



Universidade do Minho
Serviços de Acção Social
Departamento Alimentar

DINNER MENU - FROM 19 TO 23 JUNE 2023

		19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY														
DINNER	Soup	ETE 03 White cabbage soup with carrot	ETE 01 Turnip greens soup	ETE 03 Green bean soup	ETE 06 Zucchini soup	ETE 03 Creamy tomato soup														
	Dish	Fish "à Gomes de Sá" (fish with eggs, onions and potatoes)	Chicken curry	Poultry meat gratin	Stewed meat pork, cow, chicken, peas, carrots and potatoes	Fish tortilla														
	Side dish - Cereals and derivatives, tubes	-	White plain rice	Cooked pasta	Garlic rice	-														
	Side dish - Vegetables	Cooked broccoli	Lettuce salad with red cabbage	Cooked cauliflower	-	Lettuce salad with carrot and white cabbage														
NUTRITIONAL INFORMATION	Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal		Energy and Nutrients / Meal									
	Energy	682	Kcal	28	Energy	783	Kcal	33	Energy	963	Kcal	40	Energy	756	Kcal	32	Energy	718	Kcal	30
	Total fat	15	g	19	Total fat	29	g	36	Total fat	44	g	55	Total fat	33	g	41	Total fat	20	g	25
	Saturated fat	2	g		Saturated fat	7	g		Saturated fat	8	g		Saturated fat	9	g		Saturated fat	3	g	
	Carbohydrate	89	g	30	Carbohydrate	86	g	29	Carbohydrate	93	g	31	Carbohydrate	74	g	25	Carbohydrate	98	g	33
	of which sugars	19	g	25	of which sugars	15	g	20	of which sugars	18	g	24	of which sugars	17	g	23	of which sugars	19	g	25
	Fibre	13	g	42	Fibre	10	g	33	Fibre	13	g	40	Fibre	12	g	38	Fibre	14	g	44
	Protein	45	g	37	Protein	42	g	35	Protein	46	g	38	Protein	39	g	33	Protein	34	g	28
	Salt	3	g	67	Salt	2	g	48	Salt	3	g	57	Salt	3	g	59	Salt	5	g	93
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
- 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.