

EMENTA – ALMOÇO | MENU - LUNCH

01 – 05 DE JULHO | 01st – 05th OF JULY | 2024



SASE
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR
UNIVERSIDADE DOS AÇORES

 Segunda – feira <i>Monday</i> 01	Terça – feira <i>Tuesday</i> 02	Quarta – feira <i>Wednesday</i> 03	Quinta – feira <i>Thursday</i> 04	Sexta – feira <i>Friday</i> 05	
Sopa <i>Soup</i>	Feijão-branco com repolho <i>White bean with cabbage</i>	Abóbora e couve lombarda <i>Pumpkin and savoy kale</i>	Creme de brócolos e couve-flor <i>Broccoli and cauliflower cream</i>	Canja de galinha / Creme de legumes (vegan) <i>Chicken soup / Vegetable cream (vegan)</i>	Creme de cebola, alho-francês, curgete e couve-flor <i>Onion, leek, courgette and cauliflower cream</i>
Peixe/Carne <i>Fish/ Meat</i>	Pescada à zé do Pipo com puré de batata e jardineira salteada <i>Zé do Pipo hake with mashed potatoes and sautéed vegetables</i>	Frango com citrinos no forno com massa espiral salteada e cenoura raspada <i>Baked citrus chicken with sautéed spiral pasta and grated carrots</i>	Pataniscas de bacalhau fritas com arroz de tomate e salada de alface e cebola <i>Codfish fritters with tomato rice and lettuce and onion salad</i>	Assado misto (porco, frango e chouriço) com batata rosada, cenoura, couve-roxa e repolho <i>Mixed roast (pork, chicken and chorizo) with pink potatoes, carrots, purple kale and cabbage</i>	Lasanha de atum com salada de alface e tomate com orégãos <i>Tuna lasagna with lettuce and tomato salad with oregano</i>
Vegetariano <i>Vegetarian</i>	Alho-francês à brás com jardineira salteada <i>Brás style leek with sautéed vegetables</i>	Hambúrguer vegetariano estufado com arroz de cenoura e cenoura raspada <i>Vegetarian burger stewed with carrot rice and grated carrot</i>	Empadão de lentilhas com salada de alface e cebola <i>Lentil pie with lettuce and onion salad</i>	Espiral com brócolos, cogumelos, cenoura couve-roxa e repolho <i>Spiral with broccoli and mushrooms, carrots, purple cabbage and kale</i>	Estufado de feijão-branco com cenoura, tomate e couve-penca com batata-doce e salada de alface e tomate com orégãos <i>White bean stew with carrots, tomatoes and cabbage with sweet potatoes and lettuce and tomato salad with oregano</i>
Salada do dia <i>Salad of the day</i>	Salada de ovo e ananás (alface, tomate, ovo, couve-roxa, ananás, croutons) <i>Egg and pineapple salad (lettuce, tomato, egg, red cabbage, pineapple, croutons) peas, tomato, pepper, peach</i>	Salada de atum, feijão-frade e pêssego (alface, atum, feijão-frade, tomate, pimento, pêssego) <i>Tuna, black-eyed pea and peach salad (lettuce, tuna, black-eyed)</i>	Salada de frango e maçã (alface, grão-de-bico, frango, repolho, cenoura, maçã) <i>Chicken and apple salad (lettuce, chickpeas, chicken, cabbage, carrots, apple)</i>	Salada de delícias, cogumelos e tomate (alface, milho doce, delícias do mar, cogumelos salteados, tomate e laranja) <i>Seafood, mushroom and tomato salad (lettuce, sweet corn, seafood, sautéed mushrooms, tomato and orange)</i>	Salada de queijo fresco e laranja (alface, massa espiral, cenoura, queijo fresco, laranja courgette) <i>Fresh cheese and orange salad (lettuce, spiral pasta, carrot, fresh cheese, orange courgette)</i>

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