

Traditional Menu

Wednesday

Dinner



➤ Primi/ Firsts courses

GNOCCHI POMODORO MOZZARELLA E BASILICO – GNOCCHI WITH TOMATO, MOZZARELLA AND BASIL

- 150g gnocchi, 100g pomodoro, 10g olio e.v.o., 40g mozzarella, aglio, sale iodato e basilico q.b. Kcal:431
- 150g gnocchi, 100g tomato, 10g extra virgin olive oil, 40g mozzarella, garlic, salt and basil to taste KJ:1.081,58

MEZZE PENNE CON CREMA DI PEPERONI - MEZZE PENNE WITH PEPERONI CREMA

- 100g pasta, 80g peperoni, 30g panna, 10g olio e.v.o., cipolla, basilico e sale iodato q.b. Kcal:555
- 100g pasta, 80g peppers, 30g cream, 10g extra virgin olive oil, onion, basil and salt to taste KJ:2.319,9

➤ Secondi/Main courses

BISTECCA DI MAIALE ALLA BRACE - GRILLED PORK STEAK

- 200g maiale, 10g olio e.v.o., sale iodato, aromi e limone q.b. Kcal:404
- 200g pork, 10g extra virgin olive oil, salt, herbs and lemon to taste KJ:1.688,72

PESCE SPADA ALLA MEDITERRANEA - MEDITERRANEAN SWORDFISH

- 200g pesce, 80g pomodoro, 10g olio e.v.o., 40g olive, aglio, capperi e prezzemolo q.b. Kcal:386
- 200g fish, 80g tomato, 10g extra virgin olive oil, 40g olives, garlic, capers and parsley to taste KJ:1.613,48

➤ Contorni/ Side

INSALATA DI POMODORI E CECI - TOMATO AND CHICKPEA SALAD

- 100g pomodori, 20g ceci, 10g olio e.v.o., sedano, basilico e sale iodato q.b. Kcal:185
- 100g tomatoes, 20g chickpeas, 10g extra virgin olive oil, celery, basil and salt to taste KJ:773,3

ZUCCA STUFATA CON PATATE - STEWED PUMPKIN WITH POTATOES

- 100g zucca, 10g olio e.v.o., 50g patate, sale iodato, basilico, aglio e peperoncino q.b. Kcal:152
- 100g pumpkin, 10g extra virgin olive oil, 50g potatoes, salt, basil, garlic and chilli pepper to taste KJ:635,36



IN ITALIANO



IN ENGLISH



Veggie Menu Dinner

Wednesday



➤ Primi/ First courses

GNOCCHI MOZZARELLA E BASILICO - MOZZARELLA AND BASIL GNOCCHI

150g gnocchi, 100g pomodoro, 10g olio e.v.o., 40g mozzarella, aglio, sale iodato e basilico q.b. Kcal:431

150g gnocchi gnocchi, 100g tomato, 10g extra virgin olive oil, 40g mozzarella, garlic, salt and basil to taste KJ:1.801,58

MEZZE PENNE CON CREMA DI PEPERONI - MEZZE PENNE WITH PEPPERONI CREMA

100g pasta, 80g peperoni, 30g panna, 10g olio e.v.o., cipolla, basilico e sale iodato q.b. Kcal:555

100g pasta, 80g peppers, 30g cream, 10g extra virgin olive oil, onion, basil and salt to taste KJ:2.319,9

➤ Secondi/Main courses

SFORMATINO DI PATATE E BIETA - POTATO AND CHARD PIE

150g patate, 10g olio evo, 100g bieta, 30g pangrattato, 15g formaggio, 30g uova, 20g provola, sale, aglio, basilico e aromi q.b. Kcal:499

150g potatoes, 10g extra virgin olive oil, 100g chard, 30g breadcrumbs, 15g cheese, 30g eggs, 20g provola cheese, salt, garlic, basil and herbs to taste KJ:2.085,82

ZUCCHINE RIPIENE - STUFFED ZUCCHINI

200g zucchine, 10g olio evo, 80g pomodorini, 40g pangrattato, 15g formaggio, 40g mozzarella, 40g olive, sale, cipolla, aglio, basilico, prezzemolo, aromi e capperi q.b. Kcal:579

200g courgettes, 10g extra virgin olive oil, 80g cherry tomatoes, 40g breadcrumbs, 15g cheese, 40g mozzarella, 40g olives, salt, onion, garlic, basil, parsley, herbs and capers to taste KJ:2.420,22

➤ Contorni/ Side

INSALATA DI POMODORI E CECI - TOMATO AND CHICKPEA SALAD

100g pomodori, 20g ceci, 10g olio e.v.o., sedano, basilico e sale iodato q.b. Kcal:185

100g tomatoes, 20g chickpeas, 10g extra virgin olive oil, celery, basil and salt to taste KJ:773,3

ZUCCA STUFATA CON PATATE - STEWED PUMPKIN WITH POTATOES

100g zucca, 10g olio e.v.o., 50g patate, sale iodato, basilico, aglio e peperoncino q.b. Kcal:152

100g pumpkin, 10g extra virgin olive oil, 50g potatoes, salt, basil, garlic and chilli pepper to taste KJ:635,36



IN ITALIANO



IN ENGLISH



SALERNO2026
EUROPEAN UNIVERSITIES
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Vegan Menu Dinner

Wednesday



➤ Primi/ First courses

GNOCCHI AL SUGO - GNOCCHI WITH SAUCE

150g gnocchi di patate, 100g pomodoro, 10g olio e.v.o., aglio, sale iodato e basilico q.b.
Kcal:316

150g potato gnocchi, 100g tomato, 10g extra virgin olive oil, garlic, salt and basil to taste
KJ:1.320,88

MEZZE PENNE CON CREMA DI PEPERONI - MEZZE PENNE WITH PEPPERONI CREMA

100g pasta, 80g peperoni, 30g panna vegetale, 10g olio e.v.o., cipolla, basilico e sale iodato q.b.
Kcal:555

100g pasta, 80g peppers, 30g vegetable cream, 10g extra virgin olive oil, onion, basil and salt to taste
KJ:2.319,9

➤ Secondi/Main courses

SFORMATINO DI PATATE E BIETA - POTATO AND CHARD PIE

150g patate, 10g olio e.v.o., 100g bieta, 30g pangrattato, sale iodato, aglio, basilico e aromi q.b.
Kcal:350

150g potatoes, 10g extra virgin olive oil, 100g chard, 30g breadcrumbs, salt, garlic, basil and herbs to taste
KJ:1.463

ZUCCHINE RIPIENE - STUFFED ZUCCHINI

200g zucchini, 10g olio evo, 80g pomodorini, 40g pangrattato, 40g olive, sale, cipolla, aglio, basilico, prezzemolo, aromi e capperi q.b. Kcal:348

200g courgettes, 10g extra virgin olive oil, 80g cherry tomatoes, 40g breadcrumbs, 40g olives, salt, onion, garlic, basil, parsley, herbs and capers to taste
KJ:1.454,64

➤ Contorni/ Side

INSALATA DI POMODORI E CECI - TOMATO AND CHICKPEA SALAD

100g pomodori, 20g ceci, 10g olio e.v.o., sedano, basilico e sale iodato q.b. Kcal:185

100g tomatoes, 20g chickpeas, 10g extra virgin olive oil, celery, basil and salt to taste KJ:779,3

ZUCCA STUFATA CON PATATE - STEWED PUMPKIN WITH POTATOES

100g zucca, 10g olio e.v.o., 50g patate, sale iodato, basilico, aglio e peperoncino q.b. Kcal:152

100g pumpkin, 10g extra virgin olive oil, 50g potatoes, salt, basil, garlic and chilli pepper to taste
KJ:635,36



IN ITALIANO



IN ENGLISH

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