



## University of the Azores - Pólo Ponta Delgada

Week of 22<sup>st</sup> to 26<sup>th</sup> of september of 2025

### Lunch



#### Monday Early Autumn

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Spring soup	172	41	1,0	0,2	5,3	0,8	1,6	0,1
<b>Dish</b>	Cod patties with tomato rice <sup>3,4</sup>	882	210	8,0	1,3	22,9	0,3	11,0	1,7
<b>Diet</b>	Plain omelet with tomato rice <sup>3</sup>	888	212	7,6	1,8	25,5	0,5	9,2	0,3
<b>Vegan</b>	Kidney bean patties with tomato rice	1276	302	3,0	0,5	62,3	0,4	5,5	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

#### Tuesday World Sign Language Day

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Spinach and chickpea soup	308	73	1,8	0,2	9,8	1,1	3,2	0,2
<b>Dish</b>	Roasted drumsticks with lemon and fusilli pasta <sup>1,3,12</sup>	786	186	4,0	0,8	19,9	0,9	16,3	0,3
<b>Diet</b>	Roasted drumsticks with lemon and gluten free fusilli pasta <sup>6,12,13</sup>	801	184	3,9	0,8	22,3	0,3	15,2	0,3
<b>Vegan</b>	Vegan leek and mushrooms quiche <sup>1,5,6,8,9,10,11</sup>	587	139	4,0	1,0	18,5	1,0	6,4	0,4
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

#### Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Tomato soup	152	36	1,1	0,2	5,1	1,2	0,9	0,2
<b>Dish / Diet</b>	Hake Gomes de Sá style (boiled sliced potatoes, shredded hake, egg, onion and olives) <sup>3,4</sup>	458	109	3,7	0,6	10,2	0,7	8,3	0,3
<b>Vegan</b>	Potato salad with vegetables (peas, green bean and carrots) and green sauce <sup>12</sup>	341	81	1,9	0,3	12,0	1,3	2,6	0,1
<b>Dessert</b>	Fresh fruit / Flan puding <sup>7</sup>	423	104	1,4	0,8	20,0	18,6	2,8	0,2

#### Thursday National Sustainability Day

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Farmer soup	311	74	1,4	0,2	11,3	0,8	3,5	0,1
<b>Dish</b>	Pork stroganoff with boiled penne pasta <sup>1,6,7,10</sup>	769	183	5,5	2,0	18,3	1,0	14,9	0,3
<b>Diet</b>	Stewed pork strips with gluten free boiled penne pasta <sup>6,13</sup>	1027	244	9,3	3,0	25,8	0,3	13,9	0,3
<b>Vegan</b>	Pasta with sautéed mushrooms, peppers and peas <sup>1,6,10</sup>	538	127	1,6	0,4	21,4	1,9	5,5	0,3
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

#### Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Chicken broth with rice <sup>3</sup>	427	101	0,5	0,1	19,0	0,0	4,8	0,2
<b>Vegan Soup</b>	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
<b>Dish</b>	Seafood gratin <sup>1,2,3,4,6,7,8,11,12,13</sup>	843	201	7,2	0,9	27,2	2,4	5,8	1,2
<b>Diet</b>	Tuna salad with boiled potatoes, peas, green bean and carrot <sup>4</sup>	460	109	3,0	0,4	13,2	0,8	6,5	0,5
<b>Vegan</b>	Stuffed potatoes with mushrooms, black beans and cabbage <sup>1</sup>	540	127	1,5	0,2	21,7	0,8	6,0	0,2
<b>Dessert</b>	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: <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



## University of the Azores - Pólo Ponta Delgada

### Week of 22<sup>st</sup> to 26<sup>th</sup> of september of 2025

#### Dinner

#### Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish</b>	Bolognese spaghetti <sup>6,12,13</sup>	870	202	8,5	3,0	20,3	0,7	11,1	0,2
<b>Diet</b>	Bolognese spaghetti (glúten free) <sup>6,12</sup>	1064	253	10,6	3,7	24,9	0,3	13,6	0,1

#### Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish/ Diet</b>	Grilled yellofin tuna with boiled potatoes and green sauce <sup>4,12</sup>	484	115	2,9	0,8	10,7	0,8	10,9	0,1

#### Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish</b>	Stuffed chicken breast with spinach and white rice	710	168	3,1	0,5	19,3	0,2	15,2	0,3
<b>Diet</b>	Grilled chicken steak with white rice	779	184	1,9	0,4	23,3	0,1	17,9	0,2

#### Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish</b>	Seafood rice <sup>1,2,3,4,6,12,14</sup>	764	181	2,9	0,4	29,5	0,8	9,2	0,7
<b>Diet</b>	Fish rice stew <sup>4</sup>	800	190	4,9	0,7	23,6	0,1	12,6	0,2

#### Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish / Diet</b>	Stewed beef with potatoes, green bean, carrots and peas	566	135	5,9	2,1	11,2	1,0	8,5	0,1

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