



EMENTA – ALMOCO | MENU - LUNCH

22 - 26 DE ABRIL – 22nd – 26th OF APRIL | 2024



SASE
SERVIÇOS DE AÇÃO SOCIAL ESCOLAR
UNIVERSIDADE DOS AÇORES

	Segunda – feira Monday 22	Terça – feira Tuesday 23	Quarta – feira Wednesday 24	Quinta – feira Thursday 25	Sexta – feira Friday 26
Sopa Soup	Tomate Tomato	Brócolos Broccoli	Creme de ervilhas Pea cream		Creme de legumes Vegetable cream
Prato normal Normal dish	Pescada à Zé do Pipo com ovo e batata às rodelas no forno com salsa, azeitonas e salada de alface e cebola Zé do Pipo hake with egg and sliced potatoes in the oven with parsley, olives and lettuce and onion salad	Panado de frango frito com esparguete salteado e cenoura baby e feijão verde salteados com alho Breaded fried chicken with sautéed spaghetti and baby carrots and green beans sautéed with garlic	Empadão de atum com salada de alface e tomate Tuna pie with lettuce and tomato salad		Bacalhau com natas e cenoura e milho Codfish with cream, carrots and corn
Vegetariano Vegetarian	Legumes à brás com salada de alface e cebola Brás style vegetables with lettuce and onion salad	Estufado de lentilhas, legumes, arroz branco e cenoura baby e feijão verde salteados com alho Stewed lentils, vegetables, white rice and baby carrots and green beans sautéed with garlic	Courgette recheada com soja, batatinha assada e salada de alface e tomate Courgette stuffed with soy, roasted potatoes and lettuce and tomato salad	FERIADO HOLIDAY	Cogumelos salteados com arroz de feijão-preto, pimentos e cenoura e milho Sautéed mushrooms with black bean rice, peppers, carrots and corn
Salada do dia Salad of the day	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)	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 pêsego (alface, atum, feijão-frade, tomate, pimento, pêsego) Tuna, black-eyed pea and peach salad (lettuce, tuna, black-eyed)

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