

University of the Azores - Ponta Delgada Campus

Week of 27rd of April to 01th of May of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	World Graphic Design Day								
Soup	Pumpkin cream with cumin	235	56	0,6	0,1	10,6	1,1	1,4	0,1
Dish	Portuguese-style pork (pork, pickles and diced fried potatoes) ^{5,6,12}	720	173	10,4	2,3	10,1	0,0	9,0	0,2
Diet	Stewed diced pork (plain) with potatoes ¹²	549	131	5,5	1,6	11,6	0,8	8,1	0,2
Vegan	Vegetarian soy stew (potato, carrot, peas, green beans and soy) ¹²	1262	302	11,2	1,5	29,7	7,0	17,2	0,3
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday	National Day for Prevention and Safety at Work								
Soup	White bean soup with vegetables	306	72	0,7	0,1	12,1	0,9	2,9	0,1
Dish/ Diet	Oven-baked hake fillets with saffron rice ⁴	763	181	4,2	0,6	22,5	0,4	13,0	0,3
Vegan	Rice with red beans, mushrooms, broccoli and pumpkin	930	221	2,2	0,3	40,7	0,4	9,1	0,2
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday	World Dance Day								
Soup	Broccoli soup	228	54	0,7	0,1	9,7	1,1	1,6	0,1
Dish/ Diet	Roast chicken with roasted potatoes ¹²	468	111	2,7	0,5	10,4	0,7	10,4	0,2
Vegan	Stewed peas with diced potatoes and carrots ¹²	199	48	1,7	0,3	4,0	1,2	2,4	0,1
Dessert	Chocolate mouse ⁷	711	169	6,6	4,4	21,5	20,6	5,0	0,1
Thursday	International Jazz Day								
Soup	Cauliflower cream with mint	231	55	0,6	0,1	10,1	1,1	1,6	0,1
Dish	Sea salad (shredded redfish, vegetables, seafood sticks, pineapple and egg) ^{1,2,3,4,6,10,12}	652	154	2,8	0,5	19,4	2,0	12,1	0,3
Diet	Gluten-free redfish pasta ^{1,3,4,6,10}	823	195	5,3	0,8	21,8	0,7	14,5	0,2
Vegan	Couscous with sautéed vegetables (carrot, zucchini, broccoli and peppers) and chickpeas ^{1,6,12,13}	687	163	2,9	0,4	25,0	2,2	7,1	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday	Labour Day Holiday								

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

Ementa

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Week of 27th of April to 01th of May of 2026

Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Dish/ Diet	Tuna rice ^{4,12}	1195	285	10,9	1,6	33,7	0,2	12,4	1,0
Tuesday									
Dish	Beef "Rio Tinto" style (stewed with carrot) with boiled pasta ^{1,3,6,7,12}	1051	251	11,2	3,8	21,4	0,9	14,9	0,2
Diet	Beef "Rio Tinto" style with boiled gluten-free pasta ^{6,12,13}	1058	252	10,8	3,8	24,0	0,3	13,8	0,2
Wednesday									
Dish	Fried forkbeard with vegetable rice ^{1,4,6}	787	187	5,0	0,8	23,7	0,3	11,3	0,1
Diet	Boiled forkbeard in aromatic broth with vegetable rice ⁴	638	151	1,1	0,2	22,6	0,3	12,1	0,1
Thursday									
Dish /	Pork steak with onion sauce and roasted potato wedges with herbs ^{9,10,12}	491	117	3,6	0,9	10,6	0,7	9,6	0,1
Diet									
Friday									

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