



University of the Azores – Ponta Delgada Campus

Week of 19th to 23rd of October of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	International Gin & Tonic Day								
Soup	Spinach cream soup	223	53	0,7	0,1	9,4	1,0	1,6	0,1
Dish	Tuna lasagna ^{1,3,4,6,7,10}	1272	303	11,8	3,6	33,7	1,0	15,3	0,8
Diet	Gluten-free pasta salad with tuna, egg and olive ^{3,4}	437	105	7,2	1,2	0,0	0,0	9,9	1,1
Vegan	Vegan lasagna (tomato, peas, zucchini, leek, cabbage and carrot) ^{1,6,10}	719	171	3,6	0,8	27,1	1,3	6,5	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday	World Osteoporosis Day								
Soup	Pumpkin and whole green bean soup	233	55	0,6	0,1	10,4	1,0	1,5	0,1
Dish	Oriental-style sautéed chicken strips (soy sauce and sesame seeds) with white rice ^{1,6,11}	849	201	4,1	0,7	23,8	0,1	16,8	0,7
Diet	Plain sautéed chicken strips with white rice	850	201	3,6	0,6	24,5	0,1	17,1	0,2
Vegan	"Peasant" Tofu rice (tofu, mushrooms, corn, carrot) ^{1,6}	746	177	4,4	0,9	26,2	0,6	6,9	0,3
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday	International Apple Day								
Soup	Green portuguese soup ^{1,6,7,12}	277	66	1,6	0,5	10,1	0,8	2,2	0,2
Vegan Soup	Green portuguese soup without chorizo	243	58	1,5	0,4	8,5	0,7	1,9	0,2
Dish	Oven-baked redfish "Provençal" style (tomato, onion and herbs) with coucous salad with peas, carrot and corn ^{1,4,6}	603	143	4,6	0,7	13,4	1,1	11,2	0,2
Diet	Oven-baked redfish "Provençal" style (tomato, onion and herbs) with pea with carrot and corn salad	465	111	5,7	0,8	2,5	0,7	11,9	0,2
Vegan	Coucous with sautéed vegetables (onion, cougetti, tomato, broccoli and peppers) and chickpeas ^{1,6}	687	163	2,9	0,4	25,0	2,2	7,1	0,1
Dessert	Seasonal fruit / Apple cake ^{1,3,6,7}	1173	281	15,4	2,2	30,0	17,1	4,6	0,2
Thursday									
Soup	Cauliflower cream with grated carrot	226	53	0,6	0,1	9,8	1,1	1,6	0,1
Dish	"Regional" style fried pork steak with white rice ¹²	913	217	6,7	1,5	22,7	0,1	16,2	0,2
Diet	Stewed pork steak with white rice ¹²	851	202	5,4	1,3	22,4	0,1	15,6	0,2
Vegan	Vegetarian paella with tomato, peas, peppers and mushrooms ¹²	665	158	1,6	0,3	30,4	1,2	4,0	0,3
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday									
Soup	"Camponesa" soup (potato, carrot, turnip, cabbage, beans)	298	71	0,7	0,1	12,6	1,0	2,7	0,1
Dish	Salted codfish with cornbread (sliced potatoes, onion, olive oil, cabbage, carrot, corn bread) ^{1,4}	504	120	3,1	0,5	13,9	1,0	8,4	0,7
Diet	Salted cod "Gomes de Sá" style (potato, onion, egg, cod, olives and parsley) ^{3,4,13}	509	121	4,0	0,7	12,0	0,9	8,8	0,8
Vegan	White bean stew with potatoes ¹²	417	99	0,8	0,1	16,5	1,6	4,2	0,1
Dessert	Seasonal 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

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Monday									
Dish	Cold meat Spanish omelette (cubed potatoes, egg, sausage and ham) ^{1,3,5,6,7,9,10}	644	155	10,0	2,1	9,1	0,6	6,6	0,6
Diet	Vegetable Spanish omelette (cubed potatoes, egg and vegetables) ^{3,5,6}	413	99	5,0	1,0	7,8	0,6	5,0	0,2
Tuesday									
Dish / Diet	Bean stew with squid ^{6,7,12,14}	728	173	3,9	1,1	18,5	0,5	13,4	0,6
Wednesday									
Dish	Beef stew with fusilli pasta, carrots, cauliflower and rosemary ^{1,3,12}	827	197	8,4	3,0	16,9	1,5	12,5	0,1
Diet	Beef stew with gluten free fusilli pasta, carrots, cauliflower and rosemary ^{6,12,13}	948	221	9,6	3,3	21,4	0,7	12,3	0,2
Thursday									
Dish / Diet	Roasted forkbeard (fish) with peppers, onion, tomato and sliced potatoes ^{4,12}	371	88	2,2	0,3	9,8	1,1	6,8	0,1
Friday									
Dish / Diet	Roast chicken with olives and white rice ¹²	781	186	4,0	0,7	20,7	0,2	15,5	0,3

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