


EMENTA – ALMOÇO | MENU - LUNCH

29 ABRIL – 03 MAIO | 29th APRIL – 03rd MAY | 2024



SASE
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR
UNIVERSIDADE DOS AÇORES

	Segunda – feira Monday 29	Terça – feira Tuesday 30	Quarta – feira Wednesday 01	Quinta – feira Thursday 02	Sexta – feira Friday 03
Sopa Soup	Creme de abóbora e cenoura Pumpkin and carrot cream	Sopa de feijão-branco com repolho White bean soup with cabbage		Sopa de grão com espinafres Bean soup with spinach	Creme de legumes Vegetable cream
Prato normal Normal dish	Feijoada de carnes com arroz e cenoura raspada Meat feijoada with rice and grated carrot	Massa de atum gratinada (com massa espiral, cenoura e milho) Tuna pasta gratin (with spiral pasta, carrots and corn)	FERIADO HOLIDAY	Bacalhau à brás com salada de alface, tomate e cebola Brás style codfish with lettuce, tomato and onion salad	Frango assado com batata frita e salada de alface, cenoura e milho Roast chicken with carrot rice and lettuce, carrot and corn salad
Vegetariano Vegetarian	Empadão de cogumelos e soja e cenoura raspada Mushroom and soy pie and grated carrot	Almôndegas vegetarianas com massa espiral salteada com ervas aromáticas e jardineira salteada com alho Vegetarian meatballs with spiral pasta sautéed with aromatic herbs and sautéed vegetables with garlic		Mistura chinesa salteada com esparguete e salada de alface, cenoura e milho Chinese mix sautéed with spaghetti and lettuce, carrot and corn salad	Strogonoff vegetariano (cogumelos, cenoura, pimentão vermelho e ervilhas com natas de soja) com arroz branco Vegetarian stroganoff (mushrooms, carrots, red peppers and peas with soy cream) with white rice
Salada do dia 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)	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 delícias, cogumelos e tomate (alface, milho doce, delícias do mar, cogumelos salteados, tomate e laranja) Seafood, mushroom and tomato salad (lettuce, sweet corn, seafood, sautéed mushrooms, tomato and orange)

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