



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

28

Sopa: Gaspacho de tomate assado e pimento
Prato: Costeleta com ananás e molho de mostarda e bacon | Tofu com cogumelos e molho de mostarda
Arroz | Saladas

TER
TUESDAY

29

Sopa: Couve-flor com leite de coco (com e sem coentros)
Prato: Filetes de abrótea com molho de amêndoa | Caril de grão com manga
Arroz | Salada | Salada de batata

QUA
WEDNESDAY

30

Sopa: Abóbora assada
Prato: Empadão de carne com farinheira e sementes de sésamo | Couscous com legumes e especiarias
Saladas

QUI
THURSDAY

31

Sopa: Pera com noz-moscada
Prato: Pastéis de atum | Dahal de lentilha laranja
Salada | Arroz de feijão com coentros

SEX
FRIDAY

01

OUTUBRO
OCTOBER

Soup: Roasted Tomato and Bell Pepper Gazpacho
Plate: Pork Chop with Pineapple and Mustard Bacon Sauce | Tofu with Mushrooms and Mustard Sauce
Rice | Salads

Soup: Cauliflower with Coconut Milk (with and without Coriander)
Plate: Battered Gilt-head Bream Fillets with Almond Sauce | Chickpea Curry with Mango
Rice | Salad | Potato Salad

Soup: Roasted Pumpkin
Plate: Meat Pie with Sausage and Sesame Seeds | Couscous with Vegetables and Spices
Salads

Soup: Pear with Nutmeg
Plate: Tuna Pastries | Orange Lentil Dal
Salad | Rice and Beans with Coriander

Dispomos de serviço take-away 292 200 411

We offer take-away service 292 200 411