

Ementa

Para uma alimentação saudável e de qualidade.



gertal

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University of the Azores - Ponta Delgada Campus

Week of 13th to 17th of July of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	World Rock Day								
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	Salted cod rice ^{4,12}	782	186	4,3	0,7	23,6	0,1	12,7	0,2
Vegan	Quinoa salad with courgette and black-eyed peas ^{6,12,13}	1139	272	7,3	1,0	37	3,7	13,6	0,2
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday									
Soup	Spinach and chickpea soup	316	75	1,0	0,1	12,6	1,1	2,8	0,1
Dish	Roast chicken legs with fusilli pasta ^{1,3,12}	793	188	4,1	0,8	20,1	0,9	16,5	0,3
Diet	Roast chicken legs with gluten-free spiral pasta ^{6,12,13}	807	185	3,9	0,8	22,5	0,3	15,4	0,3
Vegan	Baked pasta with mushrooms, lentils 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									
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}	1477	353	14,7	2,1	30,3	8,4	19,1	0,2
Dessert	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	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
Friday	World Emoji Day								
Soup	Chicken rice broth	288	68	0,6	0,1	12,7	0,6	2,5	0,1
Vegan Soup	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish / Diet	Tuna salad with potatoes and mixed vegetables ^{1,4,13}	1099	263	12	1,6	19	2,2	17,3	0,3
Vegan	Chickpea curry with rustic potatoes ^{1,8,9,10,11}	710	169	4,7	1,5	23,9	1,7	5,8	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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Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Dish	Spaghetti Bolognese ^{1,3,7,12}	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
Diet	Gluten-free spaghetti Bolognese ^{6,12}	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
Tuesday									
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									
Dish	Pork stroganoff (cream and mushrooms) with penne pasta ^{1,6,7,10}	769	183	5,5	2,0	18,3	1,0	14,9	0,3
Diet	Plain stewed pork strips with gluten-free pasta ^{6,12}	1002	238	10,0	3,1	22,8	0,2	14,0	0,2
Thursday									
Dish	Seafood stick gratin (shoestring potatoes, grated carrot, seafood sticks, white sauce and grated cheese) ^{1,3,4,6,7,8,11,12,13}	1362	386	23,3	18	14,6	0,6	12	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									
Dish	Simple Valencian-style rice (chicken, pork, chorizo, carrots, peas and tomato sauce) ^{6,7,10,12}	810	192	3,5	0,8	29,8	0,9	9,3	0,3
Diet	Chicken rice ¹²	884	211	4,0	0,6	24	3,5	16	0,4

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