



## LUNCH MENU - FROM 19 TO 23 JUNE 2023

		19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY															
		ETE 03	ETE 03	ETE 01	ETE 06	ETE 06															
LUNCH	Soup	Red bean soup	Creamy pumpkin soup	Chickpeas soup	Pumpkin soup	Portuguese cabbage soup															
	Dish	Grilled poultry burger	Stewed squid's tentacles with vegetables	Roasted pork leg	Fried pollock cake with eggs and onion	Roasted chicken															
	Side dish - Cereals and derivatives, tubes	Sautéed pasta	Baked skin potatoes	Oven baked potato with garlic and olive oil	Peas rice	"Xau Xau" rice (with ham, peas, corn and carrot)															
	Side dish - Vegetables	Sautéed green beans	Lettuce salad, cucumber and bell peppers	Tomato salad with oregano	Sautéed greens	Tomato salad															
NUTRITIONAL INFORMATION	Nutritional value	<b>Energy and Nutrients / Meal</b>	<b>Energy and Nutrients / Meal</b>	<b>Energy and Nutrients / Meal</b>	<b>Energy and Nutrients / Meal</b>	<b>Energy and Nutrients / Meal</b>															
		<b>Energy</b>	709	Kcal	30	<b>Energy</b>	874	Kcal	36	<b>Energy</b>	723	Kcal	30	<b>Energy</b>	864	Kcal	36	<b>Energy</b>	775	Kcal	32
		<b>Total fat</b>	24	g	30	<b>Total fat</b>	35	g	43	<b>Total fat</b>	29	g	36	<b>Total fat</b>	37	g	46	<b>Total fat</b>	32	g	40
		<b>Saturated fat</b>	7	g		<b>Saturated fat</b>	9	g		<b>Saturated fat</b>	6	g		<b>Saturated fat</b>	7	g		<b>Saturated fat</b>	7	g	
		<b>Carbohydrate</b>	91	g	30	<b>Carbohydrate</b>	96	g	32	<b>Carbohydrate</b>	78	g	26	<b>Carbohydrate</b>	87	g	29	<b>Carbohydrate</b>	79	g	26
		<b>of which sugars</b>	17	g	23	<b>of which sugars</b>	16	g	21	<b>of which sugars</b>	18	g	24	<b>of which sugars</b>	13	g	18	<b>of which sugars</b>	17	g	23
		<b>Fibre</b>	11	g	34	<b>Fibre</b>	9	g	29	<b>Fibre</b>	12	g	38	<b>Fibre</b>	12	g	37	<b>Fibre</b>	12	g	37
		<b>Protein</b>	31	g	26	<b>Protein</b>	42	g	35	<b>Protein</b>	37	g	31	<b>Protein</b>	45	g	37	<b>Protein</b>	43	g	36
		<b>Salt</b>	3	g	51	<b>Salt</b>	3	g	57	<b>Salt</b>	2	g	48	<b>Salt</b>	4	g	74	<b>Salt</b>	2	g	47
		Allergens	<b>IF YOU HAVE FOOD ALLERGIES, PLEASE CONSULT OUR EMPLOYEES.</b>																		

\* %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](http://www.sas.uminho.pt)
- Considering the opinion of our consumers to an appropriate salt level, the reduction will be done in a gradual way to avoid drastically changes of the sensory characteristics.