

EMENTA – ALMOÇO | MENU - LUNCH

18 – 22 FEVEREIRO | 18th – 22nd FEBRUARY | 2024



SASE
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR
UNIVERSIDADE DOS AÇORES



Segunda – feira

Monday

18

Terça – feira

Tuesday

19

Quarta – feira

Wednesday

20

Quinta – feira

Thursday

21

Sexta – feira

Friday

22

	Sopa Soup	Creme de abóbora e cenoura Pumpkin and carrot cream	Sopa de feijão-branco com repolho White bean soup with cabbage	Caldo verde (sem chouriço para vegan) Caldo verde (without chorizo for vegan)	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, milho, cenoura e milho) Tuna pasta gratin (with spiral pasta, corn, carrots and corn)	Lasanha de carne (de vaca) com repolho e cenoura raspada Meat lasagna with cabbage and grated carrots	Bacalhau com broa e salada de alface, tomate e cebola Codfish with cornbread, 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	Legumes à Gomes de Sá com azeitonas, salsa, repolho e cenoura raspada Gomes de Sá style vegetables with olives, parsley, cabbage and grated carrot	Mistura chinesa salteada com esparguete e salada de alface, cenoura e milho Chinese mix sautéed with spaghetti and lettuce, carrot and corn salad	Stroganoff 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 atum, feijão-frade e pêssego (alface, atum, feijão-frade, tomate, pimento, pêssego) Tuna, black-eyed pea and peach salad (lettuce, tuna, black-eyed)	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)	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