



University of the Azores – Ponta Delgada Campus

Week of September 28th to October 2nd, 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Soup	Cauliflower and broccoli cream soup	330	78	0,9	0,1	14,1	1,7	2,4	0,1
Dish	Beef fusilli with mushrooms, peppers and carrots ^{1,3,6,12,13}	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Diet	Gluten-free fusilli with beef, mushrooms, peppers and carrots ^{6,12,13}	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Vegan	Vegetarian Massa à Lavrador (carrots, cabbage, beans and pasta) ^{1,6,10}	1086	258	3,4	0,6	44,5	1,8	12,1	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday <i>World Heart Day</i>									
Soup	House-style soup (shredded chicken, small pasta, cabbage, grated carrot and mint) ^{1,3,6,10}	298	70	0,7	0,1	12,2	1,1	3,1	0,1
Vegansoup	Cream of vegetable soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish	Fried forkbeard + boiled potatoes + green sauce (onion, parsley, peppers, olive oil and vinegar) ^{1,4,6,12}	488	116	3,7	0,5	12,5	0,8	7,7	0,1
Diet	Baked forkbeard + boiled potatoes + green sauce ^{4,12}	410	97	2,4	0,3	10,7	0,8	7,7	0,1
Vegan	Stuffed courgette with soy and mixed vegetables (peas, carrots and green beans) + French fries ^{1,6,8,11}	439	104	2,8	0,8	12,5	1,4	6,1	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday									
Soup	Chickpea soup with grated carrot and courgette	426	101	1,2	0,2	17,7	1,6	3,6	0,1
Dish	Pizzaiola-style chicken breast (topped with tomato sauce and grated cheese) + white rice ^{3,7,12}	744	177	4,1	1,3	19,6	0,6	14,7	0,3
	Grilled chicken steak + white rice								
Diet	Bife de frango grelhado + arroz branco	779	184	1,9	0,4	23,3	0,1	17,9	0,2
Vegan	Stewed lentils with mushrooms and broccoli + white rice ^{1,6,10,11}	828	196	2,8	0,4	32,9	0,6	8,5	0,4
Dessert	Seasonal fruit / Chocolate cake ^{1,3,6,7}	1816	435	25,2	4,7	45,4	10,8	5,7	0,4
Thursday <i>World Vegetarian Day International Coffee Day</i>									
Soup	Lettuce and leek cream soup	223	53	0,6	0,1	9,7	0,9	1,5	0,1
Dish/ Diet	Salt cod and chickpea salad (migas style) (cod, potatoes, egg, chickpeas, parsley, onion and olives) ^{3,4,13}	551	131	2,3	0,4	16,1	1,1	10,3	0,7
Vegan	Gomes de Sá-style vegetables with chickpeas (sliced potatoes, sautéed vegetables, chickpeas, olives and caramelised onions) ^{6,12,13}	519	123	2,1	0,3	18,8	1,6	5,4	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday <i>World Smile Day</i>									
Soup	Brussels sprout soup with white beans	318	75	0,8	0,1	12,5	0,9	3,0	0,1
Dish	Pork steak with mustard sauce + cooked bow-tie pasta ^{1,3,5,6,9,10,12}	842	200	5,2	1,5	21,0	1,1	17,2	0,2
Diet	Plain stewed pork steaks + gluten-free pasta ^{6,12}	858	198	5,2	1,4	23,0	0,2	15,8	0,2
Vegan	Bow-tie pasta with black beans, leek, pepper, carrot and olives in tomato sauce ^{1,6,10}	961	228	3,7	0,7	37,0	2,8	9,5	0,2
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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Dinner

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Zé do Pipo-style pollock (pollock, mayonnaise) with mashed potatoes ^{3,4,7,10,12}	375	89	4,1	0,5	5,4	0,2	7,1	0,3
Diet	Plain baked pollock + boiled potatoes ⁴	372	88	1,4	0,2	10,0	0,7	8,0	0,3

Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Stewed pork <i>assaduras</i> + cooked penne pasta ^{1,6,12}	1044	248	10,2	3,2	23,4	1,3	15,7	0,2
Diet	Plain stewed pork + gluten-free pasta ^{6,12}	1035	246	9,8	3,0	25,5	0,2	13,7	0,2

Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Tuna pudding (vegetables, bread, egg and tuna) ^{1,3,4,5,6,7,8,11,12,13}	386	92	3,9	1,4	8,6	0,9	5,1	0,3
Diet	Russian tuna salad (tuna, potatoes and mixed vegetables) ⁴	460	109	3,0	0,4	13,2	0,8	6,5	0,5

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Chicken fusilli with vegetables, pineapple, herbs and mayonnaise ^{1,3,6,9,10}	675	160	4,4	1,3	17,1	1,4	12,7	0,2
Diet	Gluten-free chicken fusilli with vegetables, pineapple and herbs ^{6,9,10}								

Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/ Diet	Baked hake fillets with olives + carrot and green bean rice ^{4,12}	647	154	3,7	0,6	18,7	0,4	10,8	0,3

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