



University of the Azores - Pólo Ponta Delgada

Week of 15th to 19th of september of 2025

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Soup	Pumpkin with cumin purée	165	39	1,3	0,2	5,8	1,1	0,7	0,2
Dish	Roasted hambúrguer with tomato sauce and boiled spaghetti ^{1,3,6,12}	829	197	6,8	1,9	20,3	1,2	13,2	0,3
Diet	Stewed plain beef strips with glúten free boiled spaghetti ^{6,13}	874	207	5,0	1,5	26,3	0,3	13,9	0,2
Vegan	Bean burger with boiled spaghetti ^{1,3,6,7,8,11,12,13}	1157	274	3,8	0,6	44,0	1,5	11,4	0,2
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday <i>Dia Mundial para a Preservação da Camada de Ozono</i>									
Soup	White bean purée with greens	273	65	1,1	0,2	8,9	1,3	3,1	0,1
Dish	Roasted hake fillet with spinach cream and saffron rice ^{4,7}	591	140	3,8	1,3	16,0	0,8	9,9	0,4
Diet	Roasted hake fillet with saffron rice ⁴	764	181	4,2	0,6	22,5	0,4	13,0	0,3
Vegan	Vegetarian rice stew Valenciana style (carrots, peppers, courgette, peas and tofu) ^{1,5,6,8,9,10,11}	674	160	3,7	1,0	24,2	0,9	6,5	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday									
Soup	Broccoli soup	162	39	1,3	0,2	4,9	1,1	1,2	0,1
Dish	Roasted chicken Italian style (With cubed tomato, bacon and black olives) and mashed potatoes ^{1,3,6,7,12}	361	86	2,5	0,7	5,7	0,8	9,3	0,3
Diet	Plain roasted chicken with roasted potatoes	441	105	1,8	0,3	10,7	0,7	10,8	0,2
Vegan	Stuffed courgette with vegetables (corn, pepper, carrot and lentils) and roasted potatoes ^{1,6,10,11}	427	101	2,1	0,3	15,5	0,9	4,3	0,1
Dessert	Fresh fruit / Chocolate mousse ^{1,3,6,7,8,12}	426	101	2,3	2,0	18,3	14,6	1,2	0,1
Thursday									
Soup	Cauliflower purée with mint	165	39	1,2	0,2	5,4	1,0	1,1	0,1
Dish / Diet	Fish stew with potatoes ⁴	354	84	1,0	0,2	11,7	1,1	6,3	0,1
Vegan	White bean stew with potatoes, carrots, turnip, peppers and cabbage	417	99	0,8	0,1	16,5	1,6	4,2	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday									
Soup	Lentils soup	858	203	2,4	0,3	32,3	2,0	11,3	0,2
Dish	Chicken steak with cream and mushrooms sauce and carrot rice ⁷	714	169	3,5	0,9	20,0	0,5	13,8	0,3
Diet	Grilled chicken steak with carrot rice	714	169	1,7	0,3	21,5	0,5	16,2	0,2
Vegan	Cuscus with sautéed vegetables and chickpea ^{1,6}	687	163	2,9	0,4	25,0	2,2	7,1	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



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Dinner

Monday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Tuna Shepherd pie ^{3,4,7,12}	459	110	5,9	0,9	7,8	0,5	6,0	0,5
Diet	Tuna salad with boiled potatoes, green bean, carrot and peas ⁴	460	109	3,0	0,4	13,2	0,8	6,5	0,5
Tuesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Portuguese style stewed pork (pork, pickles, potatoes) ^{5,6,12}	720	173	10,4	2,3	10,1	0,0	9,0	0,2
Diet	Plain stewed pork with potatoes	555	132	5,7	1,7	11,4	0,8	8,3	0,2
Wednesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Sea salad (pasta, shredded fish, seafood, grated egg, vegetables and pineapple) ^{1,2,3,4,6,10,12}	652	154	2,8	0,5	19,4	2,0	12,1	0,3
Diet	Fish stew with glúten free pasta ^{4,14}	371	89	5,4	0,8	1,3	0,0	8,8	0,2
Thursday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish / Diet	Stewed beef with red white and White rice ¹²	1054	251	11,1	3,6	23,3	0,1	13,6	0,2
Friday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried forkbeard with boiled sweet potatoes and villain sauce ^{1,4,6,12}	589	140	4,5	0,7	16,0	3,8	8,2	0,2
Diet	Boiled forkbeard with boiled sweet potatoes ⁴	412	98	0,0	0,0	14,7	4,1	8,8	0,2

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