


EMENTA – ALMOÇO | MENU - LUNCH

29 – 31 DE MAIO | 29th – 31st OF JUNE | 2024



SASE
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR
UNIVERSIDADE DOS AÇORES

	Segunda – feira <i>Monday</i> 29	Terça – feira <i>Tuesday</i> 30	Quarta – feira <i>Wednesday</i> 31	Quinta – feira <i>Thursday</i> 01	Sexta – feira <i>Friday</i> 02
Sopa <i>Soup</i>	Cenoura, cebola e alho-francês <i>Carrot, onion and leek soup</i>	Feijão-vermelho e couve <i>Red beans and kale</i>	Creme de legumes <i>Vegetable cream</i>	Prato do dia <i>Dish of the day</i>	Prato do dia <i>Dish of the day</i>
Peixe/Carne <i>Fish/ Meat</i>	Empadão de atum com salada de alface e cebola <i>Tuna pie with lettuce and onion salad</i>	Hambúrguer de vaca grelhado com molho de tomate, esparguete e cenoura raspada <i>Grilled beef burger with tomato sauce, spaghetti and grated carrots</i>	Bacalhau à Brás com salada de alface, tomate e cebola <i>Brás style codfish with lettuce, tomato and onion salad</i>	Prato do dia <i>Dish of the day</i>	Prato do dia <i>Dish of the day</i>
Vegetariano <i>Vegetarian</i>	Feijoada de legumes com salada de alface e cebola <i>Vegetable beans with lettuce and onion salad</i>	Legumes à Brás com cenoura raspada <i>Brás style vegetables with grated carrots</i>	Croquetes de espinafres com salada de cotovelo, milho, cenoura, azeitonas e salada de alface, tomate e cebola <i>Spinach croquettes with elbow salad, corn, carrots, olives and lettuce, tomato and onion salad</i>	Prato do dia <i>Dish of the day</i>	Prato do dia <i>Dish of the day</i>
Salada do dia <i>Salad of the day</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 ovo e ananás (alface, tomate, ovo, couve-roxa, ananás, croutons) <i>Egg and pineapple salad (lettuce, tomato, egg, red cabbage, pineapple, croutons)</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>		

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