



## University of the Azores – Pólo Ponta Delgada

### Week of 02<sup>nd</sup> to 06<sup>th</sup> of March of 2026

### Lunch

|   |   | VE<br>(kJ) | VE<br>(kcal) | Líp.<br>(g) | AG Sat.<br>(g) | HC<br>(g) | Açúcar<br>(g) | Prot.<br>(g) | Sal<br>(g) |
|---|---|------------|--------------|-------------|----------------|-----------|---------------|--------------|------------|
| <b>Monday</b>                             |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>                               | Spinach cream   | 223        | 53           | 0,7         | 0,1            | 9,4       | 1,0           | 1,6          | 0,1        |
| <b>Dish</b>                               | Stewed peas with chorizo and boiled eggs <sup>3,6,7,12</sup>  | 712        | 171          | 12,3        | 3,5            | 4,4       | 0,6           | 9,9          | 0,9        |
| <b>Diet</b>                               | Stewed peas with poached egg <sup>3,9,10,12</sup>   | 429        | 103          | 6,5         | 1,5            | 2,4       | 1,0           | 7,8          | 0,3        |
| <b>Vegan</b>                              | Stewed peas with cubed potatoes and carrots <sup>12</sup>   | 199        | 48           | 1,7         | 0,3            | 4,0       | 1,2           | 2,4          | 0,1        |
| <b>Dessert</b>                            | Fresh fruit   | 269        | 64           | 0,5         | 0,1            | 13,4      | 13,4          | 0,2          | 0,0        |
| <b>Tuesday International Wildlife Day</b> |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>                               | Pumpkin cream with green bean   | 233        | 55           | 0,6         | 0,1            | 10,4      | 1,0           | 1,5          | 0,1        |
| <b>Dish / Diet</b>                        | Roasted red fish with vegetable rice (carrot, peas and green bean) <sup>4</sup>                                   | 754        | 179          | 4,7         | 0,7            | 21,6      | 0,3           | 12,1         | 0,1        |
| <b>Vegan</b>                              | Rice stew with tofu, mushrooms, corn and carrot <sup>1,6</sup>  | 746        | 177          | 4,4         | 0,9            | 26,2      | 0,6           | 6,9          | 0,3        |
| <b>Dessert</b>                            | Fresh fruit   | 269        | 64           | 0,5         | 0,1            | 13,4      | 13,4          | 0,2          | 0,0        |
| <b>Wednesday</b>                          |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>                               | Green portuguese soup <sup>1,6,7,12</sup>   | 331        | 79           | 3,7         | 1,0            | 8,2       | 0,6           | 2,5          | 0,5        |
| <b>Vegan</b>                              | Green portuguese soup (without chorizo)   | 243        | 58           | 1,5         | 0,4            | 8,5       | 0,7           | 1,9          | 0,2        |
| <b>Soup</b>                               |   |            |              |             |                |           |               |              |            |
| <b>Dish</b>                               | Meat lasagna <sup>1,3,6,7,10,12</sup>   | 1178       | 280          | 11,2        | 4,6            | 28,5      | 0,9           | 15,7         | 0,3        |
| <b>Diet</b>                               | Gluten free pasta with stewed minced beef <sup>1,3</sup>  | 1109       | 264          | 10,7        | 3,8            | 24,6      | 1,0           | 15,8         | 0,1        |
| <b>Vegan</b>                              | Vegan vegetable lasagna (tomato, peas, zucchini, leek, cabbage and carrot) <sup>1,6,10</sup>                      | 719        | 171          | 3,6         | 0,8            | 27,1      | 1,3           | 6,5          | 0,1        |
| <b>Dessert</b>                            | Gelatin <sup>1,3,6,7,8,12</sup>   | 411        | 97           | 0,0         | 0,0            | 21,8      | 21,6          | 2,3          | 0,8        |
| <b>Thursday World Obesity Day</b>         |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>                               | Cauliflower cream with grated carrot  | 226        | 53           | 0,6         | 0,1            | 9,8       | 1,1           | 1,6          | 0,1        |
| <b>Dish</b>                               | Fried blue jack mackerel with boiled potatoes and villain sauce (peper, garlic and olive oil) <sup>1,4,6,12</sup> | 584        | 139          | 5,3         | 0,9            | 16,0      | 0,9           | 6,2          | 0,2        |
| <b>Diet</b>                               | Roasted blue jack mackerel with boiled potatoes <sup>4</sup>  | 446        | 106          | 2,5         | 0,5            | 12,0      | 0,8           | 8,2          | 0,1        |
| <b>Vegan</b>                              | White bean stew with potatoes <sup>12</sup>   | 417        | 99           | 0,8         | 0,1            | 16,5      | 1,6           | 4,2          | 0,1        |
| <b>Dessert</b>                            | Fresh fruit   | 269        | 64           | 0,5         | 0,1            | 13,4      | 13,4          | 0,2          | 0,0        |
| <b>Friday</b>                             |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>                               | Farmer soup (potatoes, carrots, turnip, cabbage and bean)   | 298        | 71           | 0,7         | 0,1            | 12,6      | 1,0           | 2,7          | 0,1        |
| <b>Dish / Diet</b>                        | Roasted chicken with tomato sauce and white rice  | 782        | 186          | 3,7         | 0,7            | 21,1      | 0,2           | 15,8         | 0,2        |
| <b>Vegan</b>                              | Rice vegetable stew (tomato, peas, peppers and mushrooms) <sup>12</sup>   | 665        | 158          | 1,6         | 0,3            | 30,4      | 1,2           | 4,0          | 0,3        |
| <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 02<sup>nd</sup> to 06<sup>th</sup> of March of 2026

### Dinner

#### Monday

|  | VE<br>(kJ) | VE<br>(kcal) | Líp.<br>(g) | AG Sat.<br>(g) | HC<br>(g) | Açúcar<br>(g) | Prot.<br>(g) | Sal<br>(g) |
|--|------------|--------------|-------------|----------------|-----------|---------------|--------------|------------|
| <b>Dish /</b> Tuna rice stew <sup>4,12</sup> | 1195       | 285          | 10,9        | 1,6            | 33,7      | 0,2           | 12,4         | 1,0        |
| <b>Diet</b>                                  |            |              |             |                |           |               |              |            |

#### Tuesday

|   | VE<br>(kJ) | VE<br>(kcal) | Líp.<br>(g) | AG Sat.<br>(g) | HC<br>(g) | Açúcar<br>(g) | Prot.<br>(g) | Sal<br>(g) |
|---|------------|--------------|-------------|----------------|-----------|---------------|--------------|------------|
| <b>Dish</b> Fried chicken with egg, onion and angel hair chips topped with parsley <sup>3</sup> | 1024       | 252          | 14,6        | 1,7            | 13,3      | 0,3           | 15,7         | 0,2        |
| <b>Diet</b> Chicken with egg, onion and roasted potatoes topped with parsley <sup>3</sup>       | 1024       | 252          | 14,6        | 1,7            | 13,3      | 0,3           | 15,7         | 0,2        |

#### Wednesday

|   | VE<br>(kJ) | VE<br>(kcal) | Líp.<br>(g) | AG Sat.<br>(g) | HC<br>(g) | Açúcar<br>(g) | Prot.<br>(g) | Sal<br>(g) |
|---|------------|--------------|-------------|----------------|-----------|---------------|--------------|------------|
| <b>Dish /</b> Roasted pollock with carrot rice <sup>4</sup> | 616        | 146          | 2,8         | 0,4            | 18,5      | 0,4           | 10,8         | 0,4        |
| <b>Diet</b>   |            |              |             |                |           |               |              |            |

#### Thursday

|  | VE<br>(kJ) | VE<br>(kcal) | Líp.<br>(g) | AG Sat.<br>(g) | HC<br>(g) | Açúcar<br>(g) | Prot.<br>(g) | Sal<br>(g) |
|--|------------|--------------|-------------|----------------|-----------|---------------|--------------|------------|
| <b>Dish</b> Stewed pork steak with boiled spiral pasta <sup>1,3,12</sup>           | 843        | 200          | 5,4         | 1,4            | 20,6      | 0,8           | 16,9         | 0,2        |
| <b>Diet</b> Stewed pork steak with gluten free boiled spiral pasta <sup>6,12</sup> | 858        | 198          | 5,2         | 1,4            | 23,0      | 0,2           | 15,8         | 0,2        |

#### Friday

|   | VE<br>(kJ) | VE<br>(kcal) | Líp.<br>(g) | AG Sat.<br>(g) | HC<br>(g) | Açúcar<br>(g) | Prot.<br>(g) | Sal<br>(g) |
|---|------------|--------------|-------------|----------------|-----------|---------------|--------------|------------|
| <b>Dish /</b> Stewed squid Micaelende style with stewed potatoes <sup>4,12,14</sup> | 384        | 91           | 1,9         | 0,3            | 10,7      | 0,8           | 7,4          | 0,3        |
| <b>Diet</b>   |            |              |             |                |           |               |              |            |

**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