



Ementa

Para uma alimentação saudável e de qualidade.



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University of the Azores - Pólo Ponta Delgada

Week of 2nd to 6th of February of 2026

Lunch

Monday

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish	Tuna "à Brás" Style (tuna, fries, grated carrot, egg, parsley and olives) ^{3,4}	1460	361	26,0	2,9	19,2	0,4	11,1	0,9
Diet	Tuna salad with boiled potatoes and vegetables ⁴	429	101	1,9	0,3	15,6	0,9	4,9	0,3
Vegan	Vegan soy Shepherd pie ^{1,6,8,11}	332	79	0,8	0,1	10,3	2,0	6,2	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Tuesday

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pumpkin, cabbage and chickpea soup	299	71	0,8	0,1	12,3	1,1	2,6	0,1
Dish / Diet	Stewed pork steak with carrot rice ¹²	1025	245	10,9	3,4	22,9	0,5	13,2	0,3
Vegan	Stuffed courgette with mushrooms, White brans and spinach and carrot rice ^{1,3}	587	139	2,1	0,3	21,9	0,5	5,6	0,3
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Wednesday World Cancer Day



		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	White bean soup with vegetable julienne	280	67	1,1	0,2	9,1	0,8	3,3	0,1
Dish	Fried forkbeard patties with punched potato (with olive oil, garlic and parsley) ^{1,3,4,6}	596	141	3,4	0,6	19,7	0,9	7,2	0,2
Diet	Plain roasted forkbeard fillet with punched potato (with olive oil, garlic and parsley) ⁴	456	108	3,1	0,5	10,4	0,7	9,2	0,2
Vegan	Stewed mushrooms with cubed carrot and peas and punched potato (with olive oil, garlic and parsley)	387	92	2,6	0,4	13,6	1,2	2,4	0,3
Dessert	Fresh fruit / Sweet rice ^{3,6,7}	942	223	4,8	1,9	37,6	11,0	6,5	0,2

Thursday World Nutella Day

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Carrot and cauliflower cream	226	53	0,6	0,1	9,8	1,1	1,6	0,1
Dish	Meat lasagna ^{1,3,6,7,10,12}	1178	280	11,2	4,6	28,5	0,9	15,7	0,3
Diet	Plain stewed beef strips with gluten free pasta ^{6,13}	1095	261	10,9	3,9	25,7	0,2	14,8	0,2
Vegan	Vegan vegetable lasagna ^{1,3,6,10}	719	171	3,6	0,8	27,1	1,3	6,5	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Friday

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Tomato soup with spinach	145	35	1,1	0,2	4,3	1,1	1,2	0,2
Dish	Salted cod gratin with cream and potatoes	1244	297	16,8	4,8	25	2,4	11	1,7
Diet	Cod salad with boiled potatoes, egg, parsley, onion and olives ^{3,4}	713,8	171	6,2	1,2	16	2,6	12	1,6
Vegan	Rice stew with vegetables and saffron ^{9,10}	577	137	1,3	0,2	26,1	1,0	4,0	0,1
Dessert	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: 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, Lip. – Lipids, Prot. – Proteins



University of the Azores - Pólo Ponta Delgada

Week of 02nd to 06 of February of 2026

Dinner

Monday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Spaghetti carbonara style (with ham, bacon and cream) 1,3,6,7		1118	266	10,3	5,2	31,7	1,8	11,0	1,1
Diet	Spaghetti Bolognese style (gluten free) 6,12		1064	253	10,6	3,7	24,9	0,3	13,6	0,1

Tuesday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish /	Plain roasted hake fillets with potatoes with parsley sauce		441	105	2,9	0,4	10,7	0,7	8,4	0,2
Diet	4									

Wednesday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/	Stewed chicken with tomato sauce and white rice		722	172	4,4	0,8	17,6	1,0	14,9	0,2
Diet										

Thursday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/	Roasted red fish Provençal style (with tomato, parsley, egg) and vegetable rice ^{3,4}		951	227	8,2	1,6	18	1,8	18	0,6
Diet										

Friday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Pork stew with boiled pasta ^{1,3,12}		1028	245	10,3	3,1	22,8	0,9	14,8	0,2
Diet	Pork stew with boiled gluten free pasta ¹²		1035	246	9,8	3,0	25,5	0,2	13,7	0,2

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