


# EMENTA – ALMOÇO | MENU - LUNCH

## 08 – 12 DE JULHO | 08<sup>th</sup> – 12<sup>th</sup> OF JULY | 2024



SASE  
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR  
UNIVERSIDADE DOS AÇORES

	<b>Segunda – feira</b> <i>Monday</i> <b>08</b>	<b>Terça – feira</b> <i>Tuesday</i> <b>09</b>	<b>Quarta – feira</b> <i>Wednesday</i> <b>10</b>	<b>Quinta – feira</b> <i>Thursday</i> <b>11</b>	<b>Sexta – feira</b> <i>Friday</i> <b>12</b>
<b>Sopa</b> <i>Soup</i>	Creme de grão com espinafres <i>Cream of chickpeas with spinach</i>	Nabiça <i>Turnip</i>	Brócolos <i>Broccoli</i>	Sopa de feijão-verde <i>Green bean soup</i>	Creme de cenoura com alho-francês <i>Carrot cream with leek</i>
<b>Peixe/Carne</b> <i>Fish/ Meat</i>	Strogonoff de frango e salsa com arroz branco e salada de alface e milho <i>Chicken and parsley stroganoff with white rice and lettuce and corn salad</i>	Bacalhau à Gomes de Sá com salada de tomate e cebola <i>Gomes de Sá style codfish with tomato and onion salad</i>	Almôndegas estufadas com esparguete e cenoura raspada <i>Stewed meatballs with spaghetti and grated carrot</i>	Empadão de atum e cenoura raspada com repolho <i>Tuna pie and grated carrot with cabbage</i>	Assaduras com batata frita aos cubos e salada de alface tomate e cebola <i>Rashes meat with diced french fries and lettuce, tomato and onion salad</i>
<b>Vegetariano</b> <i>Vegetarian</i>	Legumes salteados à carbonara (com natas de soja – cenoura, feijão-verde e cogumelos) e salada de tomate e cebola <i>Sautéed vegetables carbonara (with soy cream – carrots, green beans and mushrooms) and tomato and onion salad</i>	Lasanha de lentilhas com cenoura raspada <i>Lentil lasagna with grated carrots</i>	Salada de feijão-frade com milho, pimento, espiral, cenoura raspada e azeitonas verdes com molho verde <i>Cowpea salad with corn, pepper, spiral, grated carrot and green olives with green sauce</i>	Croquetes de espinafres com arroz de cenoura e cenoura raspada com repolho <i>Spinach croquettes with carrot rice and grated carrots with cabbage</i>	Chili vegetariano (feijão-vermelho com soja) e arroz branco com salada de alface tomate e cebola <i>Vegetarian chili (red beans with soy) with white rice and lettuce, tomato and onion salad</i>
<b>Salada do dia</b> <i>Salad of the day</i>	Salada de atum, feijão-frade e pêssigo (alface, atum, feijão-frade, tomate, pimento, pêssigo) <i>Tuna, black-eyed pea and peach salad (lettuce, tuna, black-eyed)</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>	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 ovo e ananás (alface, tomate, ovo, couve-roxa, ananás, croutons) <i>Egg and pineapple salad (lettuce, tomato, egg, red cabbage, pineapple, croutons)</i>

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