



Universidade do Minho
Serviços de Acção Social
Departamento Alimentar

DINNER MENU - MAY 2022

D I N N E R		2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
			ETE 06		ETE 03		ETE 09		ETE 03		ETE 01
			Zucchini soup		Portuguese cabbage soup		Zucchini soup		Chickpeas soup with turnip greens		Creamy tomato soup
			Stewed dogfish		Pasta with turkey and vegetables		Stewed pork		Pasta with salmon		Fried breaded chicken steak
			Tomato rice		-		Mashed potatoes		-		Garlic rice
N U T R I T I O N A L I N F O R M A T I O N			Cooked vegetables		Lettuce salad with cucumber and bell peppers		Cooked brussels sprouts		Lettuce salad with red cabbage		Lettuce salad with carrot and white cabbage
			Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal
			% R*		% R*		% R*		% R*		% R*
			Energy		Energy		Energy		Energy		Energy
			637		587		713		587		758
			Kcal		Kcal		Kcal		Kcal		Kcal
			27		24		30		24		32
			Total fat		Total fat		Total fat		Total fat		Total fat
			20		14		21		14		39
			g		g		g		g		g
N U T R I T I O N A L I N F O R M A T I O N			Saturated fat		Saturated fat		Saturated fat		Saturated fat		Saturated fat
			5		2		5		2		13
			g		g		g		g		g
			24		26		29		26		22
			Carbohydrate		Carbohydrate		Carbohydrate		Carbohydrate		Carbohydrate
			74		77		87		77		67
			g		g		g		g		g
			25		24		22		24		22
			of which sugars		of which sugars		of which sugars		of which sugars		of which sugars
			18		18		17		18		17
N U T R I T I O N A L I N F O R M A T I O N			Fibre		Fibre		Fibre		Fibre		Fibre
			12		13		12		13		8
			g		g		g		g		g
			37		40		37		40		26
			Protein		Protein		Protein		Protein		Protein
			39		37		40		37		33
			g		g		g		g		g
			32		31		33		31		28
			Salt		Salt		Salt		Salt		Salt
			3		3		3		3		2
			g		g		g		g		g
			56		63		55		63		44
			Allergens		Allergens		Allergens		Allergens		Allergens

IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.

* %R - Proportion of recommended daily intake at the meal (lunch or dinner), considering an energy value of 2400 Kcal / day

Notes:

- The menus may be changed for reasons related to the supplies
- According to the guidelines of the World Health Organization for young adults with moderate physical activity, the main meal (lunch, dinner) is expected to contribute with 32,5% of the daily energy (about 780 Kcal/meal).
- Allergens: Please ask for information, according to our Food Safety Information (3) available in the Food Department or at www.sas.uminho.pt
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DINNER	9	MONDAY				10	TUESDAY				11	WEDNESDAY				12	THURSDAY				13	FRIDAY																	
		ETE 03					ETE 03					ETE 03					ETE 06					ETE 01																	
		Soup					Green soup					Turnip soup					White bean soup with white cabbage					Vegetables soup				Portuguese cabbage soup													
		Dish					Fish tortilla					Chicken rice					Fish "à Brás" (fish with eggs, onions and french fries)					Roasted turkey breast				Fried breaded pork steak													
		Side dish - Cereals and derivates, tubes					-					-					-					Carrot rice				Cooked pasta													
NUTRITIONAL INFORMATION	Side dish - Vegetables				Cooked broccoli				Sautéed leek, carrot and white cabbage				Lettuce salad with cucumber and tomato				Tomato salad with oregano				Lettuce salad with carrot																		
	Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*																			
	Energy	689	Kcal	29	Energy	431	Kcal	18	Energy	795	Kcal	33	Energy	796	Kcal	33	Energy	790	Kcal	33																			
	Total fat	30	g	38	Total fat	12	g	15	Total fat	29	g	37	Total fat	28	g	35	Total fat	30	g	38																			
	Saturated fat	7	g		Saturated fat	3	g		Saturated fat	10	g		Saturated fat	8	g		Saturated fat	4	g																				
	Carbohydrate	61	g	20	Carbohydrate	47	g	16	Carbohydrate	82	g	27	Carbohydrate	98	g	33	Carbohydrate	92	g	31																			
	of which sugars	16	g	21	of which sugars	15	g	20	of which sugars	17	g	23	of which sugars	17	g	23	of which sugars	18	g	24																			
	Fibre	12	g	37	Fibre	9	g	27	Fibre	12	g	37	Fibre	17	g	53	Fibre	13	g	40																			
	Protein	42	g	35	Protein	34	g	28	Protein	49	g	41	Protein	36	g	30	Protein	35	g	29																			
	Salt	5	g	109	Salt	2	g	41	Salt	4	g	81	Salt	3	g	64	Salt	3	g	67																			
Allergens																				IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.																			

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DINNER MENU - MAY 2022

D I N N E R		16	MONDAY				17	TUESDAY				18	WEDNESDAY				19	THURSDAY				20	FRIDAY																				
			ETE 01					ETE 06					ETE 06					ETE 03					ETE 01																				
			Soup					Turnip greens soup					Creamy carrot soup					Vegetables soup					Chickepeas soup with spinach																				
			Dish					Roasted pork loin					Roasted dogfish					Grilled turkey skewer					Fish "à Gomes de Sá" (fish with eggs, onions and potatoes)				Grilled beef burger																
			Side dish - Cereals and derivates, tubes					Bells pepper rice					Potato salad with broccoli and olives					Carrot rice					-				Plain white rice																
N U T R I T I O N A L I N F O R M A T I O N			Creamy greens					Sautéed brussels sprouts					Lettuce salad with white cabbage and red cabbage					Cooked carrot					Lettuce salad with tomato																				
			Energy and Nutrients / Meal			% R*		Energy and Nutrients / Meal			% R*		Energy and Nutrients / Meal			% R*		Energy and Nutrients / Meal			% R*		Energy and Nutrients / Meal			% R*																	
			Energy	821	Kcal	34		Energy	637	Kcal	27		Energy	706	Kcal	29		Energy	630	Kcal	26		Energy	765	Kcal	32																	
			Total fat	22	g	28		Total fat	16	g	20		Total fat	25	g	31		Total fat	18	g	22		Total fat	26	g	32																	
			Saturated fat	4	g			Saturated fat	3	g			Saturated fat	7	g			Saturated fat	4	g			Saturated fat	6	g																		
			Carbohydrate	94	g	31		Carbohydrate	85	g	28		Carbohydrate	71	g	24		Carbohydrate	83	g	28		Carbohydrate	85	g	28																	
			of which sugars	21	g	28		of which sugars	21	g	28		of which sugars	16	g	22		of which sugars	15	g	20		of which sugars	14	g	19																	
			Fibre	16	g	51		Fibre	14	g	43		Fibre	11	g	34		Fibre	12	g	38		Fibre	11	g	35																	
			Protein	57	g	47		Protein	36	g	30		Protein	48	g	40		Protein	33	g	27		Protein	45	g	37																	
			Salt	4	g	86		Salt	3	g	66		Salt	2	g	44		Salt	3	g	64		Salt	3	g	64																	
Allergens																						IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.																					

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		23	MONDAY		24	TUESDAY		25	WEDNESDAY		26	THURSDAY		27	FRIDAY						
			ETE 08			ETE 09			ETE 06			ETE 09			ETE 06						
D I N N E R			Zucchini soup			Turnip soup			Creamy tomato soup			White bean soup with white cabbage			Broccoli soup						
	Soup																				
	Dish		Valencian rice			Turkey stroganoff			Fried ray			Stewed pork			Grilled chicken fillet						
	Side dish - Cereals and derivates, tubes		-			Cooked pasta			Tomato rice			Sautéed pasta			Peas rice						
N U T R I T I O N A L I N F O R M A T I O N	Side dish - Vegetables		Lettuce salad with cucumber and bell peppers			Sautéed green beans			Sautéed spinach			Sautéed broccoli			Lettuce salad with bell pepprs, tomato and olives						
	Nutritional value	Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal		% R*					
		Energy	624	Kcal	26	Energy	659	Kcal	27	Energy	707	Kcal	29	Energy	618	Kcal	26	Energy	574	Kcal	24
		Total fat	15	g	19	Total fat	13	g	16	Total fat	26	g	33	Total fat	18	g	22	Total fat	14	g	17
		Saturated fat	4	g		Saturated fat	2	g		Saturated fat	10	g		Saturated fat	4	g		Saturated fat	2	g	
		Carbohydrate	83	g	28	Carbohydrate	100	g	33	Carbohydrate	76	g	25	Carbohydrate	74	g	25	Carbohydrate	79	g	26
		of which sugars	19	g	25	of which sugars	15	g	20	of which sugars	14	g	19	of which sugars	17	g	22	of which sugars	16	g	22
		Fibre	12	g	39	Fibre	10	g	31	Fibre	10	g	31	Fibre	11	g	33	Fibre	12	g	39
		Protein	38	g	31	Protein	34	g	28	Protein	40	g	33	Protein	39	g	33	Protein	32	g	27
		Salt	3	g	67	Salt	3	g	54	Salt	3	g	63	Salt	3	g	55	Salt	4	g	72
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30		MONDAY				31		TUESDAY				WEDNESDAY				THURSDAY				FRIDAY					
D I N N E R		ETE 01						ETE 05																	
		Soup						Vegetables soup																	
		Dish						Stewed chicken with peas and carrots																	
		Side dish - Cereals and derivates, tubes						Sautéed pasta																	
		Side dish - Vegetables						-																	
N U T R I T I O N A L I N F O R M A T I O N	Nutritional value	Energy and Nutrients / Meal			% R*			Energy and Nutrients / Meal			% R*			Energy and Nutrients / Meal			% R*			Energy and Nutrients / Meal			% R*		
		Energy	663	Kcal	28	Energy	654	Kcal	27	Energy		Kcal		Energy		Kcal		Energy		Kcal					
		Total fat	14	g	17	Total fat	23	g	28	Total fat		g		Total fat		g		Total fat		g					
		Saturated fat	2	g		Saturated fat	5	g		Saturated fat		g		Saturated fat		g		Saturated fat		g					
		Carbohydrate	106	g	35	Carbohydrate	73	g	24	Carbohydrate		g		Carbohydrate		g		Carbohydrate		g					
		of which sugars	17	g	22	of which sugars	17	g	23	of which sugars		g		of which sugars		g		of which sugars		g					
		Fibre	11	g	35	Fibre	11	g	36	Fibre		g		Fibre		g		Fibre		g					
		Protein	27	g	23	Protein	37	g	31	Protein		g		Protein		g		Protein		g					
		Salt	3	g	51	Salt	3	g	55	Salt		g		Salt		g		Salt		g					
	Allergens	IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.																							

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