

# Ementa

Para uma alimentação saudável e de qualidade.

## University of the Azores – Ponta Delgada Campus

Week of 22<sup>nd</sup> to 26<sup>th</sup> of June of 2026

### Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Soup</b>	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
<b>Dish</b>	Spaghetti Bolognese with minced beef <sup>1,3,6,12</sup>	870	202	8,5	3,0	20,3	0,7	11,1	0,2
<b>Diet</b>	Gluten-free spaghetti Bolognese <sup>6,12</sup>	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
<b>Vegan</b>	Vegan soy lasagna <sup>1,6,11</sup>	1004	238	3,1	0,5	31,1	4,5	18,2	0,4
<b>Dessert</b>	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Tuesday</b>	<b>Portugal vs. Uzbekistan – World Cup 2026</b>								
<b>Soup</b>	Pumpkin cream with small pasta <sup>1,3,6,10</sup>	275	65	0,7	0,1	12,4	1,1	1,8	0,1
<b>Gluten free soup</b>	Pumpkin cream	288	69	2,2	0,4	9,8	1,3	1,5	0,2
<b>Dish / Diet</b>	Oven-baked mackerel with rustic potatoes <sup>4</sup>	669	160	8,6	2,1	8,9	0,6	11,2	0,2
<b>Vegan</b>	Stuffed zucchini with mushrooms, white beans and spinach and rustic potatoes <sup>12</sup>	439	104	2,8	0,8	12,5	1,4	6,1	0,1
<b>Dessert</b>	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Wednesday</b>	<b>Saint John's Day</b>								
<b>Soup</b>	Pea cream soup	241	57	0,6	0,1	10,2	1,0	1,8	0,1
<b>Dish / Diet</b>	Stewed pork steak with white rice <sup>12</sup>	851	202	5,4	1,3	22,4	0,1	15,6	0,2
<b>Vegan</b>	Vegetarian paella (tomato, peas, peppers, mushrooms) <sup>12</sup>	665	158	1,6	0,3	30,4	1,2	4,0	0,3
<b>Dessert</b>	Seasonal fruit / Sweet rice <sup>3,6,7</sup>	942	223	4,8	1,9	37,6	11,0	6,5	0,2
<b>Thursday</b>	<b>Sailor's Day</b>								
<b>Soup</b>	Tomato soup with spinach	208	49	0,6	0,1	8,7	1,1	1,6	0,1
<b>Dish</b>	Baked hake medallions with seafood cream, served with Russian salad (potato, carrot, peas and green beans) <sup>1,2,3,4,6,12,14</sup>	319	76	1,6	0,2	8,7	0,9	5,7	0,2
<b>Diet</b>	Baked hake medallions with Russian salad <sup>4</sup>	358	85	2,1	0,3	8,4	0,9	7,2	0,1
<b>Vegan</b>	Potato, carrot, chickpea and green bean salad with herb dressing <sup>12</sup>	375	89	1,8	0,3	14,7	1,4	2,3	0,1
<b>Dessert</b>	Seasonal fruit	241	57	0,6	0,1	10,2	1,0	1,8	0,1
<b>Friday</b>									
<b>Soup</b>	White bean soup with julienne vegetables	294	70	0,9	0,1	10,9	0,7	3,0	0,1
<b>Dish</b>	Roasted chicken with boiled spiral pasta <sup>1,3,6,12</sup>	773	183	3,6	0,7	19,3	0,9	17,0	0,2
<b>Diet</b>	Plain roasted chicken with gluten-free pasta <sup>12</sup>	782	186	3,7	0,7	21,1	0,2	15,8	0,2
<b>Vegan</b>	Vegetarian farmer's pasta (carrot, cabbage, beans and pasta) <sup>1,6,10</sup>	1086	258	3,4	0,6	44,5	1,8	12,1	0,1
<b>Dessert</b>	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: <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



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### Week of 22<sup>nd</sup> to 26<sup>th</sup> of June of 2026

#### Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Dish</b>	Fried fish rissoles with tomato rice <sup>1,2,3,4,5,6,7,8,9,10,12,14</sup>	1119	266	7,9	1,6	42,3	3,7	5,7	0,8
<b>Diet</b>	Fish rice stew (forkbeard) <sup>4</sup>	799	190	4,6	0,7	24,3	0,2	12,4	0,2
<b>Tuesday</b>									
<b>Dish</b>	Chicken lasagna <sup>1,3,6,7,10</sup>	971	230	5,6	2,4	26,9	0,8	18,0	0,3
<b>Diet</b>	Grilled chicken breast with gluten-free pasta	785	179	1,6	0,4	24,0	0,2	18,2	0,2
<b>Wednesday</b>									
<b>Dish</b>	Salted cod “à Brás” style (fried matchstick potatoes, shredded cod, grated carrot, parsley and olives) <sup>3,4,13</sup>	1021	252	16,3	1,9	13,4	0,3	12,0	0,3
<b>Diet</b>	Salted cod “à Brás” style (oven-baked potatoes instead of fried) <sup>3,4,13</sup>	1039	248,4	9,9	1,8	13,4	0,3	15,6	0,3
<b>Thursday</b>									
<b>Dish</b>	Beef casserole with butter beans, elbow pasta and cabbage <sup>1,3,6,10,12</sup>	992	237	10,9	3,9	16,6	0,5	16,6	0,1
<b>Diet</b>	Plain stewed beef with gluten-free pasta <sup>6,12</sup>	1087	253	11,0	3,9	25,2	0,3	14,5	0,2
<b>Friday</b>									
<b>Dish</b>	Fried cod patties with saffron rice <sup>3,4</sup>	925	221	8,4	1,4	24,2	0,5	11,5	1,8
<b>Diet</b>	Oven-baked redfish with saffron rice <sup>4</sup>	727	172	4,0	0,6	21,4	0,2	12,5	0,2

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