



University of the Azores - Ponta Delgada Campus

Week of 01st to 04th of september of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Soup									
Dish									
Diet									
Vegan									
Dessert									
Tuesday									
Soup	Broccoli cream	234	55	0,7	0,1	10,2	1,1	1,5	0,1
Dish	Tuna macaroni with kidney beans, parsley and olives ^{1,3,4,6,13}	982	234	11,3	1,9	12,5	0,0	19,3	1,6
Diet	Gluten-free tuna macaroni with kidney beans, parsley and olives ^{3,4,13}	982	234	11,3	1,9	12,5	0,0	19,3	1,6
Vegan	Couscous with sautéed vegetables (carrot, zucchini, broccoli, peppers) and kidney beans ^{1,6,12,13}	687	163	2,9	0,4	25,0	2,2	7,1	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday Open Day									
Soup	Pumpkin cream with cumin	235	56	0,6	0,1	10,6	1,1	1,4	0,1
Dish/ Diet	Roasted chicken with vegetable rice ¹²	773	183	3,6	0,7	19,3	0,9	17,0	0,2
Vegan	Vegetable lasagna (tomato, peas, courgetti, leek, cabbage and carrot) ^{1,6,10}	719	171	3,6	0,8	27,1	1,3	6,5	0,1
Dessert	Chocolate mouse ⁷ / Seasonal fruit	711	169	6,6	4,4	21,5	20,6	5,0	0,1
Thursday									
Soup	Cauliflower cream with mint	231	55	0,6	0,1	10,1	1,1	1,6	0,1
Dish	Redfish with sweet and sour lemon sauce, served with potato with parsley ^{1,3,4,6,7,8,9,12}	452	107	2,1	0,3	13,7	2,1	7,9	0,2
Diet	Oven-baked redfish, served with potato with parsley ⁴	472	112	3,6	0,5	11,1	0,7	8,4	0,1
Vegan	Soy vegetable stew (potato, peas, carrot, green beans and soy) ^{1,6,8,11}	476	113	1,2	0,2	14,5	3,1	9,0	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday National Psychologist's Day World Sexual Health Day									
Soup	Carrot and whole green bean soup	225	53	0,6	0,1	9,8	0,9	1,5	0,1
Dish	Beef stew with baby carrots ("Morangó" style) served with boiled penne pasta ^{1,3,6,12}	1029	245	10,8	3,8	21,7	1,5	15,3	0,2
Diet	Beef stew with baby carrots ("Morangó" style) with gluten-free boiled pasta ¹²	1029	245	10,8	3,8	21,7	1,5	15,3	0,2
Vegan	Baked pasta with mushrooms, lentils and broccoli ^{1,6,10,12}	878	208	2,5	0,6	32,4	1,4	10,4	0,3
Dessert	Seasonal fruit	417	99	0,8	0,1	16,5	1,6	4,2	0,1

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 – Ponta Delgada Campus

Week of 01st to 04th of september of 2026

Dinner

Monday

Dish

Diet

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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Tuesday

Dish

Diet

Stewed meatballs with mashed potatoes ^{1,6,7,12}

Plain beef stew with potatoes ¹²

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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Wednesday Open Day

Dish

Diet

Pollock with cream ^{1,5,6,7,12}

Pollock salad with boiled potatoes, parsley and egg ^{3,4}

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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Thursday

Dish /

Diet

Plain stewed pork with white rice ¹²

VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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Friday

Dish

Diet

Fried hake fillets with boiled potatoes ^{1,3,4,6}

Roasted hake fillets with peppers and boiled potatoes ⁴

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