University of the Azores - Pólo Ponta Delgada
Week of 9th to 13th of February of 2026
Lunch

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Cauliflower and broccoli cream	0	0	0,0	0,0	0,0	0,0	0,0	0,0
Dish	Fried meat rissoles with sautéed pasta with mushrooms[1,2,3,4,5,6,7,8,9,10,11,12,14]	882	210	7,6	2,0	28,6	2,4	5,7	0,8
Diet	Gluten free fusilli pasta with minced beef, mushrooms, carrot and peppers [6,12,13]	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Vegan	Lentil bolognese [1,3,6,8,11]	1194	282	4,1	0,6	47,2	0,3	12,6	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Tuesday — World Pulses Day

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	House soup (Shreded chicken, small pasta, grated carrot and cabbage and mint) [1,3,6,10]	520	123	1,0	0,2	18,8	1,5	8,7	0,3
Vegan Soup	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish / Diet	Roasted forkbeard with kidney bean salad with carrot and corn [3,4]	594	141	3,2	0,5	15,8	0,5	11,2	0,1
Vegan	Soy stew with potatoes, peas, carrots and green beans [1,6,8,11]	476	113	1,2	0,2	14,5	3,1	9,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Chickpea with grated carrot and courgetti soup	300	71	1,5	0,2	10,5	1,1	2,9	0,1
Dish/Diet	Roasted pork with onions and apples and white rice [12]	806	192	8,0	2,5	16,7	3,2	12,1	0,2
Vegan	Vegetarian Paella (tomato, peas, peppers, mushrooms, saffron and tofu) [6]	651	155	3,5	0,8	23,0	0,9	6,4	0,2
Dessert	Fresh fruit / Chocolate cake [1,3,6,7]	1816	435	25,2	4,7	45,4	10,8	5,7	0,4

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Letuce and leek purée	152	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish /Diet	Codfish stew with potatoes [4]	408	97	2,6	0,4	10,8	1,0	7,1	1,1
Vegan	Stewed broad beans with vegetables and potatoes	356	84	1,4	0,2	13,7	1,4	3,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Friday — World Radio Day

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	White bean and brussels sprouts soup	317	75	1,4	0,3	9,9	0,7	3,6	0,1
Dish	Chicken lasagna [1,3,6,7,12]	971	230	5,6	2,4	26,9	0,8	18,0	0,3
Diet	Grilled chicken breast steak with gluten free pasta[6,13]	785	179	1,6	0,4	24,0	0,2	18,2	0,2
Vegan	Vegetarian farmer pasta (carrot, cabbage, bean and pasta)[1,6,10]	1086	258	3,4	0,6	44,5	1,8	12,1	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: [1]Cereals containing gluten, [2]Crustaceans, [3]Eggs, [4]Fish, [5]Peanuts, [6]Soy, [7]Milk, [8]Nuts, [9]Celery, [10]Mustard, [11]Sesame seeds, [12]Sulfur Dioxide and Sulfites, [13]Lupin, [14]Clams. 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 09th to 13th of February of 2026
Dinner

Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Tuna salad with potatoes, vegetables and mayonnaise 1,3,4,5,6,7,10,11,12	500	119	4,4	0,5	12,0	1,1	7,1	0,5
Diet	Tuna salad with potatoes and vegetables 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	Roasted chicken with beer sauce and corn rice 1,3,6,7,8,12	756	180	4,6	0,7	19,3	0,2	13,9	0,3
Diet	Roasted plain chicken with boiled corn rice	728	172	2,5	0,4	21,0	0,1	16,0	0,2

Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish / Diet	Roasted hake medallions with leek and boiled potatoes 4,7	390	92	2,0	0,7	10,1	0,8	8,0	0,2

Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Beef shepherd's pie 3,7,12	487	116	6,2	2,2	7,1	0,2	7,7	0,1
Diet	Stewed cubed beef with potatoes 12	394	93	2,2	0,3	13,8	1,1	3,9	0,2

Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried blue jack mackerel with boiled sweet potato 1,4,6	675	161	5,2	0,9	21,3	5,1	6,3	0,2
Diet	Roasted blue jack mackerel with boiled sweet potato 4	533	127	3,1	0,6	15,4	4,3	8,5	0,2