



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

16

Sopa: Caldo verde
Prato: Lasanha de carne | Feijão preto com legumes e couve
Arroz | Farofa com banana | saladas

Soup: Green soup
Plate: Beef lasagna | Black beans with vegetables and kale
Rice | Farofa with banana | Salads

TER
TUESDAY

17

Sopa: Pera com batata-doce
Prato: Filetes com maionese de alho assado e pickles | Broa com couve, feijão e tofu
Arroz | Batata com ervas frescas | salada

Soup: Pear with sweet potato
Plate: Fillets with roasted garlic mayonnaise and pickles | Cornbread with kale, beans, and tofu
Rice | Potatoes with fresh herbs | Salad

QUA
WEDNESDAY

18

Sopa: Abobora com laranja
Pratos: Pernil com maça e farinheira | Escalopes de beringela
Salada verde | Arroz | Esmagado de batatas

Soup: Pumpkin with orange
Plate: Ham with apple and flour mil | Eggplant Escalopes
Green salad | Rice | Mashed potatoes

QUI
THURSDAY

19

Sopa: Abobora courgette e castanhas
Prato: Pasteis de bacalhau | Caril de grão com manga
Saladas | Arroz

Soup: Pumpkin, zucchini, and chestnuts
Plate: Salted cod fritters | Chickpea curry with mango
Salads | Rice

SEX
FRIDAY

20

Sopa: Primavera
Pratos: Grelhada mista com abacaxi | Bolinhas de alheira vegetariana
Salada de couve | Batata | Arroz com feijão e coentros

Soup: Spring
Plate: Mixed grill with pineapple | Vegetarian alheira balls
Cabbage salad | Potato | Rice with beans and cilantro

SETEMBRO |
SEPTEMBER

Dispomos de serviço take-away 292 200 411

We offer take-away service 292 200 411