

University of the Azores – Ponta Delgada Campus

Week of 18th to 22th of May of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	International Museum Day								
Soup	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish	Fried stuffed eggs with tuna, served with aromatic spiral pasta ^{1,3,4,6,7,8,11,12,13}	997	237	9,1	1,8	24,1	1,0	14,1	0,8
Diet	Scrambled eggs with gluten-free spiral pasta ^{3,6,13}	946	218	7,1	1,9	29,5	0,5	9,6	0,4
Vegan	Pasta with sautéed mushrooms, peppers and peas ^{1,3,6,7,10,14}	1003	237	3,9	0,6	39,9	2,0	8,2	0,3
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday	World Family Doctor Day								
Soup	Pumpkin soup with small pasta ^{1,3,6}	275	65	0,7	0,1	12,4	1,1	1,8	0,1
Gluten free soup	Pumpkin cream soup	288	69	2,2	0,4	9,8	1,3	1,5	0,2
Dish / Diet	Roast pork leg with pineapple and roasted potatoes ¹²	624	149	7,5	2,2	12,7	1,8	7,2	0,1
Vegan	Stuffed zucchini with mushrooms, white beans and spinach, served with roasted potatoes ¹²	418	99	1,9	0,3	14,0	0,7	4,4	0,2
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday	World Metrology Day								
Soup	Pea cream soup	241	57	0,6	0,1	10,2	1,0	1,8	0,1
Dish	Golden hake fillets (breaded and fried) with vegetable rice ^{1,3,4,6}	789	188	5,6	0,9	22,1	0,3	11,8	0,2
Diet	Oven-baked hake fillets with vegetable rice ⁴	695	165	3,8	0,6	20,5	0,3	11,9	0,2
Vegan	Oven-baked rice with soy and vegetables (carrot, pumpkin, broccoli and green pepper) ¹¹	879	208	2,1	0,3	30,6	3,8	14,2	0,1
Dessert	Rice pudding ^{3,6,7}	942	223	4,8	1,9	37,6	11,0	6,5	0,2
Thursday	International Tea Day								
Soup	Tomato soup with spinach	208	49	0,6	0,1	8,7	1,1	1,6	0,1
Dish	Chicken “à Brás” (matchstick potatoes, shredded chicken, egg, grated carrot, parsley and olives) ^{3,13}	1193	285	14	2,2	21,8	2,7	17,2	0,4
Diet	Chicken “à Brás” with oven-baked potatoes ^{3,13}	782,9	187,1	6,2	1,2	15,7	2,4	16,4	0,4
Vegan	Vegetable pie (cabbage, peas, peppers and tomato) ^{1,6,12}	274	65	0,8	0,1	11,0	0,7	2,6	0,0
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday									
Soup	White bean soup with julienne vegetables	294	70	0,9	0,1	10,9	0,7	3,0	0,1
Dish	Salted cod lasagna with spinach ^{1,3,4,6,7,10}	1024	243	7,6	2,7	28,5	1,1	15,2	0,9
Diet	Gluten-free salted cod pasta with spinach ^{4,6}	941	223	5,7	1,0	29,0	0,5	13,7	1,1
Vegan	Pasta with “catarino” beans, tomato, peppers and onion ^{1,6,10,12}	1051	249	3,3	0,6	42,9	2,1	12,0	0,1
Dessert	Seasonal 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

Ementa

Para uma alimentação saudável e de qualidade.



gertal

www.gertal.pt

University of the Azores – Ponta Delgada Campus

Week of 18th to 22th 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	Minced beef chili with beans, served with white rice ^{6,12,13}	1122	268	9,9	3,2	27,2	0,2	17,5	0,2
Tuesday									
Dish/ Diet	Oven-baked black scabbard fish with escabeche sauce (onion and peppers), served with potato, black-eyed pea and carrot salad ^{4,12}	475	113	3,3	0,5	13,0	1,0	7,0	0,2
Wednesday									
Dish Diet	Regional-style pork liver baits with fried potatoes ¹² Stewed pork liver baits with boiled potatoes ¹²	734 437	176 104	10,1 3,3	1,9 1,2	10,9 10,0	0,5 0,7	9,5 8,0	0,2 0,3
Thursday									
Dish/ Diet	Salmon farmer's salad (potato, carrot, peas and green beans) ⁴	582	139	7,5	1,4	10,0	0,9	7,2	0,1
Friday									
Dish Diet	Valencian-style rice (chicken, pork, sausages, carrot, peas and saffron) ^{6,7,10,12} Chicken rice stew ¹²	810 884	192 211	3,5 4,0	0,8 0,6	29,8 24	0,9 3,5	9,3 16	0,3 0,4

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