



## University of the Azores - Ponta Delgada Campus

Week of 08<sup>th</sup> to 12<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>World Oceans Day</b>								
<b>Soup</b>	Spring vegetable soup	222	53	0,6	0,1	9,1	1,0	1,8	0,1
<b>Dish</b>	Spaghetti Carbonara (ham, bacon, cream and cheese) <sup>1,3,6,7</sup>	1118	266	10,3	5,2	31,7	1,8	11,0	1,1
<b>Diet</b>	Gluten-free spaghetti Bolognese with minced beef <sup>6,12</sup>	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
<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>Soup</b>	Spinach and chickpea cream soup	313	74	1,0	0,1	12,3	1,1	2,8	0,1
<b>Dish</b>	Fried horse mackerel with boiled potatoes <sup>1,4,6</sup>	547	130	4,1	0,7	16,3	0,9	6,3	0,1
<b>Diet</b>	Roasted horse mackerel with boiled potatoes <sup>4</sup>	446	106	2,5	0,5	12,0	0,8	8,2	0,1
<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>	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Wednesday</b>	<b>Holiday - Dia de Portugal</b>								
<b>Soup</b>									
<b>Dish / Diet</b>									
<b>Vegan</b>									
<b>Dessert</b>									
<b>Thursday</b>	<b>Opening of the 2026 World Cup</b>								
<b>Soup</b>	"Lavrador" soup (carrot, cabbage, beans, potato)	311	74	0,8	0,1	13,2	0,9	3,0	0,1
<b>Dish / Diet</b>	Roasted pork loin with carrot rice <sup>9,10,12</sup>	792	188	4,9	1,2	21,4	0,5	13,4	0,2
<b>Vegan</b>	Lentil rice with vegetables (cabbage, turnip, leek) <sup>12</sup>	833	197	2,2	0,3	36,4	0,7	6,3	0,1
<b>Dessert</b>	Seasonal fruit / Flan pudding <sup>7</sup>	451	107	1,4	1,0	21,3	19,6	2,1	0,2
<b>Friday</b>									
<b>Soup</b>	Chicken rice broth	427	101	0,5	0,1	19,0	0,0	4,8	0,2
<b>Vegan soup</b>	Vegetable purée	195	46	0,8	0,1	7,8	0,8	1,3	0,1
<b>Dish</b>	Salmon pasta (pasta, tomato sauce, shredded salmon) <sup>1,3,4,6,12</sup>	1267	303	17,4	3,2	24,4	0,2	11,8	0,1
<b>Diet</b>	Gluten-free salmon pasta <sup>4,6,12</sup>	1267	303	17,4	3,2	24,4	0,2	11,8	0,1
<b>Vegan</b>	Pasta with "catarino" beans, tomato, peppers and onion <sup>1,6,10,12</sup>	1051	249	3,3	0,6	42,9	2,1	12,0	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

Para uma alimentação saudável e de qualidade.



## University of the Azores - Ponta Delgada Campus

### Week of 08<sup>th</sup> to 12<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>	Seafood and fish paella (hake and shellfish) <sup>1,2,3,4,6,7,12,14</sup>	583	138	1,9	0,3	20,3	0,7	9,5	0,6
<b>Diet</b>	Fish paella (hake) <sup>4,12</sup>	696	165	5,5	1,0	18,4	0,6	10,1	0,5
<b>Tuesday</b>									
<b>Dish</b>	Roasted chicken legs with beer sauce, served with boiled tricolor pasta <sup>1,3,6,7,8,10,12</sup>	800	189	4,8	1,0	19,9	1,2	15,7	0,3
<b>Diet</b>	Roasted chicken legs (plain) with boiled gluten-free pasta <sup>6,13</sup>	833	191	4,1	0,9	23,6	0,2	16,1	0,3
<b>Wednesday Holiday - Dia de Portugal</b>									
		VE (kJ)	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)
<b>Thursday</b>									
<b>Dish</b>	"Spiritual" salted cod (shoestring potatoes, cod, grated carrot, white sauce and cheese) <sup>1,3,4,5,6,7,8,10,11,12,13</sup>	726	174	8,8	1,3	15,0	0,8	8,5	0,8
<b>Diet</b>	Salted codfish salad with egg, potatoes, chickpeas, onion and parsley vinaigrette <sup>12</sup>	777	185	5,4	0,9	11,8	1,0	20,9	1,6
<b>Friday</b>									
<b>Dish / Diet</b>	Beef stew with potatoes, peas, carrots and green beans <sup>12</sup>	566	135	5,9	2,1	11,2	1,0	8,5	0,1

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