



## University of the Azores - Pólo Ponta Delgada

### Week of 13<sup>th</sup> to 17<sup>th</sup> of October of 2025

### Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Soup</b>	Cauliflower and broccoli cream	0	0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Dish</b>	Minced beef with fusilli pasta, mushrooms, carrots and peppers <sup>6,12,13</sup>	870	202	8,5	3,0	20,3	0,7	11,1	0,2
<b>Diet</b>	Minced beef with gluten free fusilli pasta, mushrooms, carrots and peppers <sup>6,12,13</sup>	870	202	8,5	3,0	20,3	0,7	11,1	0,2
<b>Vegan</b>	Lentil bolognese <sup>1,3,6,8,11</sup>	1194	282	4,1	0,6	47,2	0,3	12,6	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Tuesday</b> <i>World Bald Day</i>									
<b>Soup</b>	Chick pea cream with grated carrot and courgette	300	71	1,5	0,2	10,5	1,1	2,9	0,1
<b>Dish</b>	Squid salad with potatoes, vegetables and seafood <sup>14</sup>	368	87	1,3	0,2	11,1	0,7	7,2	0,2
<b>Diet</b>	Squid salad with potatoes and vegetables <sup>14</sup>	368	87	1,3	0,2	11,1	0,7	7,2	0,2
<b>Vegan</b>	Quinoa salad with vegetables (tomato, Pepper and bean) <sup>1,6,11</sup>	924	221	5,3	0,6	32,5	2,6	9,7	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Wednesday</b> <i>Global Handwashing Day</i>									
<b>Soup</b>	House soup (Shredded chicken, small pasta, grated carrot and cabbage and mint) <sup>1,3,6,10</sup>	520	123	1,0	0,2	18,8	1,5	8,7	0,3
<b>Vegan Soup</b>	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
<b>Dish</b>	Pork steak with apple and white rice <sup>1,3,5,9,10,12</sup>	742	176	3,9	1,0	22,8	1,9	11,9	0,2
<b>Diet</b>	Grilled pork steak with white rice	859	204	4,8	1,3	23,2	0,1	16,5	0,2
<b>Vegan</b>	Vegetarian Paella (tomato, peas, peppers, mushrooms, saffron and tofu) <sup>6</sup>	651	155	3,5	0,8	23,0	0,9	6,4	0,2
<b>Dessert</b>	Fresh fruit / Chocolate cake <sup>1,3,6,7</sup>	1816	435	25,2	4,7	45,4	10,8	5,7	0,4
<b>Thursday</b> <i>World Food Day   World Bread Day</i>									
<b>Soup</b>	Lettuce and leek purée	152	36	1,1	0,2	4,9	0,7	1,0	0,1
<b>Dish / Diet</b>	Roasted hake fillets with olives and sautéed potatoes with parsley <sup>4,13</sup>	445	106	3,2	0,5	10,5	0,7	8,3	0,2
<b>Vegan</b>	Stewed broad beans with vegetables and potatoes	356	84	1,4	0,2	13,7	1,4	3,0	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Friday</b>									
<b>Soup</b>	White bean and brussels sprouts soup	317	75	1,4	0,3	9,9	0,7	3,6	0,1
<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>	Plain stewed chicken strips with gluten free pasta <sup>6,13</sup>	764	180	2,1	0,5	23,0	0,2	17,0	0,2
<b>Vegan</b>	Vegetarian farmer pasta (carrot, cabbage, bean and pasta) <sup>1,6,10</sup>	1086	258	3,4	0,6	44,5	1,8	12,1	0,1
<b>Dessert</b>	Fresh 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



## University of the Azores - Pólo Ponta Delgada

### Week of 13<sup>th</sup> to 17<sup>th</sup> of October of 2025

#### Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Dish</b>	Fish patties with tomato rice <sup>1,2,3,4,5,6,7,8,9,10,11,12,14</sup>	1119	266	7,9	1,6	42,3	3,7	5,7	0,8
<b>Diet</b>	Rice stew with hake and spinach <sup>4</sup>	694	165	4,3	0,6	20,0	0,2	11,1	0,3
<b>Tuesday</b>									
<b>Dish</b>	Roasted chicken breast Pizzaiola style (gratin with tomato sauce and grated cheese) and boiled bowtie pasta <sup>1,6,7</sup>	786	186	5,3	1,6	18,2	1,4	16,4	0,3
<b>Diet</b>	Roasted plain chicken breast with boiled bowtie pasta <sup>6,13</sup>	819	188	3,2	0,7	24,2	0,3	16,6	0,2
<b>Wednesday</b>									
<b>Dish</b>	Tuna pudding <sup>1,3,4,6,7</sup>	649	155	9,3	2,0	2,2	0,3	15,1	1,2
<b>Diet</b>	Tuna salad with gluten free pasta egg and olives <sup>3,4</sup>	437	105	7,2	1,2	0,0	0,0	9,9	1,1
<b>Thursday</b>									
<b>Dish/ Diet</b>	Stewed beef strips with pickles and olives and white rice <sup>12</sup>	1069	255	10,9	3,4	25,6	0,1	12,3	0,6
<b>Friday</b>									
<b>Dish/ Diet</b>	Cod salad with chickpeas, potatoes and eggs <sup>3,4</sup>	551	131	2,3	0,4	16,1	1,1	10,3	0,7

**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