



**University of the Azores - Pólo Ponta Delgada**  
Week of 29<sup>th</sup> of september to 3<sup>rd</sup> of october of 2025  
Lunch



<b>Monday</b> <i>World Heart Day</i>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Spinach cream	157	37	1,2	0,2	4,7	0,8	1,1	0,2
<b>Dish</b>	Stewed peas with chorizo and poached eggs 1,3,6,9,10,11	581	140	10,0	3,2	2,4	0,9	8,8	0,7
<b>Diet</b>	Plain omelet with White rice <sup>3</sup>	933	222	8,0	1,9	26,8	0,3	9,6	0,4
<b>Vegan</b>	Pea stew with vegetables and white rice	705	167	2,6	0,4	29,9	1,0	4,3	0,2
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Tuesday</b>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Pumpkin cream with green bean	165	39	1,3	0,2	5,5	0,9	0,8	0,1
<b>Dish / Diet</b>	Roasted red fish with vegetable rice <sup>4</sup>	754	179	4,7	0,7	21,6	0,3	12,1	0,1
<b>Vegan</b>	Chickpea curry with vegetable rice 1,9,10,11	1191	283	6,7	2,3	44,0	1,7	8,9	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Wednesday</b> <i>World Vegetarian Day</i> <i>International Coffee Day</i>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Green portuguese soup 1,6,7,12	245	59	3,0	0,9	5,0	0,4	2,3	0,4
<b>Vegan</b>	Green portuguese soup (without chorizo)	245	59	3,0	0,9	5,0	0,4	2,3	0,4
<b>Soup</b>									
<b>Dish</b>	Roasted pork chop with mustard sauce and mashed potatoes 1,3,5,6,7,9,10,12	555	133	8,4	3,4	7,0	0,6	6,8	0,2
<b>Diet</b>	Grilled pork chop with roasted potatoes	620	148	7,1	2,1	12,2	0,8	8,3	0,2
<b>Vegan</b>	Vegetable stew (potatoes, carrot, courgette, peas, broccoli and kidney bean)	502	119	1,3	0,3	19,7	1,2	5,5	0,1
<b>Dessert</b>	Fresh fruit / Gelatin with yogurt <sup>1,3,6,7,8,12</sup>	443	106	5,3	3,5	11,5	11,3	2,9	0,4
<b>Thursday</b>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	Cauliflower purée with grated carrot	157	37	1,1	0,2	5,1	1,0	1,1	0,1
<b>Dish</b>	Fried blue jack mackerel with boiled potatoes and villain sauce 1,4,6,12	584	139	5,3	0,9	16,0	0,9	6,2	0,2
<b>Diet</b>	Grilled blue jack mackerel with boiled potatoes <sup>4</sup>	399	94	0,9	0,2	12,8	0,8	8,1	0,2
<b>Vegan</b>	Bean stew with pumpkin and potatoes <sup>5,6</sup>	787	188	3,9	0,2	32,0	0,3	6,0	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Friday</b> <i>World Smile Day</i>		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Soup</b>	"Camponesa" soup	289	69	1,3	0,2	10,6	1,0	3,1	0,1
<b>Dish</b>	Meat lasagna 1,3,6,7,10,12	1129	269	10,2	4,0	28,5	0,9	15,1	0,3
<b>Diet</b>	Bolognese spaghetti (glúten free) <sup>6,12</sup>	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
<b>Vegan</b>	Stewed soy with boiled spaghetti 1,6,8,10,11	1340	317	4,0	0,9	43,4	6,3	24,0	0,2
<b>Dessert</b>	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: <sup>1</sup>Cereals containing gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soy, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulfur Dioxide and Sulfites, <sup>13</sup>Lupin, <sup>14</sup>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 29<sup>th</sup> of september to 3<sup>rd</sup> of october of 2025**  
**Dinner**

## Monday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish</b>	Tuna with macarroni pasta, kidney bean, egg and olives <sup>3,4</sup>	982	234	11,3	1,9	12,5	0,0	19,3	1,6
<b>Diet</b>	Tuna with macarroni (gluten free) pasta, kidney bean, egg and olives <sup>3,4</sup>	982	234	11,3	1,9	12,5	0,0	19,3	1,6

## Tuesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish</b>	Fried chicken with egg, onion and angel hair chips topped with parsley <sup>3</sup>	1024	252	14,6	1,7	13,3	0,3	15,7	0,2
<b>Diet</b>	Plain stewed chicken breast with potatoes	430	102	1,6	0,3	10,8	0,8	10,5	0,2

## Wednesday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish / Diet</b>	Roasted pollock with garlic, tomato and orégano and pea rice <sup>4,10,12</sup>	568	134	1,7	0,2	17,9	0,3	10,7	0,5

## Thursday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish</b>	Fried Regional style pork steak with boiled spiral pasta <sup>1,3</sup>	906	215	6,6	1,6	20,8	0,8	17,6	0,2
<b>Diet</b>	Fried Regional style pork steak with boiled gluten free spiral pasta <sup>6,13</sup>	922	213	6,5	1,6	23,3	0,2	16,5	0,2

## Friday

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Dish/ Diet</b>	Squid stew with potatoes <sup>14</sup>	403	95	2,3	0,4	11,4	0,8	6,8	0,2

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