



Ementa

Para uma alimentação saudável e de qualidade.



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Faculdade de Engenharia GRILL Week from 22 to 26 April 2024

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Monday									
Meat dish	Grilled chicken steak with mushroom sauce ⁷	747	177	4,3	1,1	19,0	0,1	15,1	0,3
Fish dish	Roast sole delicious way with roast punched potatoes ⁴	481	114	3,3	0,5	14,2	5,0	6,1	0,2
Vegetarian dish	Grilled seitan with spaghetti ^{1,6}	1000	236	2,3	0,9	36,4	2,6	16,9	0,6
Tuesday									
Meat dish	Grilled beefburger with egg ^{1,3,6,12}	797	191	12,5	2,6	8,9	0,4	10,1	0,2
Fish dish	Stewed ling with peas and potato purée ^{4,7,12}	301	71	1,4	0,3	7,1	0,2	7,1	0,2
Vegetarian dish	Soy and vegetables lasagna ^{1,3,6,7}	947	230	5,4	2,2	29,2	1,0	15,0	0,4
Wednesday									
Meat dish	Beef lasagna ^{1,3,6,7,12}	1119	272	11,1	4,3	27,1	0,7	14,7	0,3
Fish dish	Grilled mackerel with green sauce and boiled potato ^{4,12}	426	101	2,2	0,4	11,9	0,9	7,8	0,2
Vegetarian dish	Tofu rice (tofu, mushrooms, corn, carrot) ^{1,6}	771	183	4,8	0,9	26,7	0,6	7,1	0,3
Thursday									
Meat dish		0	0	0,0	0,0	0,0	0,0	0,0	0,0
Fish dish	Holiday	0	0	0,0	0,0	0,0	0,0	0,0	0,0
Vegetarian dish		0	0	0,0	0,0	0,0	0,0	0,0	0,0
Friday									
Meat dish	Francesinha sandwich with fries ^{1,3,6,7,8,11,12,13}	811	194	9,3	2,7	15,7	1,3	10,6	0,7
Fish dish	Beans and seafood stew ^{1,2,3,4,6,12,14}	745	177	4,7	1,3	19,5	1,0	12,2	0,8
Vegetarian dish	Macaroni (vegetarian) with borlotti beans, lentils and carrot ^{1,6,8,10,11}	1277	304	4,0	0,7	52,0	2,3	16,0	0,3

Por motivos imprevistos, a ementa poderá sofrer alterações.

Your meal contains or may contain the following substances or products and their derivatives:¹Cereals containing gluten, ²Crustaceans, ³Eggs, ⁴Fish, ⁶Soybeans, ⁷Milk, ⁸Nuts, ¹⁰Mustard, ¹¹Sesame seeds, ¹²Sulphur dioxide and sulphites, ¹³Lupin, ¹⁴Molluscs. For those who are not allergic or intolerant, these substances or products are completely harmless.

Nutritional declaration: Variations in preparation and confection techniques, as well as seasonal and regional differences in products, may change the values presented. Average values of 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the National Institute of Health Dr. Ricardo Jorge, Food Composition Table (2007), and the information provided by suppliers. The menu may change due to unforeseen reasons.

Sat. Fat. - Saturated Fatty Acids, Sugar - Sugar, VE - Energetic value, Carb. - Carbohydrates, Fat - Fat, Prot. - Proteins, Salt - Salt



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Faculdade de Engenharia

GRILL

Week from 29 April to 3 May 2024

Monday

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Meat dish	Grilled turkey steak with saffron rice	793	187	2,1	0,4	24,7	0,1	16,9	0,3
Fish dish	Grilled sea bream with potatoes sautés ⁴	525	125	4,5	0,9	12,7	0,8	7,9	0,2
Vegetarian dish	Leek sauté with pasta ¹	1043	247	6,3	1,3	39,4	2,1	7,7	0,2

Tuesday

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Meat dish	Pork stew (pork, clams and cubed fries) ^{5,6,12,14}	765	184	11,8	2,5	9,3	0,1	9,4	0,2
Fish dish	Monkfish rice with shrimp ^{2,4,12,14}	683	162	3,4	0,5	19,3	0,3	13,3	0,3
Vegetarian dish	Seitan stroganoff with rice ^{1,6,12}	732	174	3,7	0,6	24,4	0,7	9,4	0,5

Wednesday

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Meat dish		0	0	0,0	0,0	0,0	0,0	0,0	0,0
Fish dish	Holiday	0	0	0,0	0,0	0,0	0,0	0,0	0,0
Vegetarian dish		0	0	0,0	0,0	0,0	0,0	0,0	0,0

Thursday

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Meat dish	Roast pork with orange and potato ¹²	599	143	7,1	2,0	10,2	1,1	8,5	0,2
Fish dish	Squid kebab with vegetables ^{6,12,14}	399	95	3,4	0,9	8,5	0,7	7,1	0,4
Vegetarian dish	Vegetables ratatouille with seitan ^{1,6}	367	88	3,9	0,7	3,0	1,9	9,1	0,3

Friday

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Meat dish	Francesinha sandwich with fries ^{1,3,6,7,8,11,12,13}	811	194	9,3	2,7	15,7	1,3	10,6	0,7
Fish dish	Pasta with monkfish ^{1,3,4}	648	153	2,2	0,3	17,4	0,6	15,2	0,2
Vegetarian dish	Soy croquettes in the oven with pasta ^{1,3,6,7,8,11,12,13}	1385	327	4,8	1,0	47,4	2,0	22,8	0,4

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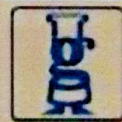
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Faculdade de Engenharia GRILL Week from 6 to 10 May 2024

		VE (kJ)	VE (kcal)	Fat (g)	Sat. Fat. (g)	Carb. (g)	Sugar (g)	Prot. (g)	Salt (g)
Monday									
Meat dish	Roast chicken breast with peanuts, green peppers and rice	854	203	6,6	1,1	19,2	0,5	15,9	0,3
Fish dish	Codfish fritters with borlotti beans rice ^{1,3,4}	1007	240	6,6	1,1	32,3	0,3	12,2	1,6
Vegetarian dish	Vegetarian paella ⁶	682	162	4,4	0,9	22,5	0,8	6,5	0,1
Tuesday									
Meat dish	Roast pork loin with spaghetti sauté ^{1,3,12}	874	208	7,1	1,6	18,8	0,9	15,9	0,2
Fish dish	Bacalhau à brás (typical portuguese dish: fried salt cod, fried potatoes and eggs on onion and parsley) ^{3,4}	1021	245	15,3	2,4	13,9	0,4	11,9	1,8
Vegetarian dish	Tomato stuffed with soy ⁶	578	137	2,7	0,3	13,0	2,4	14,2	0,1
Wednesday									
Meat dish	Roast beef with potato ¹²	499	119	4,0	1,0	10,5	0,8	9,0	0,2
Fish dish	Forkbread à João do Grão ^{3,4,12}	512	121	2,1	0,3	15,8	1,0	8,6	0,1
Vegetarian dish	Vegetables lasagna ^{1,3,6,7}	789	193	5,8	2,5	26,6	1,4	7,7	0,3
Thursday									
Meat dish	Pork stew (pork, clams and cubed fries) ^{5,6,12,14}	765	184	11,8	2,5	9,3	0,1	9,4	0,2
Fish dish	Tuna lasagna with vegetables ^{1,3,4,6,7}	1013	247	9,1	3,0	27,3	1,0	13,2	0,8
Vegetarian dish	Breaded seitan steak with spaghetti ^{1,3,6,7,8,11,12,13}	1078	255	5,3	1,2	35,4	2,4	15,9	0,6
Friday									
Meat dish	Francesinha sandwich with fries ^{1,3,6,7,8,11,12,13}	811	194	9,3	2,7	15,7	1,3	10,6	0,7
Fish dish	Fried swordfish with tomato rice ^{1,4}	936	223	7,8	1,2	27,4	0,3	10,3	0,3
Vegetarian dish	Tricolor pasta with vegetables ^{1,6}	776	183	3,8	0,8	31,0	2,2	6,1	0,4

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