



University of the Azores – Ponta Delgada⁴

Week of 21th to 27th of July of 2025

Monday

Lunch	Soup	Pumpkin purée
	Dish	Stewed peas with chorizo and poached egg ^{3,6,7,12}
	Diet	Grilled pork steak with corn rice ^{9,10}
	Vegan	Lentils curry with corn rice
	Dessert	Fresh fruit
Dinner	Dish	Fried breaded hake with green bean rice ^{1,3,4,6,7,14}
	Diet	Roasted hake with garlic, lemon and parsley and green bean rice ⁴

Tuesday | World Brain Day

Lunch	Soup	Bean with green vegetables
	Dish / Diet	Forkbeard with potatoes and chickpeas ^{3,4,12}
	Vegan	Soy bolognese with boiled spaghetti ^{1,6,8,11}
	Dessert	Fresh fruit / Sweet dessert ^{1,3,7}
Dinner	Dish	Meat Bolognese with spaghetti and mixed salad ^{1,3,12}
	Diet	Stewed minced beef with gluten free spaghetti ¹²

Wednesday

Lunch	Soup	Pea purée
	Dish / Diet	Roasted cubed pork with onion, apple and carrot rice ¹²
	Vegan	Stewed peas with peppers and carrot rice ¹²
	Dessert	Fresh fruit
Dinner	Dish / Diet	Fried cod with egg, onion and angel hair chips topped with parsley and black olives and mixed salad ^{3,4,6,13}

Thursday | Cousins Day

Lunch	Soup	Spring ^{1,3,6}
	Dish / Diet	Roasted Nile perch with tomato and basil sauce + kidney bean salad with carrot and corn ^{4,6,12,13}
	Vegan	Bean stew with vegetables (carrot, cabbage) and white rice ^{6,12,13}
	Dessert	Fresh fruit
Dinner	Dish	Roasted chicken with carrot, cauliflower and pesto and boiled spiral pasta ^{1,3,4,7,8,9,12}
	Diet	Roasted plain chicken with gluten free pasta ¹²

Friday

Lunch	Soup	Spinach
	Dish / Diet	Stewed liver baits with roasted potato wedges with aromatic herbs ^{6,9,10}
	Vegan	Vegetable gratin with pasta (soy cream) ^{1,6}
	Dessert	Fresh fruit / Sweet dessert ^{1,3,7}
Dinner	Dish / Diet	Regional style yellowfin tuna with broccoli rice ^{4,6,7}

Diet – No gluten and lactose. For unforeseen reasons, the menu may change.

Your meal contains or may contain the following substances or products and their derivatives: 1 Cereals containing gluten, 2 Crustaceans, 3 Eggs, 4 Fish, 5 Peanuts, 6 Soya, 7 Milk, 8 Nuts, 9 Celery, 10 Mustard, 11 Sesame seeds, 12 Sulphur dioxide and sulphites, 13 Lupin, 14 Molluscs. 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 products, may alter the values shown. Average values of 100 g or 100 ml, calculated from the known average values of the ingredients used, according to the National Health Institute Dr Ricardo Jorge, Food Composition Table (2019), and the information provided by suppliers.