

Service proposal for the ISUF Congress between 3rd and 6th of July.

Lunch Day 3

International Salads Buffet

- Greek Salad (lettuce, tomato, corn, croutons, Feta cheese and black olives);
- Italian Salad (tomato, fresh mozzarella, oreganos, arugula, nuts and pineapple);
- Russian Salad (potato, carrots, pees and mayonnaise);
- Baked Salmon Salad with linguini nero;
- Vegetarian Salad (lettuce, tomato, corn, pees, fresh cheese, sautéed mushrooms and olives);
- Prawn Salad (multi-colored pasta, pineapple, kiwi, orange, seafood and yoghurt sauce);
- Baked Salmon served with toasted bread and dill sauce;



Portuguese Flavours' Buffet

- Portuguese Salad (lettuce, tomato, corn, carrots, cheese and ham rolls, croutons seasoned with garlic and olives);
- Codfish Salad (chickpea, shredded cod, tomato, eggs e green sauce);
- Fried Codfish Pie;
- Slices of rustic bread with:
 - Alheira (traditional sausage) and mushrooms;
 - Braised black pudding/blood sausage;
 - (Canned) sardines in tomato sauce;
- Selection of Hams;
- Cornbread and "Avintes" bread served with ham;
- Selection of Portuguese cheeses :
 - Pico or São Jorge;
 - Flamengo;
 - Serra;
 - Ripened;
 - Cottage
- Assorted breads and toasts to be served with the cheeses;
- Desserts
 - Pastel de Natal
 - Almond tarts



Lunch Day 4

- Small savory pastries (3 per person) – these are served by waiters;

Sandwiches Buffet

- **Low Calories Sandwiches:**
 - 8-Grain bread with Philadelphia cheese, ham, arugula and cocktail sauce with nonfat yogurt;
 - Seafood with grated carrots, eggs and cocktail sauce made with nonfat yogurt ;
 - Smoked turkey with nonfat cottage cheese and grated carrots.
 - Hamburger bread, lettuce, tomato, ham, cheese, and boiled egg.
 - Tuna, boiled egg, lettuce, rustic bread
 - Roast beef, lettuce, tomato, mayonnaise
- Desserts
 - Sliced pineapple, oranges
 - Mango mousse
 - Chocolate mousse



Lunch Day 5

Quiches and Tarts Buffet

- Quiche Lorraine – bacon, cheese and ham;
- Spinach Quiche
- Vegetable Quiche – peas, carrots, zucchini, corn, leek
- Chicken and mushroom quiche
- Turkey quiche with bacon and olives
- Shortcrust pastry chicken pie;
- Shortcrust pastry Baked Salmon pie
- Codfish pie;



Garnish

- Lettuce;
- Tomato;
- Arugula;
- Olives;
- Pees;
- Corn;
- Boiled Eggs
- Desserts
 - Melon, water melon
 - Caramel Mousse



Drinks – included in menus A, B and C

- Water;
- Coca-Cola;
- Lemon Juice;
- Iced Tea;
- Orange juice;
- Coffee, decaf coffee and tea.

