengibre e laranja
Prato: Bacalhau à Maria Clara | Strogonoff de cogumelos | Castanha e amendoim torrado
Arroz | Salada

Soup: Pumpkin with ginger and orange
Plate: Maria Clara's codfish | Mushroom Strogonoff | Roasted chestnut and peanut
Rice | Salad

QUA

WEDNESDAY

02

Sopa: Pera com noz-moscada
Pratos: Bifinhos de frango recheados com presunto e queijo | Noddles de courgette com queijos, tomate seco e nozes
Arroz | Salada

Soup: Pear with nutmeg
Plate: Chicken fillets stuffed with ham and cheese | Zucchini noodles with cheese, sun-dried tomatoes, and walnuts
Rice | Salad

QUI

THURSDAY

03

Sopa: Caldo verde c/ e sem chouriço
Prato: Chicharrinhos com feijão na frigideira | Panqueca de abóbora com sementes papoila recheada com queijo creme espinafre e avelã
Arroz | Salada

Soup: Caldo verde with and without chorizo
Plate: Crispy fried fish with beans | Pumpkin pancake with poppy seeds filled with cream cheese, spinach, and hazelnuts.
Rice | Salad

SEX

FRIDAY

04

Sopa: Sopa de outono
Pratos: Febras grelhadas com manteiga de ervas frescas | Hummus de batata-doce com legumes grelhados e amêndoa torrada
Saladas

Soup: Autumn soup
Plate: Grilled pork chops with fresh herb butter | Sweet potato hummus with grilled vegetables and toasted almonds
Salads

OUTUBRO|

OCTOBER

Dispomos de serviço take-away 292 200 411

We offer take-away service 292 200 411