



University of the Azores – Pólo Ponta Delgada

Week of 09th to 13th of March of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Soup	Vegetable cream	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish	Stuffed fried eggs with bread and tuna and aromatic pasta ^{1,3,4,6,7,8,11,12,13}	997	237	9,1	1,8	24,1	1,0	14,1	0,8
Diet	Scrambles eggs with gluten free pasta ^{3,6,13}	946	218	7,1	1,9	29,5	0,5	9,6	0,4
Vegan	Sautéed pasta with mushrooms, peppers and peas ^{1,3,6,7,10,14}	1003	237	3,9	0,6	39,9	2,0	8,2	0,3
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday									
Soup	Pumpkin cream with small pasta ^{1,3,6}	275	65	0,7	0,1	12,4	1,1	1,8	0,1
Gluten free soup	Pumpkin cream	288	69	2,2	0,4	9,8	1,3	1,5	0,2
Dish / Diet	Roasted pork loin with pineapple and roasted potatoes ¹²	624	149	7,5	2,2	12,7	1,8	7,2	0,1
Vegan	Stuffed zucchini with mushrooms, white beans and spinach and roasted potatoes ¹²	418	99	1,9	0,3	14,0	0,7	4,4	0,2
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday									
Soup	Pea purée	241	57	0,6	0,1	10,2	1,0	1,8	0,1
Dish	Fried gold hake fillets with vegetable Chinese mix rice ^{1,3,4,6}	789	188	5,6	0,9	22,1	0,3	11,8	0,2
Diet	Roasted hake fillets with vegetable Chinese mix rice ⁴	695	165	3,8	0,6	20,5	0,3	11,9	0,2
Vegan	Rice with soy and vegetables (carrot, pumpkin, broccoli and green peper) on the oven ^{1,6,8,11}	879	208	2,1	0,3	30,6	3,8	14,2	0,1
Dessert	Sweet rice ^{3,6,7}	942	223	4,8	1,9	37,6	11,0	6,5	0,2
Thursday World Kidney Day									
Soup	Tomato soup with spinach	208	49	0,6	0,1	8,7	1,1	1,6	0,1
Dish	Chicken shepherd's pie ^{3,7,12}	337	80	1,5	0,3	6,9	0,2	9,2	0,1
Diet	Roasted chicken drumsticks with roasted potatoes ¹²	478	113	3,1	0,5	10,9	0,7	10,1	0,2
Vegan	Vegan vegetable shepherd's pie with cabbage, peas, pepers and tomato ^{1,6,12}	274	65	0,8	0,1	11,0	0,7	2,6	0,0
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday									
Soup	White bean soup with vegetable julienne	294	70	0,9	0,1	10,9	0,7	3,0	0,1
Dish	Codfish lasagna with spinach ^{1,3,4,6,7,10}	1024	243	7,6	2,7	28,5	1,1	15,2	0,9
Diet	Gluten free pasta stew with codfish and spinach ^{4,6}	941	223	5,7	1,0	29,0	0,5	13,7	1,1
Vegan	Pasta with bean, tomato, pepper and onion ^{1,6,10,12}	1051	249	3,3	0,6	42,9	2,1	12,0	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

	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday								
Dish / Diet Beef chilli with beans and white rice ^{6,12,13}	1122	268	9,9	3,2	27,2	0,2	17,5	0,2
Tuesday								
Dish / Diet Roasted swordfish with onion and peppers sauce and kidney beans salad with potatoes and carrots ^{4,12}	475	113	3,3	0,5	13,0	1,0	7,0	0,2
Wednesday								
Dish / Diet Fried pork liver baits with fries ¹² Stewed pork liver baits with boiled potatoes ¹²	734 437	176 104	10,1 3,3	1,9 1,2	10,9 10,0	0,5 0,7	9,5 8,0	0,2 0,3
Thursday								
Dish / Diet Salmon salad with potatoes, carrots, peas and green bean ⁴	582	139	7,5	1,4	10,0	0,9	7,2	0,1
Friday								
Dish / Diet Rice stew with chicken, beef, sausages, carrots, peas and saffron ^{6,7,10} Chicken rice stew ¹²	810 884	192 211	3,5 4,0	0,8 0,6	29,8 24	0,9 3,5	9,3 16	0,3 0,4

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