



University of the Azores - Ponta Delgada Campus

Week of 7th to 11th September 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Soup	Spring vegetable soup (peas, carrots and green beans)	222	53	0,6	0,1	9,1	1,0	1,8	0,1
Dish	Fried codfish cakes with tomato rice ^{1,2,3,4,5,6,7,8,9,10,11,12,14}	882	210	8,0	1,3	22,9	0,3	11,0	1,7
Diet	Pollock rice ^{4,12}	782	186	4,3	0,7	23,6	0,1	12,7	0,2
Vegan	Rice with peas and vegetables (carrot, cabbage and leek) ¹²	523	124	1,2	0,2	22,9	0,8	3,7	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday	International Literacy Day								
Soup	Spinach and chickpea soup	316	75	1,0	0,1	12,6	1,1	2,8	0,1
Dish	Pork Stroganoff (with cream and mushrooms) + cooked penne pasta ^{1,6,7,10}	769	183	5,5	2,0	18,3	1,0	14,9	0,3
Diet	Plain braised pork strips + gluten-free pasta ^{6,12}	1002	238	10,0	3,1	22,8	0,2	14,0	0,2
Vegan	Oven-baked pasta with mushrooms, white beans and broccoli ^{1,6,10,12}	878	208	2,5	0,6	32,4	1,4	10,4	0,3
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday	Pregnant Women's Day								
Soup	Tomato cream soup	220	52	0,6	0,1	9,6	1,2	1,4	0,1
Dish / Diet	Hake "Gomes de Sá" style (shredded hake, potatoes, sliced egg, onion and olives) ^{3,4,13}	458	109	3,7	0,6	10,2	0,7	8,3	0,3
Vegan	Stuffed zucchini with soy and mixed vegetables (peas, carrot and green beans) with roasted potatoes ^{1,6,8,11}	439	104	2,8	0,8	12,5	1,4	6,1	0,1
Dessert	Seasonal fruit / Flan pudding ⁷	451	107	1,4	1,0	21,3	19,6	2,1	0,2
Thursday									
Soup	Farmer's soup (carrot, cabbage, beans and potato)	311	74	0,8	0,1	13,2	0,9	3,0	0,1
Dish/Diet	Stewed beef with white rice ¹²	1052	251	11,1	3,6	23,2	0,2	13,5	0,2
Vegan	Black bean and vegetable chilli (peppers, pumpkin and courgette) + white rice ^{9,10,11}	1071	252	2,7	0,4	47,9	0,4	8,6	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday	Open Day								
Soup	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish	Pollock in a creamy sauce ^{1,4,5,6,7,12}	713	172	10,3	2,3	11,7	0,3	8,0	0,3
Diet	Pollock salad (potatoes, parsley and eggs) ^{3,4}	454	108	2,0	0,4	12,5	1,0	9,4	0,7
Vegan	Vegan vegetable lasagne (tomato, peas, courgette, leek, cabbage and carrot) ^{1,6,10}	719	171	3,6	0,8	27,1	1,3	6,5	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



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Week of 7th to 11th September 2026

Dinner

Monday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Beef shepherd's pie ^{3,7,12}	487	116	6,2	2,2	7,1	0,2	7,7	0,1
Diet	Gluten-free spaghetti Bolognese ^{6,12}	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)
Dish	Seafood rice ^{1,2,3,4,6,12,14}	764	181	2,9	0,4	29,5	0,8	9,2	0,7
Diet	Fish rice (fogonero) ^{4,12}	800	190	4,9	0,7	23,6	0,1	12,6	0,2
Wednesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Small pasta with shredded chicken, ham, vegetables, mushrooms and black olives ^{1,3,6,7,9,12,13}	667	157	2,5	0,6	21,8	0,2	11,6	0,2
Diet	Gluten-free small pasta with shredded chicken, vegetables, mushrooms and black olives ^{6,12,13}	667	157	2,5	0,6	21,8	0,2	11,6	0,2
Thursday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Seafood stick gratin (shoestring potatoes, grated carrot, seafood sticks, white sauce and grated cheese) ^{1,3,4,6,7,8,11,12,13}	362	86	3,3	0,7	7,6	0,6	6,3	1,1
Diet	Redfish Russian salad (shredded redfish, potatoes, peas, green beans and carrots) ⁴	860	205	6,5	1,3	19	2,2	15	0,4
Friday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Open Day									
Dish / Diet	Chicken steak + white rice ¹²	773	183	3,6	0,7	19,3	0,9	17,0	0,2

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