

University of the Azores - Ponta Delgada Campus

Week of 4th to 8th of May of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	International Firefighters' Day								
Soup	Spring vegetable soup (peas, carrot and green beans)	222	53	0,6	0,1	9,1	1,0	1,8	0,1
Dish	Fried codfish patties with tomato rice ^{1,2,3,4,5,6,7,8,9,10,11,12,14}	882	210	8,0	1,3	22,9	0,3	11,0	1,7
Diet	Cod fish rice stew ^{4,12}	782	186	4,3	0,7	23,6	0,1	12,7	0,2
Vegan	Black bean and vegetable chili (pepper, corn and zucchini) with white rice ^{9,10,11}	1071	252	2,7	0,4	47,9	0,4	8,6	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday	World Hand Hygiene Day World Portuguese Language Day								
Soup	Spinach and chickpea soup	316	75	1,0	0,1	12,6	1,1	2,8	0,1
Dish	Roast chicken legs with fusilli pasta ^{1,3,12}	793	188	4,1	0,8	20,1	0,9	16,5	0,3
Diet	Roast chicken legs with gluten-free spiral pasta ^{6,12,13}	807	185	3,9	0,8	22,5	0,3	15,4	0,3
Vegan	Baked pasta with mushrooms, lentils and broccoli ^{1,6,10,12}	878	208	2,5	0,6	32,4	1,4	10,4	0,3
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday	International No Diet Day								
Soup	Tomato cream	220	52	0,6	0,1	9,6	1,2	1,4	0,1
Dish / Diet	Hake "Gomes de Sá" style (shredded hake, potatoes, sliced egg, onion and olives) ^{3,4,13}	458	109	3,7	0,6	10,2	0,7	8,3	0,3
Vegan	Stuffed zucchini with soy and mixed vegetables (peas, carrot and green beans) with roasted potatoes ^{1,6,8,11}	1477	353	14,7	2,1	30,3	8,4	19,1	0,2
Dessert	Flan pudding ⁷	451	107	1,4	1,0	21,3	19,6	2,1	0,2
Thursday	Day of Silence								
Soup	Farmer's soup (carrot, cabbage, beans and potato)	311	74	0,8	0,1	13,2	0,9	3,0	0,1
Dish/Diet	Stewed beef with white rice ¹²	1052	251	11,1	3,6	23,2	0,2	13,5	0,2
Vegan	Rice with peas and vegetables (carrot, cabbage and leek) ¹²	523	124	1,2	0,2	22,9	0,8	3,7	0,1
Dessert	Seasonal fruit	311	74	0,8	0,1	13,2	0,9	3,0	0,1
Friday									
Soup	Chicken rice soup	288	68	0,6	0,1	12,7	0,6	2,5	0,1
Vegan soup	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish / Diet	Roast mackerel with rustic roasted potatoes ⁴	669	160	8,6	2,1	8,9	0,6	11,2	0,2
Vegan	Chickpea curry with rustic potatoes ^{1,8,9,10,11}	710	169	4,7	1,5	23,9	1,7	5,8	0,1
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

Ementa

Para uma alimentação saudável e de qualidade.



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University of the Azores - Ponta Delgada Campus

Week of 4th to 8th of May of 2026

Dinner

Monday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish Meat shepherd's pie ^{3,7,12}	487	116	6,2	2,2	7,1	0,2	7,7	0,1
Diet Gluten free spaghetti bolognese style ^{6,12}	1064	253	10,6	3,7	24,9	0,3	13,6	0,1

Tuesday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish Seafood rice stew ^{1,2,3,4,6,12,14}	764	181	2,9	0,4	29,5	0,8	9,2	0,7
Diet Pollock rice stew ^{4,12}	800	190	4,9	0,7	23,6	0,1	12,6	0,2

Wednesday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish Pork stroganoff (with cream and mushrooms) with boiled penne pasta ^{1,6,7,10}	769	183	5,5	2,0	18,3	1,0	14,9	0,3
Diet Plain stewed pork strips with gluten free pasta ^{6,12}	1002	238	10,0	3,1	22,8	0,2	14,0	0,2

Thursday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish / Diet Squid stew "Micaelense Style) with potatoes ^{4,12,14}	384	91	1,9	0,3	10,7	0,8	7,4	0,3

Friday

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish Pasta stew with shredded chicken, ham, vegetables, mushrooms and black olives ^{1,3,6,7,9,12,13}	799	191	4,1	0,6	19,7	3,2	15,9	0,6
Diet Gluten free pasta stew with shredded chicken, vegetables, mushrooms and black olives ^{12,13}	667	157	2,5	0,6	21,8	0,2	11,6	0,2

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