



University of the Azores - Ponta Delgada Campus

Week of 05th to 9th October of 2026

Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday	Holiday – Proclamation of the Republic								
Soup									
Dish									
Diet									
Vegan									
Dessert									
Tuesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Broccoli cream	234	55	0,7	0,1	10,2	1,1	1,5	0,1
Dish	Tuna macaroni with kidney beans, parsley and olives ^{1,3,4,6,13}	982	234	11,3	1,9	12,5	0,0	19,3	1,6
Diet	Gluten-free tuna macaroni with kidney beans, parsley and olives ^{3,4,13}	982	234	11,3	1,9	12,5	0,0	19,3	1,6
Vegan	Chickpea stew with macaroni, potatoes, carrots, cabbage and broccoli ^{1,6,12}	703	166	2,3	0,4	28,6	2,1	6,4	0,1
Dessert	Seasonal 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	White bean and vegetable soup	306	73	0,7	0,1	12,3	1,1	2,9	0,1
Dish	Chicken stroganoff (cream and mushrooms) with pea rice ^{1,3,7,9,10,12}	751	178	4,4	1,4	23,9	0,4	9,8	0,3
Diet	Sautéed chicken strips in olive oil and garlic with pea rice	789	187	3,3	0,6	22,6	0,2	15,9	0,2
Vegan	Bean stew with vegetables (red pepper, pumpkin and cabbage) ¹²	752	179	2,3	0,4	26,6	0,5	8,8	0,1
Dessert	Chocolate mouse ⁷ / Seasonal fruit	711	169	6,6	4,4	21,5	20,6	5,0	0,1
Thursday	World Sight Day	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Cauliflower cream with mint	231	55	0,6	0,1	10,1	1,1	1,6	0,1
Dish	Redfish with sweet and sour lemon sauce, served with potato with parsley ^{1,3,4,6,7,8,9,12}	452	107	2,1	0,3	13,7	2,1	7,9	0,2
Diet	Oven-baked redfish, served with potato with parsley ⁴	472	112	3,6	0,5	11,1	0,7	8,4	0,1
Vegan	Soy vegetable stew (potato, peas, carrot, green beans and soy) ^{1,6,8,11}	476	113	1,2	0,2	14,5	3,1	9,0	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
Friday	World Egg Day	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Parsley with egg soup ³	265	63	1,6	0,4	8,7	0,9	2,9	0,1
Dish	Beef stew with baby carrots ("Morangó" style) served with boiled penne pasta ^{1,3,6,12}	1029	245	10,8	3,8	21,7	1,5	15,3	0,2
Diet	Beef stew with baby carrots ("Morangó" style) with gluten-free boiled pasta ¹²	1029	245	10,8	3,8	21,7	1,5	15,3	0,2
Vegan	Couscous with peas, carrots and corn ^{1,6}	675	159	1,4	0,2	27,8	2,0	7,3	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 05th to 9th October of 2026

Dinner

Monday	Holiday – Proclamation of the Republic		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish										
Diet										
Tuesday			VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Stewed meatballs with mashed potatoes	1,6,7,12	366	87	3,1	1,0	8,4	0,5	5,3	0,4
Diet	Plain beef stew with potatoes	12	606	144	6,9	2,3	11,4	0,8	8,8	0,1
Wednesday			VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Grated pollock with spinach	1,4,6,7,12	713	172	10,3	2,3	11,7	0,3	8,0	0,3
Diet	Pollock salad with boiled potatoes, egg and parsley	3,4	454	108	2,0	0,4	12,5	1,0	9,4	0,7
Thursday			VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Roasted chicken Italian style (with tomato, bacon and olives) with boiled fusilli pasta	1,3,6,7,12	699	166	4,1	1,0	16,3	1,2	14,7	0,4
Diet	Plain roasted chicken with gluten free pasta	6,12	763	175	2,1	0,6	23,0	0,2	17,0	0,3
Friday			VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish /	Grilled sardines with boiled potatoes	4	461	110	3,3	0,9	11,3	0,9	8,2	0,1

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