



University of the Azores – Pólo Ponta Delgada

Week of 15th to 19th of December of 2025

Lunch

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish	Hake “Zé do Pipo” style (with onion and mayonnaise) and mashed potatoes ^{1,3,4,5,6,7,10,11,12}	415	99	5,0	0,5	5,8	0,2	7,5	0,2
Diet	Roasted hake medallions with boiled potatoes ^{2,4,14}	411	97	2,0	0,3	11,3	0,8	8,1	0,2
Vegan	Vegan soy Shepherd pie ^{1,6,8,11}	332	79	0,8	0,1	10,3	2,0	6,2	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pea cream	226	53	0,6	0,1	10,0	1,4	1,4	0,1
Dish / Diet	Roasted pork loin with pineapple and white rice ¹²	1082	258	12,0	3,7	23,8	2,6	12,3	0,2
Vegan	Stuffed courgetti with mushrooms, White beans and spinach and white rice	611	145	2,2	0,4	21,8	0,7	6,7	0,3
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Wednesday Christmas Party

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup									
Dish									
Diet									
Vegan									
Dessert									

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pumpkin cream	858	203	2,4	0,3	32,3	2,0	11,3	0,2
Dish	Chicken salad with pasta, ham and mushrooms ^{1,3,6,7,9,10,12}	695	166	4,1	0,7	17	0,5	16	2,2
Diet	Grilled chicken breast with gluten free pasta	5630	127	0,8	0,2	16	0,3	14	0,4
Vegan	Stewed mushrooms with cubed carrots and peas with gluten free pasta	790	187	3,9	0,6	32,8	0,8	4,0	0,4
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Tomato soup with spinach	145	35	1,1	0,2	4,3	1,1	1,2	0,2
Dish	Stuffed eggs with tuna and thyme rice ^{1,3,4,6,7,8,11,12,13}	998	238	9,0	1,7	26,0	0,2	12,7	0,8
Diet	Scrambles eggs with thyme rice ³	931	222	7,2	1,8	28,4	0,3	9,5	0,4
Vegan	Rice stew with vegetables and saffron ^{9,10}	577	137	1,3	0,2	26,1	1,0	4,0	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 15th to 19th of December of 2025

Dinner

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Meat lasagna ^{1,3,6,7,10,12}	1129	269	10,2	4,0	28,5	0,9	15,1	0,3
Diet	Stewed minced beef with gluten free pasta ^{6,12,13}	1056	251	10,7	3,7	24,0	0,3	13,8	0,2

Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried breaded fillets with potato salad with green bean, carrots and peas ^{1,3,4,5,6,7,10,11,12}	425	101	3,2	0,5	10,1	0,9	7,1	0,1
Diet	Plain roasted fillets with potato salad with green bean, carrots and pea ⁴	454	108	3,5	0,5	8,8	0,6	9,7	0,4

Wednesday Christmas Party

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/ Diet	Stewed pork steak with white rice ¹²	800	191	7,5	2,0	16	0,4	14	0,3

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/ Diet	Roasted swordfish with onion and peppers sauce and vegetable rice ^{4,12}	544	130	5,6	0,8	8,8	0,8	10,3	0,2

Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Bean stew with pork, elbow pasta, peppers and sliced carrots ^{1,3,6,12}	1104	264	7,8	2,1	32,3	0,3	15,7	0,3
Diet	Plain stewed pork with gluten free pasta ¹²	1024	244	9,7	2,9	24,9	0,1	13,7	0,2

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