



University of the Azores – Ponta Delgada Campus

Week of 20th to 24th of July of 2026

Lunch

Monday	Friendship Day International Chess Day	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Cream of spinach soup	223	53	0,7	0,1	9,4	1,0	1,6	0,1
Dish	Stewed peas with chorizo and boiled eggs ^{3,6,7,12}	712	171	12,3	3,5	4,4	0,6	9,9	0,9
Diet	Stewed peas with poached eggs ^{3,9,10,12}	429	103	6,5	1,5	2,4	1,0	7,8	0,3
Vegan	Stewed peas with diced potatoes and carrots ¹²	199	48	1,7	0,3	4,0	1,2	2,4	0,0
Dessert	Seasonal fruit								
Tuesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pumpkin soup with whole green beans	223	53	0,7	0,1	9,4	1,0	1,6	0,1
Dish/Diet	Roasted redfish with mixed vegetable rice (peas, carrots and green beans) ⁴	741	176	4,4	0,7	21,7	0,1	12,0	0,2
Vegan	Stir-fried vegetables with quinoa	886	212	5,5	0,7	25	4,2	11,8	0,4
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday	World Brain Day	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Caldo verde ^{1,6,7}	331	79	3,7	1,0	8,2	0,6	2,5	0,5
Vegan Soup	Caldo verde without chorizo	243	58	1,5	0,4	8,5	0,7	1,9	0,2
Dish	Beef lasagne ^{1,3,6,7,10,12}	1178	280	11,2	4,6	28,5	0,9	15,7	0,3
Diet	Gluten-free macaroni with naturally braised beef ^{1,3}	1109	264	10,7	3,8	24,6	1,0	15,8	0,1
Vegan	Vegetable lasagna (tomato, peas, zucchini, leek, cabbage and carrot) ^{1,6,10}	719	171	3,6	0,8	27,1	1,3	6,5	0,1
Dessert	Strawberry jelly ⁷	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	Cream of cauliflower soup with grated carrots	226	53	0,6	0,1	9,8	1,1	1,6	0,1
Dish	Fried horse mackerel with boiled potatoes and Molho Vilão (bell peppers, garlic and olive oil) ^{1,4,6,12}	584	139	5,3	0,9	16,0	0,9	6,2	0,2
Diet	Roasted horse mackerel with boiled potatoes ⁴	446	106	2,5	0,5	12,0	0,8	8,2	0,1
Vegan	White bean stew with potatoes ¹²	417	99	0,8	0,1	16,5	1,6	4,2	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday	Cousins' Day	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Country vegetable soup (potatoes, carrots, turnip, cabbage and beans)	298	71	0,7	0,1	12,6	1,0	2,7	0,1
Dish	Roast chicken in tomato sauce with white rice ¹²	782	186	3,7	0,7	21,1	0,2	15,8	0,2
Diet	Vegetarian paella (tomatoes, peas, peppers and mushrooms) ¹²	665	158	1,6	0,3	30,4	1,2	4,0	0,3
Vegan	Country-style tofu rice (tofu, mushrooms, sweetcorn and carrots) ^{1,6}	746	177	4,4	0,9	26,2	0,6	6,9	0,3
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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Week of 20th to 24th of July of 2026

Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Dish/ Diet	Tuna rice ^{4,12}	1195	285	10,9	1,6	33,7	0,2	12,4	1,0
Tuesday									
Dish	Chicken Brás style (shoestring potatoes, shredded chicken, egg, grated carrots, parsley and olives) ^{3,13}	1024	252	14,6	1,7	13,3	0,3	15,7	0,2
Diet	Chicken Brás style with oven-baked potato sticks ^{3,13}	1024	252	14,6	1,7	13,3	0,3	15,7	0,2
Wednesday									
Dish/ Diet	Oven-baked fogonero with carrot rice ⁴	616	146	2,8	0,4	18,5	0,4	10,8	0,4
Thursday									
Dish	Braised pork steaks with spiral pasta ^{1,3,12}	843	200	5,4	1,4	20,6	0,8	16,9	0,2
Diet	Braised pork steaks with gluten-free spiral pasta ^{6,12}	858	198	5,2	1,4	23,0	0,2	15,8	0,2
Friday									
Dish/Diet	São Miguel-style stewed squid with potatoes) ^{4,12,14}	384	91	1,9	0,3	10,7	0,8	7,4	0,3

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