

# Traditional Menu Lunch

## Thursday



### ➤ Primi/ First courses

#### PASTA E CECI ALL'INSALATA - PASTA AND CHICKPEA SALAD

- 90g pasta, 10g olio e.v.o., 30g ceci, sale iodato, bicarbonato, prezzemolo e aglio q.b. Kcal:546
- 90g pasta, 10g extra virgin olive oil, 30g chickpeas, salt, bicarbonate of soda, parsley and garlic to taste KJ:2.282,28

#### CALAMARATA ALLO SCOGLIO - CALAMARATA WITH SEAFOOD SAUCE

- 100g pasta, 10g olio e.v.o., 70g misto mare, 80g pomodorini, sale iodato, aglio, pepe e prezzemolo q.b. Kcal:567
- 100g pasta, 10g extra virgin olive oil, 70g mixed seafood, 80g cherry tomatoes, salt, garlic, pepper and parsley to taste KJ:2.370,06

### ➤ Secondi/Main courses

#### BOCCONCINI DI TACCHINO CON PATATE E PISELLI - TURKEY BITES WITH PEAS AND POTATOES

- 150g tacchino, 10g olio e.v.o., 50g patate, 50g piselli, 80g pomodoro, sale iodato, sedano, carote, cipolle aromi q.b. Kcal:349
- 150g turkey, 10g extra virgin olive oil, 50g potatoes, 50g peas, 80g tomatoes, salt, celery, carrots, onions and flavours to taste KJ:1.458,82

#### BACCALA' IN UMIDO - STEWED COD

- 200g pesce, 100g pomodoro, 10g olio e.v.o., 40g olive, sale iodato, capperi, prezzemolo e aglio q.b. Kcal:401
- 200g fish, 100g tomato, 10g extra virgin olive oil, 40g olives, salt, capers, parsley and garlic to taste KJ:1.676,18

### ➤ Contorni/ Side

#### CIAMBOTTA CILENTANA - CILENTO CIAMBOT

- 50g patate, 30g peperoni, 30g zucchine, 30g melanzane, 10g olio e.v.o., 50g pomodoro, cipolla, basilico e sale iodato q.b. Kcal:162
- 50g potatoes, 30g peppers, 30g courgettes, 30g aubergines, 10g extra virgin olive oil, 50g tomato, onion, basil and salt to taste KJ:677,16

#### INSALATA MISTA - MIXED SALAD

- 140g iceberg, 20g rucola, 20g mais, 20g carote, 20g radicchio, 10g olio e.v.o. Kcal:137
- 40g iceberg, 20g rocket, 20g corn, 20g carrots, 20g radicchio, 10g extra virgin olive oil KJ:572,66



IN ITALIANO



IN ENGLISH



# Veggie Menu Lunch

Thursday



## ➤ Primi/ First courses

### PASTA E CECI ALL'INSALATA / PASTA AND CHICKPEA SALAD

90g pasta, 10g olio e.v.o., 30g ceci, sale iodato, bicarbonato, prezzemolo e aglio q.b. Kcal: 546

90g pasta, 10g extra virgin olive oil, 30g chickpeas, salt, bicarbonate of soda, parsley and garlic to taste KJ:2.282,28

### CALAMARATA AL RAGU' ORTOLANO / CALAMARATA WITH VEGETABLE RAGOUT

100g pasta, 10g olio e.v.o., 30g melanzane, 30g peperoni, 30g zucchine, 80g pomodoro, sale iodato, basilico, sedano, carote e cipolle q.b. Kcal:515

100g pasta, 10g extra virgin olive oil, 30g aubergines, 30g peppers, 30g courgettes, 80g tomatoes, salt, basil, celery, carrots and onions to taste KJ:2.152,7

## ➤ Secondi/Main courses

### TORTINO DI SCAROLE E PROVOLA / ESCAROLE AND PROVOLA PIE

200g scarole, 10g olio e.v.o., 40g olive, 40g farina, 30g provola, 15g formaggio, lievito, aglio, peperoncino, capperi e sale iodato q.b. Kcal:458

200g escarole, 10g extra virgin olive oil, 40g olives, 40g flour, 30g provola cheese, 15g cheese, yeast, garlic, chilli pepper, capers and salt to taste KJ:1.914,44

### PEPERONI RIPIENI / STUFFED PEPPERS

200g peperoni, 10g olio e.v.o., 80g pomodoro, 40g pangrattato, 40g olive, capperi e sale iodato q.b. Kcal:373

200g peppers, 10g extra virgin olive oil, 80g tomatoes, 40g breadcrumbs, 40g olives, capers and salt to taste KJ:1.559,14

## ➤ Contorni/ Side

### CIAMBOTTA CILENTANA / CILENTO CIAMBOT

50g patate, 30g peperoni, 30g zucchine, 30g melanzane, 10g olio e.v.o., 50g pomodoro, cipolla, basilico e sale iodato q.b. Kcal:162

50g potatoes, 30g peppers, 30g courgettes, 30g aubergines, 10g extra virgin olive oil, 50g tomato, onion, basil and salt to taste KJ:677,16

### INSALATA MISTA / MIXED SALAD

40g iceberg, 20g rucola, 20g mais, 20g carote, 20g radicchio, 10g olio e.v.o. Kcal:137

40g iceberg, 20g rocket, 20g corn, 20g carrots, 20g radicchio, 10g extra virgin olive oil KJ:957,22



IN ITALIANO



IN ENGLISH



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