



University of the Azores - Pólo Ponta Delgada

Week of 3rd to 07th of November of 2025

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday Sandwich Day									
Soup	Spinach cream	157	37	1,2	0,2	4,7	0,8	1,1	0,2
Dish	Beef shepherd's pie ^{3,7,12}	487	116	6,2	2,2	7,1	0,2	7,7	0,1
Diet	Stewed cubed beef with potatoes ^{1,3,4,6,7,9}	394	93	2,2	0,3	13,8	1,1	3,9	0,2
Vegan	Pea stew with vegetabes (carrot and cabbage) and cubed potatoes	347	82	1,4	0,2	13,4	1,4	2,7	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday									
Soup	Pumpkin cream with green bean	165	39	1,3	0,2	5,5	0,9	0,8	0,1
Dish	Tuna salad with pasta, egg, vegetables and olives ^{1,3,4}	407	97	6,4	1,1	0,7	0,0	9,0	1,0
Diet	Tuna salad with gluten free pasta, egg, vegetables and olives ⁴	407	97	6,4	1,1	0,7	0,0	9,0	1,0
Vegan	Kidney bean salad with pasta, vegetables, onion, parsley and olives ^{1,6,13}	1160	274	3,6	0,6	43,7	1,0	14,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday World Cinema Day									
Soup	Green portuguese soup ^{1,6,7,12}	245	59	3,0	0,9	5,0	0,4	2,3	0,4
Vegan Soup	Green portuguese soup (without chorizo)	245	59	3,0	0,9	5,0	0,4	2,3	0,4
Dish	Stewed chicken Fricassé style (with egg, lemon and parsley sauce) and white rice ^{1,3,6,12}	805	192	5,7	0,7	19,6	0,3	14,3	0,3
Diet	Plain roasted chicken with white rice	759	180	2,4	0,5	22,4	0,1	16,8	0,3
Vegan	Chickpea curry with white rice ^{1,9,10,11}	1346	320	7,6	2,6	49,8	1,6	10,0	0,2
Dessert	Fresh fruit / Gelatin ^{1,3,6,7,8,12}	443	106	5,3	3,5	11,5	11,3	2,9	0,4
Thursday Saxophonist's Day									
Soup	Cauliflower purée with grated carrot	157	37	1,1	0,2	5,1	1,0	1,1	0,1
Dish	Salted cod gratin with cream and potatoes ^{1,4,5,6,7}	771	185	10,7	1,9	13,4	0,4	8,8	0,8
Diet	Boiled shredded cod whit chickpeas, egg, onion, garlic, parsley, olive oil and pepper ^{3,4,12}	566	135	3,8	0,6	14,7	1,0	9,6	0,7
Vegan	Bean stew with pumpkin and potatoes ^{5,6}	787	188	3,9	0,2	32,0	0,3	6,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday									
Soup	"Camponesa" soup	289	69	1,3	0,2	10,6	1,0	3,1	0,1
Dish	Sautéed chicken strips with mushrooms and soy sauce and boiled pasta ^{1,6}	731	173	2,9	0,7	19,4	1,1	16,8	0,5
Diet	Plain stewed chicken strips with boiled gluten free pasta ^{6,13}	847	200	3,0	0,6	25,3	0,2	17,5	0,2
Vegan	Stewed soy with boiled pasta ^{1,6,8,10,11}	1340	317	4,0	0,9	43,4	6,3	24,0	0,2
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 03rd to 7th of november of 2025

Dinner

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried hake rissoles with green bean rice 1,2,3,4,5,6,7,8,9,10,11,12,14	1057	251	7,4	1,5	39,8	3,3	5,5	0,8
Diet	Fish rice stew ⁴	800	190	4,9	0,7	23,6	0,1	12,6	0,2

Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Pork steak with mustard sauce and french-fries 1,3,5,6,7,9,10,12	737	177	10,7	3,0	10,0	0,5	9,5	0,2
Diet	Plain stewed pork steak with roasted potato wedges with aromatic herbs ^{9,10}	508	121	3,8	0,9	11,1	0,7	10,2	0,1

Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish / Diet	Bean stew with squid and carrot ^{6,7,14}	728	173	3,9	1,1	18,5	0,5	13,4	0,6

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish / Diet	Stewed pork with white rice ¹²	1024	244	9,7	2,9	24,9	0,1	13,7	0,2

Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/ Diet	Roasted forkbeard with onion, tomato, peppers and sliced potatoes ^{4,12}	378	90	2,2	0,3	9,9	1,1	7,0	0,1

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