



University of the Azores - Pólo Ponta Delgada

Week of 27th to 31th of october of 2025

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday World Occupational Therapy Day									
Soup	Spring soup	172	41	1,0	0,2	5,3	0,8	1,6	0,1
Dish	Tuna lasagna ^{1,3,4,6,7,10}	1272	303	11,8	3,6	33,7	1,0	15,3	0,8
Diet	Tuna salad with gluten free pasta, egg and olives ^{3,4}	708	168	5,9	1,0	20,1	0,1	8,5	0,8
Vegan	Pasta with sautéed mushrooms, peppers and olives ^{1,3,6,7,10,14}	857	203	3,3	0,6	33,9	1,7	7,1	0,2
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday									
Soup	Spinach and chickpea soup	308	73	1,8	0,2	9,8	1,1	3,2	0,2
Dish / Diet	Roasted drumsticks with olives and roasted potatoes	477	113	3,2	0,5	10,5	0,7	9,7	0,2
Vegan	Soy stew with potatoes, peas, carrots and green beans ^{1,6,8,11}	476	113	1,2	0,2	14,5	3,1	9,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday World Stroke Day									
Soup	Tomato soup	152	36	1,1	0,2	5,1	1,2	0,9	0,2
Dish / Diet	Roasted pollock with saffron rice ⁴	668	158	3,1	0,4	20,0	0,3	11,8	0,5
Vegan	Potato salad with vegetables (peas, green bean and carrots) and green sauce ¹²	341	81	1,9	0,3	12,0	1,3	2,6	0,1
Dessert	Fresh fruit / Flan puding ⁷	423	104	1,4	0,8	20,0	18,6	2,8	0,2
Thursday									
Soup	Farmer soup	311	74	1,4	0,2	11,3	0,8	3,5	0,1
Dish	Fusilli pasta with shredded poultry, pineapple and aromatic herbs ^{1,6,10}	555	131	2,2	0,5	17,6	1,3	9,9	0,1
Diet	Gluten free fusilli pasta with shredded poultry, pineapple and aromatic herbs ^{1,6,10}	555	131	2,2	0,5	17,6	1,3	9,9	0,1
Vegan	Pasta salad with kidney beans, peppers, corn and mushrooms ^{1,6}	1283	303	4,0	0,7	48,3	1,1	15,5	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday Halloween									
Soup	Chicken broth with rice ³	427	101	0,5	0,1	19,0	0,0	4,8	0,2
Vegan Soup	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish / Diet	Roasted red fish with White rice ⁴	826	196	5,2	0,8	23,6	0,1	13,3	0,2
Vegan	Rice stew with white bean, peas, carrots and corn	895	212	2,3	0,3	35,2	0,9	8,8	0,1
Dessert	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: 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



University of the Azores - Pólo Ponta Delgada

Week of 27th to 31th of October of 2025

Dinner

Monday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried meat croquettes with colorful rice (carrot, corn and peas) ^{1,2,3,4,5,6,7,8,9,10,11,12,14}	1058	252	10,1	3,1	31,2	1,0	8,2	0,8
Diet	Rice pie with minced beef	1091	260	10,8	3,7	25,9	0,1	14,4	0,2
Tuesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Salmon pasta stew ^{1,3,4,6}	1267	303	17,4	3,2	24,4	0,2	11,8	0,1
Diet	Salmon gluten free pasta stew ^{4,6}	1267	303	17,4	3,2	24,4	0,2	11,8	0,1
Wednesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Roasted pork loin with mashed potato ^{7,12}	386	92	2,9	0,9	6,5	0,6	9,0	0,1
Diet	Roasted pork loin with roasted potatoes ¹²	501	119	3,7	0,9	11,0	0,8	9,4	0,1
Thursday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Oven baked spiritual style cod (grated carrots, angel hair chips, grated cheese) ^{1,3,4,5,6,7,8,11,12,13}	726	174	8,8	1,3	15,0	0,8	8,5	0,8
Diet	Cod salad with potatoes and chickpeas ^{3,4}	551	131	2,3	0,4	16,1	1,1	10,3	0,7
Friday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish / Diet	Stewed beef with potatoes ¹²	606	144	6,8	2,2	11,2	0,8	8,6	0,1

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