

# Traditional Menu Lunch

## Wednesday



## ➤ Primi/ First courses

### PASTA PESTO DI RICOTTA, NOCI E SPECK – PASTA WITH RICOTTA, WALNUT AND SPECK PESTO

- 100g pasta, 10g olio e.v.o., 30g noci, 50g pomodori, 20g speck, latte di soia, aglio, basilico, sale iodato q.b. Kcal:760
- 100g pasta, 10g extra virgin olive oil, 30g walnuts, 50g tomatoes, 20g speck, soy milk, garlic, basil, salt to taste KJ:3.200

### INSALATA DI RISO - RICE SALAD

- 80g riso, 70g pomodori, 30g olive, 20g mais, 30g carote, 20g piselli, 20g cetrioli, 20g funghi, 20g carciofini, 10g olio e.v.o., sedano, sale iodato e aromi q.b. Kcal:499
- 80g rice, 70g tomatoes, 30g olives, 20g corn, 30g carrots, 20g peas, 20g cucumbers, 20g mushrooms, 20g artichokes, 10g extra virgin olive oil, celery, salt and herbs to taste KJ:2.085,82

## ➤ Secondi/ Main courses

### ARROSTO DI VITELLO CON CREMA AI FUNGHI - ROAST VEAL WITH MUSHROOM CREAM

- 200g bovino, 10g olio e.v.o., 100g funghi, 30g farina, 80g pomodoro, sedano, carote, cipolle, vino bianco, sale iodato e aromi q.b. Kcal:421
- 200g beef, 10g extra virgin olive oil, 100g mushrooms, 30g flour, 80g tomato, celery, carrots, onions, white wine, salt and herbs to taste KJ:1.759,78

### INSALATA DI MARE AL PROFUMO DI SFUSATO AMALFITANO - AMALFI SEAFOOD SALAD

- 100g polpo, 50g totano, 50g seppie, 50g patate, 10g olio e.v.o., prezzemolo, limone e sale iodato q.b. Kcal:240
- 100g octopus, 50g squid, 50g cuttlefish, 50g potatoes, 10g extra virgin olive oil, parsley, lemon and salt to taste KJ:1.003,2

## ➤ Contorni/ Side

### FAGIOLINI AL BASILICO

- 150g fagiolini, 10g olio e.v.o., basilico, sale iodato q.b. Kcal:148
- 150g green beans, 10g extra virgin olive oil, basil, salt to taste KJ:619,2

### PEPERONI IN AGRO DOLCE - SWEET AND SOUR PEPPERS

- 100g peperoni, 10g olio e.v.o., 30g olive, sale iodato, aglio, aceto, zucchero, basilico e prezzemolo q.b. Kcal:229
- 100g peppers, 10g extra virgin olive oil, 30g olives, salt, garlic, vinegar, sugar, basil and parsley to taste KJ:957,22



IN ITALIANO



IN ENGLISH





# Veggie Menu Lunch

## Wednesday



### ➤ Primi/ Firsts courses

#### PASTA PESTO DI RICOTTA E NOCI / RICOTTA AND WALNUT PESTO PASTA

100g pasta, 10g olio e.v.o., 30g noci, 50g pomodori, latte di soia, aglio, basilico, sale iodato q.b. Kcal:702

100g pasta, 10g extra virgin olive oil, 30g walnuts, 50g tomatoes, soy milk, garlic, basil, salt to taste KJ:2.934,36

#### INSALATA DI RISO / RICE SALAD

80g riso, 70g pomodori, 30g olive, 20g mais, 30g carote, 20g piselli, 20g cetrioli, 20g funghi, 20g carciofini, 10g olio e.v.o., sedano, sale iodato e aromi q.b. Kcal:499

80g rice, 70g tomatoes, 30g olives, 20g corn, 30g carrots, 20g peas, 20g cucumbers, 20g mushrooms, 20g artichokes, 10g extra virgin olive oil, celery, salt and herbs to taste KJ:2.085,82

### ➤ Secondi/Main courses

#### POLPETTE DI LENTICCHIE / LENTIL MEATBALLS

30g lenticchie, 70g patate, 40g pangrattato, 10g olio e.v.o., sedano, aglio, aromi, sale iodato e olio di girasole q.b. Kcal:410

30g lentils, 70g potatoes, 40g breadcrumbs, 10g extra virgin olive oil, celery, garlic, herbs, salt and sunflower oil to taste KJ:1.713,8

#### CAPRESE DI MOZZARELLA E POMODORI / TOMATOES AND MOZZARELLA

100g pomodori, 100g mozzarella, 10g olio e.v.o., basilico, sale iodato e origano q.b. Kcal:397

100g tomatoes, 100g mozzarella, 10g extra virgin olive oil, basil, salt and oregano to taste KJ:1.659,46

### ➤ Contorni/ Side

#### FAGIOLINI AL BASILICO / GREEN BEANS WITH BASIL

150g fagiolini, 10g olio e.v.o., basilico, sale iodato q.b. Kcal:148

150g green beans, 10g extra virgin olive oil, basil, salt to taste KJ:619,2

#### PEPERONI IN AGRO DOLCE / SWEET AND SOUR PEPPERS

100g peperoni, 10g olio e.v.o., 30g olive, sale iodato, aglio, aceto, zucchero, basilico e prezzemolo q.b. Kcal:229

100g peppers, 10g extra virgin olive oil, 30g olives, salt, garlic, vinegar, sugar, basil and parsley to taste KJ:957,22



IN ITALIANO



IN ENGLISH



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