


# EMENTA – ALMOÇO | MENU - LUNCH

06 – 10 DE MAIO | 06<sup>th</sup> – 10<sup>th</sup> OF MAY | 2024



SASE  
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR  
UNIVERSIDADE DOS AÇORES

	Segunda – feira Monday 06	Terça – feira Tuesday 07	Quarta – feira Wednesday 08	Quinta – feira Thursday 09	Sexta – feira Friday 10
<b>Sopa</b> Soup		Feijão-vermelho e couve Red beans and kale	Creme de legumes Vegetable cream		Brócolos Broccoli
<b>Prato</b> <b>peixe/carne</b> Fish/ meat dish	<b>FERIADO</b> <b>HOLIDAY</b>	Hambúrguer de vaca grelhado com molho de tomate, esparguete e cenoura raspada Grilled beef burger with tomato sauce, spaghetti and grated carrots	Bacalhau à brás com salada de alface, tomate e cebola Brás style codfish with lettuce, tomato and onion salad	<b>TOLERÂNCIA DE PONTO</b> <b>POINT TOLERANCE</b>	Filetes de pescada dourados com arroz de tomate e salada de alface, milho e cebola Hake fillets with tomato rice and lettuce, corn and onion salad
<b>Prato</b> <b>Vegetariano</b> Vegetarian dish		Legumes à brás com cenoura raspada Brás style vegetables with grated carrots	Croquetes de espinafres com salada de cotovelo, milho, cenoura, azeitonas e salada de alface, tomate e cebola Spinach croquettes with elbow salad, corn, carrots, olives and lettuce, tomato and onion salad		Bolonhesa de soja com esparguete e salada de alface, milho e cebola Soy bolognese with spaghetti and lettuce, corn and onion salad
<b>Salada do dia</b> Salad of the day		Salada de ovo e ananás (alface, tomate, ovo, couve-roxa, ananás, croutons) Egg and pineapple salad (lettuce, tomato, egg, red cabbage, pineapple, croutons) peas, tomato, pepper, peach	Salada de frango e maçã (alface, grão-de-bico, frango, repolho, cenoura, maçã) Chicken and apple salad (lettuce, chickpeas, chicken, cabbage, carrots, apple)		Salada de queijo fresco e laranja (alface, massa espiral, cenoura, queijo fresco, laranja courgette) Fresh cheese and orange salad (lettuce, spiral pasta, carrot, fresh cheese, orange courgette)

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