



Ementa

Para uma alimentação saudável e de qualidade.



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University of the Azores

Week of 28th of July to 01st of august of 2025

			VE (kcal)	Líp. (g)	HC (g)	Prot. (g)
Monday			World Nature Conservation Day			
Lunch	Soup	Broccoli	85	2.4	9.0	6.7
	Dish	Roasted burger with tomato sauce and boiled tricolor pasta ^{1,3,6,7,12}	197	7.6	17	15
	Diet	Stewed minced beef with gluten free pasta ¹²	698	35	27	35
	Vegan	Roasted vegetarian burger with boiled tricolor pasta ^{1,6,10,12,13}	963	19	152	45
Dinner	Dish	Seafood rice ^{1,2,3,4,6,12,14}	169	3.4	25	9.6
	Diet	Roasted hake medallions with vegetable rice ⁴	636	15	72	50
Tuesday			VE (kcal)	Líp. (g)	HC (g)	Prot. (g)
Lunch	Soup	Vegetable julienne	154	5	22	5
	Dish / Diet	Tuna stew with potatoes ^{4,12}	111	3.2	11	9.1
	Vegan	Stuffed courgetti with soy and vegetables and white rice ^{1,3,6,7,8,11}	592	17	75	22
	Dessert	Fresh fruit				
Dinner	Dish	Stewed pork chop with sausages and white rice ^{1,6,7,9,10,12}	238	12	22	9.2
	Diet	Roasted plain pork chop with white rice ¹²	649	23	65	41
Wednesday			VE (kcal)	Líp. (g)	HC (g)	Prot. (g)
Lunch	Soup	Tomato soup	157	5	24	4
	Dish	Stewed chicken breast strips with aromatic herbs and spring pasta ^{1,3,10,12}	172	3.6	18	16
	Diet	Sautéed plain chicken strips with gluten free pasta ¹²	437	2.5	62	43
	Vegan	Lentils Bolognese style with spaghetti, mushrooms and peppers ^{1,3}	712	12	110	33
	Dessert	Fresh fruit / Sweet dessert ⁷				
Dinner	Dish	Fried red fish with spinach rice ^{1,3,4,6}	221	8.7	24	11
	Diet	Roasted red fish with spinach rice ⁴	628	17	67	49
Thursday			VE (kcal)	Líp. (g)	HC (g)	Prot. (g)
Lunch	Soup	Chickpeas with spinach ^{6,12,13}	143	7	27	5
	Dish	Spiritual style cod ^{1,3,4,6,7,8,11,12,13}	101	3.6	11	5.8
	Vegan / Diet	Potato salad with chickpea, onion, parsley, olives and green sauce ^{6,12,13}	777	24	89	23
	Dessert	Fresh fruit				
Dinner	Dish / Diet	Pork with caramelized pineapple, pumpkin seeds and carrot rice	101	3.6	11	5.8

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