



University of the Azores – Pólo Ponta Delgada

Week of 24th to 28th of November of 2025

Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Dish / Diet	Tuna salad with boiled potatoes, green bean, carrot and peas ⁴	460	109	3,0	0,4	13,2	0,8	6,5	0,5
Tuesday									
Dish	Portuguese style stewed pork (pork, pickles, potatoes) ^{5,6,12}	720	173	10,4	2,3	10,1	0,0	9,0	0,2
Diet	Plain stewed pork with potatoes	555	132	5,7	1,7	11,4	0,8	8,3	0,2
Wednesday									
Dish	Sea salad (pasta, shredded fish, seafood, grated egg, vegetables and pineapple) ^{1,2,3,4,6,10,12}	652	154	2,8	0,5	19,4	2,0	12,1	0,3
Diet	Fish stew with gluten free pasta ^{4,14}	371	89	5,4	0,8	1,3	0,0	8,8	0,2
Thursday									
Dish	<i>Roasted chicken with corn rice and filling</i> ^{1,3,6,12}	468	111	2,7	0,5	10,4	0,7	10,4	0,2
Diet	Plain roasted chicken with corn rice	441	105	1,8	0,3	10,7	0,7	10,8	0,2
Friday									
Dish	Fried forkbeard with boiled mixed potatoes and villain sauce ^{1,4,6,12}	589	140	4,5	0,7	16,0	3,8	8,2	0,2
Diet	Boiled forkbeard with boiled mixed potatoes ⁴	412	98	0,0	0,0	14,7	4,1	8,8	0,2

For unforeseen reasons, the menu may change. Diet dish- gluten and lactose free. All dishes are accompanied by mixed salad.

If you are allergic or intolerant to any substance, you should consult the person in charge of the unit for more precise information before consuming your meal. Your meal contains/may contain the following substances or products and their derivatives: ¹Cereals containing gluten, ²Crustaceans, ³Eggs, ⁴Fish, ⁵Peanuts, ⁶Soy, ⁷Milk, ⁸Nuts, ⁹Celery, ¹⁰Mustard, ¹¹Sesame seeds, ¹²Sulfur Dioxide and Sulfites, ¹³Lupin, ¹⁴Clams. For those who are not allergic or intolerant, these substances or products are completely harmless.

Nutritional Declaration: Variations in preparation and cooking techniques, as well as seasonal and regional differences in the products, may alter the values presented. Average values calculated from the known average values of the ingredients used according to the National Institute of Health Dr. Ricardo Jorge, Food Composition Table (2019), and information provided by suppliers.

VE – Energy Value, HC – Carbohydrates, Líp. – Lipids, Prot. – Proteins



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Week of 24th to 28th of november of 2025

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday <i>World Science Day</i>									
Soup	Pumpkin with cumin purée	165	39	1,3	0,2	5,8	1,1	0,7	0,2
Dish	Bolognese spaghetti ^{6,12,13}	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Diet	Stewed plain beef strips with gluten free boiled spaghetti ^{6,13}	874	207	5,0	1,5	26,3	0,3	13,9	0,2
Vegan	Soy bolognese style with free boiled spaghetti ^{1,3,6,8,10,11,12}	1166	276	3,3	0,5	36,6	6,1	21,4	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday									
Soup	White bean purée with green cabbage	273	65	1,1	0,2	8,9	1,3	3,1	0,1
Dish / Diet	Stewed hake with onion, tomato, peppers with saffron rice ⁴	763	182	4,1	0,7	17	1,6	11	0,4
Vegan	Vegetarian rice stew Valenciana style (carrots, peppers, courgette, peas and tofu) ^{1,5,6,8,9,10,11}	674	160	3,7	1,0	24,2	0,9	6,5	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday									
Soup	Broccoli soup	162	39	1,3	0,2	4,9	1,1	1,2	0,1
Dish	Stewed beef with red wine sauce and white rice ¹²	1054	251	11,1	3,6	23,3	0,1	13,6	0,2
Diet	Plain roasted chicken with roasted potatoes	441	105	1,8	0,3	10,7	0,7	10,8	0,2
Vegan	Sautéed courgette with vegetables (corn, pepper, carrot and lentils) and white rice ^{1,6,10,11}	427	101	2,1	0,3	15,5	0,9	4,3	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Thursday <i>Thanksgiving Day</i>									
Soup	Cauliflower purée with mint	165	39	1,2	0,2	5,4	1,0	1,1	0,1
Dish / Diet	Fish stew with shredded redfish, potatoes, onion and tomato sauce ⁴	354	84	1,0	0,2	11,7	1,1	6,3	0,1
Vegan	White bean stew with potatoes, carrots, turnip, peppers and cabbage	417	99	0,8	0,1	16,5	1,6	4,2	0,1
Dessert	Flan pudding ⁷	423	104	1,4	0,8	20,0	18,6	2,8	0,2
Friday <i>Black Friday</i>									
Soup	Lentils soup	858	203	2,4	0,3	32,3	2,0	11,3	0,2
Dish	Stewed cubed chicken breast Cacciadore style (with cube tomato, peppers and mushrooms) and fusilli boiled pasta ^{1,3,6,12}	1017	243	11	2,4	17	1,5	14	0,7
Diet	Stewed cubed chicken breast Cacciadore style (with cube tomato, peppers and mushrooms) and gluten free boiled pasta ¹²	1017	243	11	2,4	17	1,5	14	0,7
Vegan	Cuscus with sautéed vegetables and chickpea ^{1,6}	687	163	2,9	0,4	25,0	2,2	7,1	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0



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