



University of the Azores - Pólo Ponta Delgada

Week of 6th to 10th of October of 2025

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday <i>World Architecture Day</i>									
Soup	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish	Hake "Zé do Pipo" style with mashed potatoes 1,3,4,5,6,7,10,11,12	415	99	5,0	0,5	5,8	0,2	7,5	0,2
Diet	Roasted hake medallions with boiled potatoes 2,4,14	411	97	2,0	0,3	11,3	0,8	8,1	0,2
Vegan	Vegan soy Shepherd pie 1,6,8,11	332	79	0,8	0,1	10,3	2,0	6,2	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday									
Soup	Beetroot cream	226	53	0,6	0,1	10,0	1,4	1,4	0,1
Dish	Roasted pork leg with pineapple and boiled spiral pasta 1,3,12	1082	258	12,0	3,7	23,8	2,6	12,3	0,2
Diet	Roasted pork leg with pineapple and gluten free boiled spiral pasta 6,12,13	1098	256	11,9	3,7	26,5	1,9	11,1	0,2
Vegan	Stuffed courgette with mushrooms, White brans and spinach and boiled spiral pasta 1,3	611	145	2,2	0,4	21,8	0,7	6,7	0,3
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday <i>World Octopus Day</i>									
Soup	White bean soup with vegetable julienne	280	67	1,1	0,2	9,1	0,8	3,3	0,1
Dish	Stuffed eggs with tuna and thyme rice 1,3,4,6,7,8,11,12,13	998	238	9,0	1,7	26,0	0,2	12,7	0,8
Diet	Scrambled eggs with thyme rice 3	931	222	7,2	1,8	28,4	0,3	9,5	0,4
Vegan	Vegan vegetable lasagna 1,3,6,10	719	171	3,6	0,8	27,1	1,3	6,5	0,1
Dessert	Fresh fruit / Sweet rice 3,6,7	942	223	4,8	1,9	37,6	11,0	6,5	0,2
Thursday <i>World Sight Day</i>									
Soup	Lentils and pumpkin soup	858	203	2,4	0,3	32,3	2,0	11,3	0,2
Dish	Roasted chicken with french fries 12	661	159	7,9	1,2	9,7	0,6	10,7	0,2
Diet	Roasted plain chicken with roasted potatoes	441	105	1,8	0,3	10,7	0,7	10,8	0,2
Vegan	Stewed mushrooms with cubed carrots and peas and roasted potatoes	387	92	2,5	0,4	13,9	1,2	2,4	0,3
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday <i>World Egg Day</i>									
Soup	Tomato soup with spinach	145	35	1,1	0,2	4,3	1,1	1,2	0,2
Dish	Tuna Lasagna 1,3,4,6,7,9,10	1180	282	13	2,4	23	4,1	17	0,4
Diet	Tuna salad with gluten free pasta, egg, vegetables and olives 3,4	982	234	11,3	1,9	12,5	0,0	19,3	1,6
Vegan	Rice stew with vegetables and saffron 9,10	577	137	1,3	0,2	26,1	1,0	4,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

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 6th to 10th of October of 2025

Dinner

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Roasted breaded chicken breast with corn rice ^{1,3,6,7,12}	847	200	2,9	0,5	29,6	1,3	13,7	1,0
Diet	Grilled chicken steak with corn rice	745	176	2,1	0,3	21,8	0,1	17,0	0,2

Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried breaded fillets with potato salad with green bean, carrots and peas ^{1,3,4,5,6,7,10,11,12}	425	101	3,2	0,5	10,1	0,9	7,1	0,1
Diet	Plain roasted fillets with potato salad with green bean, carrots and pea ⁴	454	108	3,5	0,5	8,8	0,6	9,7	0,4

Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/ Diet	Liver baits with boiled potatoes	475	113	2,9	0,8	11,7	0,7	9,3	0,2

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/ Diet	Cod rice stew with spinach and saffron ⁴	614	145	1,6	0,3	21,0	0,9	11,3	1,0

Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Pork stew with fusilli pasta ^{1,3,6,12}	1194	285	11	2,6	27	3,0	29	0,7
Diet	Pork stew with gluten free pasta ¹²	1194	285	11	2,6	27	3,0	29	0,7

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