



University of the Azores – Ponta Delgada Campus

Week of 02nd to 06th of November of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Soup	Cauliflower and broccoli cream	330	78	0,9	0,1	14,1	1,7	2,4	0,1
Dish	Tuna pasta gratin (pasta, carrot, peppers, corn, grated egg, white sauce and cheese) ^{1,3,4,7,12}	970	231	10,2	2,2	21,2	1,2	12,0	0,8
Diet	Gluten-free pasta salad with tuna, egg and olives ^{3,4,13}	437	105	7,2	1,2	0,0	0,0	9,9	1,1
Vegan	Farmer vegetarian pasta (carrot, cabbage, beans and pasta) ^{1,6,12}	1086	258	3,4	0,6	44,5	1,8	12,1	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Tuesday	Sandwich Day								
Soup	"À Casa" soup (shredded chicken, small pasta, grated carrot and cabbage and mint) ^{1,3,6,10}	298	70	0,7	0,1	12,2	1,1	3,1	0,1
Vegan soup	Vegetable cream soup	195	46	0,8	0,1	7,8	0,8	1,3	0,1
Dish	Sautéed cubed pork with Chinese vegetable mix, pineapple and soy sauce with white rice ^{1,6,12}	821	196	8,7	2,4	18,3	1,6	10,6	0,4
Diet	Sautéed plain cubed pork with white rice	1000	238	10,3	3,0	22,2	0,1	13,8	0,2
Vegan	Stewed lentils with mushrooms and broccoli with white rice ^{1,6,10,11}	828	196	2,8	0,4	32,9	0,6	8,5	0,4
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Wednesday									
Soup	Chickpea soup with grated carrot and zucchini	397	94	1,2	0,1	15,6	1,2	3,8	0,1
Dish	Codfish shepherd's pie with vegetables ^{3,4,7,12}	346	82	2,9	0,5	6,7	0,5	6,9	0,6
Diet	Codfish salad with potatoes, egg, onion and parsley ^{3,4}	454	108	2,0	0,4	12,5	1,0	9,4	0,7
Vegan	Vegetables "Gomes de Sá" style (sliced boiled potatoes, sautéed vegetables, chickpeas, olives and onion) ^{6,12,13}	519	123	2,1	0,3	18,8	1,6	5,4	0,1
Dessert	Seasonal fruit / Chocolate cake ^{1,3,6,7}	1816	435	25,2	4,7	45,4	10,8	5,7	0,4
Thursday	World Cinema Day								
Soup	Lettuce and leek cream soup	223	53	0,6	0,1	9,7	0,9	1,5	0,1
Dish	Chicken steak breast with onion and "Calabrese" pasta (onion, peppers, tomato, bacon and grated cheese) ^{1,3,6,7}	818	195	7,1	2,6	15,8	1,1	15,7	0,5
Diet	Grilled chicken breast steak with gluten free pasta ^{6,12}	785	179	1,6	0,4	24,0	0,2	18,2	0,2
Vegan	Soy stroganoff with soy cream and mushrooms and boiled spiral pasta ^{1,3,6,8,11}	1004	238	3,1	0,5	31,1	4,5	18,2	0,4
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday	Saxophonist's Day								
Soup	Brussels sprouts soup with white beans	318	75	0,8	0,1	12,5	0,9	3,0	0,1
Dish / Diet	Hake rice stew with spinach ^{4,12}	694	165	4,3	0,6	20,0	0,2	11,1	0,3
Vegan	Vegetarian chilli with black bean and vegetables (pepers, pumpkin, cougetti) and white rice ^{9,10,11}	1071	252	2,7	0,4	47,9	0,4	8,6	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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Week of 02nd to 06th of November of 2026

Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Dish	Stufed fried eggs with chorizo and vegetable rice 1,3,6,7,8,11,12,13	829	198	8,2	2,7	22,8	0,9	7,6	0,9
Diet	Scrambles eggs with vegetables rice ³	837	199	6,4	1,6	25,6	0,6	8,6	0,3
Tuesday									
Dish	Pan-fried forkbeard fillets (egg and breadcrumbs) with potatoes with parsley ^{1,3,4,6}	498	119	3,8	0,6	12,3	0,7	8,3	0,1
Diet	Steamed forkbeard fillets with potatoes with parsley ⁴	380	90	1,1	0,1	11,0	0,7	8,5	0,1
Wednesday									
Dish	Stewed beef strips with pickles and olives and boiled spiral pasta ^{1,3,12,13}	1066	254	11,0	3,5	23,6	1,0	13,7	0,6
Diet	Stewed plain beef pasta with glúten free pasta ^{6,12}	1087	253	11,0	3,9	25,2	0,3	14,5	0,2
Thursday									
Dish	Fried horse mackerel with boiled potatoes and green sauce (parsley, peppers, olive oil and vinegar) ^{1,4,6,12}	915	220	15,0	2,4	8,3	0,5	12,6	0,2
Diet	Baked horse mackerel with boiled potatoes and green sauce (parsley, peppers, olive oil and vinegar) ^{4,12}	583	140	8,4	1,4	0,6	0,3	15,3	0,2
Friday									
Dish	Beef lasagna ^{1,3,6,7,10,12}	1129	269	10,2	4,0	28,5	0,9	15,1	0,3
Diet	Plain stewed minced beef with gluten free pasta ^{6,12}	1087	253	11,0	3,9	25,2	0,3	14,5	0,2

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