

Traditional Menu Dinner

Thursday



➤ Primi/ First courses

RISOTTO ALLA MILANESE

- 100g riso, 10g formaggio, 10g olio e.v.o., sale iodato, zafferano, cipolla, prezzemolo, aromi, sedano, carote q.b. Kcal:483
- 100g rice, 10g cheese, 10g extra virgin olive oil, salt, saffron, onion, parsley, herbs, celery, carrots to taste KJ:2020,9

PENNE ALLA BOSCAIOLA - BOSCAIOLA PASTA

- 80g pasta, 40g salsiccia suina, 50g piselli, 50g funghi, 10g olio e.v.o., 50g pomodoro, 15g panna, aglio, prezzemolo, basilico e sale iodato q.b. Kcal:607
- 80g pasta, 40g pork sausage, 50g peas, 50g mushrooms, 10g extra virgin olive oil, 50g tomato, 15g cream, garlic, parsley, basil and salt to taste KJ:2.537,26

➤ Secondi/Main courses

INVOLTINI DI POLLO AL FORNO - CHICKEN ROLLS

- 200g involtino di pollo, 10g olio e.v.o., 30g farina, 80g pomodoro, sale iodato, sedano carote cipolle, vino bianco e aromi q.b. Kcal:473
- 200g chicken roll, 10g extra virgin olive oil, 30g flour, 80g tomato, salt, celery, carrots, onions, white wine and herbs to taste KJ:1.977,14

SPIGOLA ALL'ACQUA PAZZA - CRAZY WATER SEA BASS

- 200g pesce, 10g olio e.v.o., 70g pomodoro, origano, prezzemolo, aglio e peperoncino q.b. Kcal:269
- 200g fish, 10g extra virgin olive oil, 70g tomato, oregano, parsley, garlic and chilli pepper to taste KJ:1.124,42

➤ Contorni/ Side

CICORIA RIPASSATA - PAN-FRIED CHICORY

- 150g cicoria, 10g olio e.v.o., sale iodato, aglio e peperoncino q.b. Kcal:116
- 150g chicory, 10g extra virgin olive oil, salt, garlic and chilli pepper to taste KJ:484,88

PATATE AL TIMO - POTATOES WITH THYME

- 100g patate, 10g olio e.v.o., sale iodato, aromi e timo q.b. Kcal:174
- 100g potatoes, 10g extra virgin olive oil, salt, herbs and thyme to taste KJ:727,32



IN ITALIANO



IN ENGLISH



Veggie Menu Dinner

Thursday



➤ Primi/ First courses

RISOTTO ALLA MILANESE

100g riso, 10g olio e.v.o., sale iodato, zafferano, cipolla, prezzemolo, aromi, sedano, carote q.b. Kcal:443

100g rice, 10g extra virgin olive oil, salt, saffron, onion, parsley, herbs, celery, carrots to taste KJ:1853,5

PASTA CON RAGU' DI TOFU - PASTA WITH TOFU RAGOUT

100g pasta, 10g olio e.v.o., 100g pomodoro, 50g tofu, sedano, carote e cipolle q.b. Kcal:541

100g pasta, 10g extra virgin olive oil, 100g tomato, 50g tofu, celery, carrots and onions to taste KJ:2.261,38

➤ Secondi/Main courses

POMODORI RIPIENI - STUFFED TOMATOES

200g pomodori, 40g olive, 40g pangrattato, 10g olio e.v.o., capperi, aglio, basilico e sale iodato q.b. Kcal:341

200g tomatoes, 40g olives, 40g breadcrumbs, 10g extra virgin olive oil, capers, garlic, basil and salt to taste KJ:1.425,38

HAMBURGER VEGETALE - VEGETABLE HAMBURGER

200g verdure, 10g olio e.v.o., 30g pangrattato, sale iodato e aromi q.b. Kcal:263

200g vegetables, 10g extra virgin olive oil, 30g breadcrumbs, salt and herbs to taste KJ:1.099,34

➤ Contorni/ Side

CICORIA RIPASSATA - SAUTÉED CHICORY

150g cicoria, 10g olio evo, sale, aglio e peperoncino q.b. Kcal:116

150g chicory, 10g extra virgin olive oil, salt, garlic and chilli pepper to taste KJ:484,88

PATATE AL TIMO - POTATOES WITH THYME

100g patate, 10g olio e.v.o., sale iodato, aromi e timo q.b. Kcal:174

100g potatoes, 10g extra virgin olive oil, salt, herbs and thyme to taste KJ:727,32



IN ITALIANO



IN ENGLISH



SALERNO 2026
EUROPEAN UNIVERSITIES
GAMES
EUSA

