



University of the Azores - Pólo Ponta Delgada

Week of 26th to 30th od January of 2026

Lunch

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	World Environmental Education Day								
Soup	Pumpkin cream	288	69	2,2	0,4	9,8	1,3	1,5	0,2
Dish	Pork Stroganoff with white rice ^{1,6,7,12}	1459	348	14,6	5,6	26,2	0,7	26,5	0,6
Diet	Stewed pork strips with white rice ¹²	606	144	6,8	2,2	11,2	0,8	8,6	0,1
Vegan	Stewed peas with vegetables (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		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Red bean soup with green vegetables	672	160	2,4	0,4	26,4	2,1	6,5	0,3
Dish / Diet	Roasted forkbeard with tomato, onions, peppers and sliced potatoes ⁴	1596	379	9,3	1,3	45,2	4,3	26,1	0,5
Vegan	Lentil bolognese ^{1,3}	2279	545	9,7	1,4	82	9,8	27	0,8
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pea soup	672	159	2,2	0,3	28,0	2,7	4,7	0,3
Dish	Fried chicken with egg, onion and angel hair chips topped with parsley and black olives with mixed salad ^{1,3,6,7,9,10,13}	3798	907	45	6,9	48	8,6	74	1,9
Diet	Stewed chicken breast with gluten free pasta ¹²	1883	447	10,0	1,6	49,6	0,4	38,5	0,6
Vegan	Potato salad with chickpea and vegetables ^{6,12,13}	4257	1018	38	6,3	101	2,5	56	2,5
Dessert	Fresh fruit / Chocolat Mousse ^{1,3,6,7,8,12}	411	97	0,0	0,0	21,8	21,6	2,3	0,8
Thursday	Friend's Day			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)
Soup	Spring soup	720	171	2,3	0,4	29,4	3,1	5,4	0,3
Dish	Roasted pollock with soy and ginger sauce and vegetable rice ^{1,4,6,8,10,12}	1841	438	13,4	5,7	49,3	1,7	29,2	1,0
Diet	Plain roasted pollock with vegetable rice ⁴	1635	391	9,6	1,4	45	2,4	27	1,3
Vegan	Vegetarian bean stew with vegetable rice ^{6,12,13}	2186	522	9,7	1,4	82	8,3	22	1,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday	School Day of Non-Violence and Peace			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)
Soup	Spinach cream	632	150	2,2	0,3	26,7	2,5	4,0	0,3
Dish	Roasted beef with boiled pasta ^{1,6,12}	2607	622	30,8	10,6	43,9	2,8	39,9	0,6
Diet	Roasted beef with gluten free boiled pasta ¹²	2607	622	30,8	10,6	43,9	2,8	39,9	0,6
Vegan	Bean burguer with boiled pasta ^{1,6,10,12,13}	2807	671	15	2,9	104	2,6	31	1,8
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, Lip. - Lipids, Prot. - Proteins

University of the Azores - Pólo Ponta Delgada

Week of 26th to 30th of January of 2026

Dinner

Monday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried hake fillets with green bean rice	^{1,3,4,6,10,12}	2564	612	26,2	3,7	60,3	0,9	32,0	1,4
Diet	Roasted hake fillets with green bean rice	⁴	668	158	3,1	0,4	20,0	0,3	11,8	0,5

Tuesday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Spaghetti bolognese style with cheese	^{1,3,7,12}	2401	573	26,9	10,0	46,1	2,2	33,2	0,6
Diet	Spaghetti (gluten free) bolognese style (without cheese)	¹²	2118	506	23	6,8	44	6,7	27	1,1

Wednesday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish /	Cod salad with chickpeas, potatoes, egg, parsley, onion		2389	567	11,9	1,9	68,5	4,9	41,3	5,1
Diet	and olives	^{3,4,12}								

Thursday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Pork steak with ham and cheese with roasted potato wedges with garlic and aromatic herbs	^{1,3,6,7}	2225	530	20,1	6,3	49,4	3,5	35,9	1,6
Diet	Stewed pork steak with roasted potato wedges with garlic and aromatic herbs		508	121	3,8	0,9	11,1	0,7	10,2	0,1

Friday

			VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish/	Fried blue jackmackerel with boiled sweet potatoes and villain sauce	^{1,4,6,12}	2090	499	21,0	3,3	58,0	13,3	16,7	0,7
Diet	Roasted blue jackmackerel with boiled sweet potatoes ⁴		533	127	3,1	0,6	15,4	4,3	8,5	0,2

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