

# Ementa

Para uma alimentação saudável e de qualidade.



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## University of the Azores – Ponta Delgada Campus

Week of 25<sup>th</sup> to 29<sup>th</sup> of May of 2026

### Lunch

Monday	Public Holiday – Azores Autonomous Region	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Tuesday</b>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	House soup (shredded chicken, small pasta, cabbage, grated carrot and mint) <sup>1,3,6,10</sup>	298	70	0,7	0,1	12,2	1,1	3,1	0,1
<b>Vegan soup</b>	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
<b>Dish</b>	Tuna pudding (vegetable mix, bread, tuna and egg) <sup>1,3,4,5,6,7,8,11,12,13</sup>	386	92	3,9	1,4	8,6	0,9	5,1	0,3
<b>Diet</b>	Tuna Russian salad (tuna, potato and mixed vegetables) <sup>4</sup>	460	109	3,0	0,4	13,2	0,8	6,5	0,5
<b>Vegan</b>	Potato, carrot, peas and green bean salad with green dressing <sup>12</sup>	375	89	1,8	0,3	14,7	1,4	2,3	0,1
<b>Dessert</b>	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Wednesday</b>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Chickpea soup with grated carrot and zucchini	426	101	1,2	0,2	17,7	1,6	3,6	0,1
<b>Dish</b>	Stewed pork roast with white rice <sup>12</sup>	1036	240	9,7	3,0	20,7	0,2	13,9	0,2
<b>Diet</b>	Plain stewed pork with white rice <sup>12</sup>								
<b>Vegan</b>	Stewed lentils with mushrooms and broccoli, served with white rice <sup>1,6,10,11</sup>	828	196	2,8	0,4	32,9	0,6	8,5	0,4
<b>Dessert</b>	Chocolate cake <sup>1,3,6,7</sup>	1816	435	25,2	4,7	45,4	10,8	5,7	0,4
<b>Thursday</b>	<b>World Hamburger Day</b>	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Lettuce and leek cream soup	223	53	0,6	0,1	9,7	0,9	1,5	0,1
<b>Dish /Diet</b>	Salted cod salad with chickpeas (potato, egg, chickpeas, parsley, onion and olives) <sup>3,4,13</sup>	551	131	2,3	0,4	16,1	1,1	10,3	0,7
<b>Vegan</b>	Vegetables “Gomes de Sá” style with chickpeas (sliced potatoes, sautéed vegetables, chickpeas, olives and onion) <sup>6,12,13</sup>	519	123	2,1	0,3	18,8	1,6	5,4	0,1
<b>Dessert</b>	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Friday</b>	<b>National Energy Day</b>	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Brussels sprouts soup with white beans	318	75	0,8	0,1	12,5	0,9	3,0	0,1
<b>Dish</b>	Chicken breast “Pizzaiola” style (gratinated with tomato sauce and cheese) with cooked pasta <sup>1,3,6,7,12</sup>	735	174	4,1	1,3	18,0	1,3	15,8	0,3
<b>Diet</b>	Grilled chicken steak with gluten-free pasta <sup>6,13</sup>	785	179	1,6	0,4	24,0	0,2	18,2	0,2
<b>Vegan</b>	Pasta with black beans, leek, peppers, carrot and olives in tomato sauce <sup>1,6,10</sup>	961	228	3,7	0,7	37,0	2,8	9,5	0,2
<b>Dessert</b>	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: <sup>1</sup>Cereals containing gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soy, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulfur Dioxide and Sulfites, <sup>13</sup>Lupin, <sup>14</sup>Clams. 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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## University of the Azores - Ponta Delgada Campus

Week of 25<sup>th</sup> to 29<sup>th</sup> of May of 2026

### Dinner

#### Monday

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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#### Tuesday

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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<b>Dish</b>	Chicken fusilli with vegetables, pineapple, herbs and mayonnaise <sup>3,6,10</sup>	675	160	4,4	1,3	17,1	1,4	12,7	0,2
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<b>Diet</b>	Gluten-free chicken fusilli with vegetables, pineapple and herbs <sup>6</sup>	675	160	4,4	1,3	17,1	1,4	12,7	0,2
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#### Wednesday

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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<b>Dish</b>	Fried forkbeard with boiled potatoes and green sauce (onion, parsley, peppers, olive oil and vinegar) <sup>1,4,6,12</sup>	488	116	3,7	0,5	12,5	0,8	7,7	0,1
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<b>Diet</b>	Oven-baked forkbeard with boiled potatoes and green sauce <sup>4,12</sup>	410	97	2,4	0,3	10,7	0,8	7,7	0,1
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#### Thursday

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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<b>Dish</b>	Oven-baked hamburger with fried potatoes <sup>1,3,6,7,12</sup>	716	171	8,4	2,5	14,3	0,8	8,7	0,3
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<b>Diet</b>	Stewed beef with potatoes <sup>12</sup>	606	144	6,8	2,2	11,2	0,8	8,6	0,1
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#### Friday

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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<b>Dish/ Diet</b>	Oven-baked hake fillets with olives, served with carrot and green bean rice <sup>4,13</sup>	647	154	3,7	0,6	18,7	0,4	10,8	0,3
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