



University of the Azores - Pólo Ponta Delgada

Week of 01st to 05th of november of 2025

Lunch

Monday *Holiday* – Restauração da Independência

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup								
Dish								
Diet								
Vegan								
Dessert								

Tuesday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	172	41	1,0	0,2	5,3	0,8	1,6	0,1
Dish	882	210	8,0	1,3	22,9	0,3	11,0	1,7
Diet	888	212	7,6	1,8	25,5	0,5	9,2	0,3
Vegan								
Dessert	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)
Soup	152	36	1,1	0,2	5,1	1,2	0,9	0,2
Dish	786	186	4,0	0,8	19,9	0,9	16,3	0,3
Diet	801	184	3,9	0,8	22,3	0,3	15,2	0,3
Vegan	955	227	3,2	0,4	37,8	1,6	10,3	0,1
Dessert	411	97	0,0	0,0	21,8	21,6	2,3	0,8

Thursday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	308	73	1,8	0,2	9,8	1,1	3,2	0,2
Dish / Diet	458	109	3,7	0,6	10,2	0,7	8,3	0,3
Vegan	341	81	1,9	0,3	12,0	1,3	2,6	0,1
Dessert	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Friday *International Volunteer Day*

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	311	74	1,4	0,2	11,3	0,8	3,5	0,1
Dish	769	183	5,5	2,0	18,3	1,0	14,9	0,3
Diet	1027	244	9,3	3,0	25,8	0,3	13,9	0,3
Vegan	538	127	1,6	0,4	21,4	1,9	5,5	0,3
Dessert	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



University of the Azores - Pólo Ponta Delgada

Week of 01st to 05th of november of 2025

Dinner

Monday ~~Holiday~~ - Restauração da Independência

Dish

Diet

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

Dish Bolognese spaghetti ^{6,12,13}

Diet Bolognese spaghetti (glúten free) ^{6,12}

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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870	202	8,5	3,0	20,3	0,7	11,1	0,2
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1064	253	10,6	3,7	24,9	0,3	13,6	0,1
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Wednesday

Dish Fried swordfish with boiled potatoes and green sauce ^{4,12}

Diet Boiled swordfish with boiled potatoes and green sauce ^{4,12}

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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885	192	16	2,4	2,1	1,5	12	1,4
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484	115	2,9	0,8	10,7	0,8	10,9	0,1
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Thursday

Dish / Stewed cubed chicken breast with vegetables and white
Diet rice

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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710	168	3,1	0,5	19,3	0,2	15,2	0,3
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Friday

Dish Seafood rice ^{1,2,3,4,6,12,14}

Diet Fish rice stew ⁴

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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764	181	2,9	0,4	29,5	0,8	9,2	0,7
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800	190	4,9	0,7	23,6	0,1	12,6	0,2
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