



Universidade do Minho
Serviços de Acção Social
Departamento Alimentar

LUNCH MENU - MAY 2022

LUNCH	2	MONDAY				3	TUESDAY				4	WEDNESDAY				5	THURSDAY				6	FRIDAY							
		ETE 03					ETE 01					ETE 03					ETE 06					ETE 08							
		Soup					Vegetables soup					Creamy pea soup					Pumpkin soup					Creamy carrot soup				Vegetables soup			
		Dish					Meat lasagna					Roasted rockfish with onion sauce					Pasta bolognese					Roasted chicken				Gratin pasta with tuna			
		Side dish - Cereals and derivates, tubes					-					Oven baked potatoes with garlic and olive oil					-					Spring rice (with peas and carrots)				-			
NUTRITIONAL INFORMATION	Side dish - Vegetables	Tomato salad with olives				Sautéed greens				Lettuce salad with carrots				Tomato salad				Lettuce salad with corn and 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	801	Kcal	33	Energy	562	Kcal	23	Energy	706	Kcal	29	Energy	796	Kcal	33	Energy	595	Kcal	25								
		Total fat	33	g	41	Total fat	16	g	20	Total fat	33	g	41	Total fat	33	g	41	Total fat	18	g	22								
		Saturated fat	9	g		Saturated fat	2	g		Saturated fat	11	g		Saturated fat	7	g		Saturated fat	4	g									
		Carbohydrate	85	g	28	Carbohydrate	73	g	24	Carbohydrate	63	g	21	Carbohydrate	81	g	27	Carbohydrate	81	g	27								
		of which sugars	16	g	21	of which sugars	15	g	20	of which sugars	17	g	22	of which sugars	15	g	20	of which sugars	15	g	20								
		Fibre	11	g	35	Fibre	12	g	38	Fibre	10	g	31	Fibre	10	g	31	Fibre	10	g	32								
		Protein	40	g	33	Protein	31	g	26	Protein	39	g	32	Protein	42	g	35	Protein	25	g	21								
		Salt	3	g	61	Salt	4	g	73	Salt	4	g	77	Salt	2	g	48	Salt	3	g	57								
Allergens																													
IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.																													

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

Notes:

- The menu 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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LUNCH	9	MONDAY				10	TUESDAY				11	WEDNESDAY				12	THURSDAY				13	FRIDAY																					
		ETE 09					ETE 01					ETE 06					ETE 01					ETE 06																					
		Soup					Chickpeas soup					Broccoli soup					Creamy red bean soup with pumpkin					Spinach soup																					
		Dish					Roasted forkbeard with onion sauce					Grilled turkey steak with sausage sauce					Stewed dogfish					Roasted chicken																					
		Side dish - Cereals and derivates, tubes					Oven baked potatoes with garlic and olive oil					Sautéed pasta with carrots and bell peppers					Mashed potatoes					Peas rice																					
NUTRITIONAL INFORMATION	Side dish - Vegetables	Cooked cauliflower				Sautéed greens				Lettuce salad with carrot				Cooked green beans				Lettuce salad with carrot and tomato																									
		Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*	Energy and Nutrients / Meal			% R*																										
		Energy	703	Kcal	29	Energy	588	Kcal	24	Energy	840	Kcal	35	Energy	685	Kcal	29	Energy	725	Kcal	30																						
		Total fat	22	g	28	Total fat	14	g	17	Total fat	31	g	39	Total fat	21	g	26	Total fat	20	g	26																						
		Saturated fat	5	g		Saturated fat	2	g		Saturated fat	7	g		Saturated fat	4	g		Saturated fat	3	g																							
		Carbohydrate	90	g	30	Carbohydrate	86	g	29	Carbohydrate	94	g	31	Carbohydrate	75	g	25	Carbohydrate	99	g	33																						
		of which sugars	16	g	22	of which sugars	18	g	24	of which sugars	14	g	19	of which sugars	18	g	24	of which sugars	18	g	24																						
		Fibre	11	g	34	Fibre	13	g	40	Fibre	11	g	34	Fibre	12	g	39	Fibre	14	g	44																						
		Protein	34	g	28	Protein	29	g	24	Protein	43	g	36	Protein	46	g	39	Protein	34	g	29																						
		Salt	2	g	45	Salt	3	g	67	Salt	2	g	49	Salt	3	g	66	Salt	3	g	67																						
Allergens																						IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.																					

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LUNCH MENU - MAY 2022

LUNCH		16	MONDAY			17	TUESDAY			18	WEDNESDAY			19	THURSDAY			20	FRIDAY							
			ETE 06				ETE 01				ETE 03				ETE 06				ETE 01							
		Soup	Creamy peas soup				Leek soup				Pumpkin soup				Red bean soup with greens beans				White cabbage soup with carrot							
		Dish	Fried rockfish				Stewed meatballs				Fish pie				Roasted chicken				Grilled pork chop							
		Side dish - Cereals and derivates, tubes	Hot potato salad				Cooked pasta				-				Vegetables rice				French fries							
NUTRITIONAL INFORMATION	Nutritional value	Side dish - Vegetables	Tomato salad				Cooked carrot				Tomato salad with oregano				Sautéed carrot with corn				Lettuce salad with carrot and corn							
			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	869	Kcal	36		Energy	781	Kcal	33		Energy	777	Kcal	32		Energy	828	Kcal	35		Energy	904	Kcal	38
			Total fat	42	g	53		Total fat	34	g	43		Total fat	27	g	34		Total fat	32	g	40		Total fat	42	g	53
			Saturated fat	8	g			Saturated fat	9	g			Saturated fat	6	g			Saturated fat	7	g			Saturated fat	6	g	
			Carbohydrate	84	g	28		Carbohydrate	77	g	26		Carbohydrate	95	g	32		Carbohydrate	90	g	30		Carbohydrate	93	g	31
			of which sugars	19	g	26		of which sugars	15	g	21		of which sugars	15	g	21		of which sugars	16	g	22		of which sugars	18	g	25
			Fibre	13	g	42		Fibre	10	g	33		Fibre	9	g	29		Fibre	13	g	42		Fibre	14	g	45
			Protein	37	g	31		Protein	39	g	32		Protein	35	g	29		Protein	44	g	37		Protein	36	g	30
			Salt	3	g	56		Salt	2	g	39		Salt	3	g	61		Salt	3	g	63		Salt	3	g	55
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LUNCH		23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
		ETE 01		ETE 06		ETE 05		ETE 06		ETE 08	
		Soup		Creamy pumpkin soup		Vegetables soup		Chickpeas soup		Green bean soup	
		Dish		Roasted pork ribs		Grilled forkbeard with lemon sauce		Stewed veal with peas, carrot and green beans		Roasted chicken	
		Side dish - Cereals and derivatives, tubes		Oven baked potatoes with garlic and olive oil		Broccoli rice		Mashed potatoes		Xau xau rice (with carrot, peas, corn, bell peppers and ham)	
NUTRITIONAL INFORMATION	Nutritional value	Side dish - Vegetables		Lettuce salad with carrot		Cooked carrot and cauliflower		-		Lettuce salad	
		Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal	
		Energy		821 Kcal		34		621 Kcal		26	
		Total fat		22 g		28		11 g		14	
		Saturated fat		4 g				2 g			
		Carbohydrate		94 g		31		94 g		31	
		of which sugars		21 g		28		15 g		20	
		Fibre		16 g		51		14 g		44	
		Protein		57 g		47		34 g		28	
		Salt		4 g		86		3 g		53	
		Energy		715 Kcal		30		725 Kcal		30	
		Total fat		32 g		40		20 g		25	
		Saturated fat		11 g				3 g			
		Carbohydrate		65 g		22		95 g		32	
		of which sugars		17 g		23		17 g		22	
		Fibre		11 g		36		11 g		35	
		Protein		40 g		33		39 g		32	
		Salt		4 g		80		2 g		40	
		Energy		599 Kcal		25		14 g		18	
		Total fat		2 g				2 g			
		Saturated fat		85 g		28		18 g		24	
		Carbohydrate		12 g		38		31 g		26	
		of which sugars		3 g		67		3 g			
		Fibre									
		Protein									
		Salt									

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30		MONDAY		31		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
LUNCH		ETE 01				ETE 06							
	Soup	Spinach soup				Red bean soup							
	Dish	Grilled turkey steak with mushrooms sauce				Roasted pork leg							
	Side dish - Cereals and derivates, tubes	French fries				Carrot rice							
	Side dish - Vegetables	Lettuce salad with carrots and tomato				Tomato salad with oregano							
NUTRITIONAL INFORMATION	Nutritional value	Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal		% R*		Energy and Nutrients / Meal		% R*	
		Energy	945	Kcal	39	Energy	787	Kcal	33	Energy		Kcal	
		Total fat	44	g	54	Total fat	22	g	28	Total fat		g	
		Saturated fat	8	g		Saturated fat	3	g		Saturated fat		g	
		Carbohydrate	92	g	31	Carbohydrate	116	g	39	Carbohydrate		g	
		of which sugars	18	g	24	of which sugars	16	g	21	of which sugars		g	
		Fibre	12	g	38	Fibre	12	g	39	Fibre		g	
		Protein	44	g	37	Protein	29	g	24	Protein		g	
		Salt	3	g	51	Salt	4	g	81	Salt		g	
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