

## University of the Azores - Ponta Delgada Campus

Week of 6<sup>th</sup> to 1<sup>th</sup> of July 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>World Zoonoses Day</b>   |            |              |             |                |           |               |              |            |
| <b>Soup</b>       | Pumpkin cream with cumin  | 235        | 56           | 0,6         | 0,1            | 10,6      | 1,1           | 1,4          | 0,1        |
| <b>Dish</b>       | Beef croquettes with vegetable rice<br><i>1,2,3,4,5,6,7,8,9,10,11,12,13,14</i>                                    | 1480       | 354          | 22          | 3,8            | 28        | 0,9           | 8,4          | 0,9        |
| <b>Diet</b>       | Naturally braised beef strips with vegetable rice <sup>6,13</sup>   | 995        | 238          | 10,7        | 3,3            | 20        | 3,0           | 13           | 0,3        |
| <b>Vegan</b>      | Soy Bolognese spaghetti <sup>1,3,6,8,10,11,12</sup>   | 1166       | 276          | 3,3         | 0,5            | 36,6      | 6,1           | 21,4         | 0,1        |
| <b>Dessert</b>    | Seasonal fruit  | 269        | 64           | 0,5         | 0,1            | 13,4      | 13,4          | 0,2          | 0,0        |
| <b>Tuesday</b>    | <b>World Chocolate Day</b>  |            |              |             |                |           |               |              |            |
| <b>Soup</b>       | White bean soup with vegetables   | 306        | 72           | 0,7         | 0,1            | 12,1      | 0,9           | 2,9          | 0,1        |
| <b>Dish/ Diet</b> | Oven-baked hake fillets with saffron rice <sup>4</sup>  | 763        | 181          | 4,2         | 0,6            | 22,5      | 0,4           | 13,0         | 0,3        |
|                   |   | 930        | 221          | 2,2         | 0,3            | 40,7      | 0,4           | 9,1          | 0,2        |
| <b>Vegan</b>      | Rice with red beans, mushrooms, broccoli and pumpkin  | 711        | 169          | 6,6         | 4,4            | 21,5      | 20,6          | 5,0          | 0,1        |
| <b>Dessert</b>    | Chocolate mousse <sup>7</sup>   | 306        | 72           | 0,7         | 0,1            | 12,1      | 0,9           | 2,9          | 0,1        |
| <b>Wednesday</b>  | <b>World Allergy Day</b>  |            |              |             |                |           |               |              |            |
| <b>Soup</b>       | Broccoli soup   | 228        | 54           | 0,7         | 0,1            | 9,7       | 1,1           | 1,6          | 0,1        |
| <b>Dish</b>       | Braised pork with spiral pasta <sup>1,6,12</sup>  | 1044       | 248          | 10,2        | 3,2            | 23,4      | 1,3           | 15,7         | 0,2        |
|                   |   | 1035       | 246          | 9,8         | 3,0            | 25,5      | 0,2           | 13,7         | 0,2        |
| <b>Diet</b>       | Braised pork with gluten-free pasta <sup>6,12</sup>   | 338        | 80           | 1,2         | 0,2            | 13,8      | 1,6           | 2,3          | 0,1        |
| <b>Vegan</b>      | Vegetable stew (potatoes, carrots, peas, green beans and onions) <sup>6,12</sup>                                  | 269        | 64           | 0,5         | 0,1            | 13,4      | 13,4          | 0,2          | 0,0        |
| <b>Dessert</b>    | Seasonal fruit  | 228        | 54           | 0,7         | 0,1            | 9,7       | 1,1           | 1,6          | 0,1        |
| <b>Thursday</b>   |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>       | Cauliflower cream with mint   | 231        | 55           | 0,6         | 0,1            | 10,1      | 1,1           | 1,6          | 0,1        |
| <b>Dish</b>       | Seafood salad (shredded redfish, vegetables, seafood sticks, pineapple and grated egg) <sup>1,2,3,4,6,10,12</sup> | 652        | 154          | 2,8         | 0,5            | 19,4      | 2,0           | 12,1         | 0,3        |
| <b>Diet</b>       | Gluten-free redfish pasta <sup>1,3,4,6,10</sup>   | 823        | 195          | 5,3         | 0,8            | 21,8      | 0,7           | 14,5         | 0,2        |
| <b>Vegan</b>      | Couscous with sautéed vegetables (carrot, zucchini, broccoli and peppers) and chickpeas <sup>1,6,12,13</sup>      | 687        | 163          | 2,9         | 0,4            | 25,0      | 2,2           | 7,1          | 0,1        |
| <b>Dessert</b>    | Seasonal fruit  | 269        | 64           | 0,5         | 0,1            | 13,4      | 13,4          | 0,2          | 0,0        |
| <b>Friday</b>     |   |            |              |             |                |           |               |              |            |
| <b>Soup</b>       | Carrot soup with whole green beans  | 225        | 53           | 0,6         | 0,1            | 9,8       | 0,9           | 1,5          | 0,1        |
| <b>Dish</b>       | Roast chicken with white rice   | 782        | 186          | 3,7         | 0,7            | 21,1      | 0,2           | 15,8         | 0,2        |
| <b>Vegan</b>      | Lentil rice with vegetables (cabbage, turnip and leek)  | 833        | 197          | 2,2         | 0,3            | 36,4      | 0,7           | 6,3          | 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

# Ementa

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## University of the Azores – Ponta Delgada Campus

Week of 6<sup>th</sup> to 1<sup>th</sup> of July of 2026

Dinner

|                  |   | 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>    |   |            |              |             |                |           |               |              |            |
| Dish             | Tuna salad with tricolour pasta, vegetables, grated egg and olives <sup>1,3,4,6,13</sup>                                    | 1186       | 283          | 13          | 1.7            | 24        | 2.0           | 18.3         | 0.6        |
| Diet             | Tuna salad with gluten-free pasta, vegetables, grated egg and olives <sup>3,4,13</sup>                                      | 1186       | 283          | 13          | 1.7            | 24        | 2.0           | 18.3         | 0.6        |
| <b>Tuesday</b>   |   |            |              |             |                |           |               |              |            |
| Dish             | Beef cottage pie <sup>3,7,12</sup>  | 487        | 116          | 6.2         | 2.2            | 7.1       | 0.2           | 7.7          | 0.1        |
| Diet             | Gluten-free spaghetti Bolognese <sup>6,12</sup>   | 1064       | 253          | 10.6        | 3.7            | 24.9      | 0.3           | 13.6         | 0.1        |
| <b>Wednesday</b> |   |            |              |             |                |           |               |              |            |
| Dish             | Salt cod Brás style (with fried potato sticks, shredded salt 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        |
| Diet             | Salt cod Brás style (with oven-baked potato sticks, shredded salt cod, grated carrot, parsley and olives) <sup>3,4,13</sup> | 1039       | 248.4        | 9.9         | 1.8            | 13.4      | 0.3           | 15.6         | 0.3        |
| <b>Thursday</b>  |   |            |              |             |                |           |               |              |            |
| Dish / Diet      | Pork steak with onion sauce and roasted potato wedges with aromatic herbs <sup>9,10,12</sup>                                | 491        | 117          | 3.6         | 0.9            | 10.6      | 0.7           | 9.6          | 0.1        |
| <b>Friday</b>    |   |            |              |             |                |           |               |              |            |
| Dish             | Fried forkbeard with tomato rice <sup>1,4,6</sup>   | 787        | 187          | 5.0         | 0.8            | 23.7      | 0.3           | 11.3         | 0.1        |
| Diet             | Poached forkbeard in aromatic broth with tomato rice <sup>4</sup>   | 638        | 151          | 1.1         | 0.2            | 22.6      | 0.3           | 12.1         | 0.1        |

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