Ementa

Para uma alimentação saudável e de qualidade.

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University of the Azores – Ponta Delgada Campus

Week of 26th to 30th of October of 2026

Lunch

Monday	School Library Day	VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Vegetable cream soup	223	53	0,6	0,1	9,8	0,9	1,5	0,1
Dish	Spaghetti Bolognese with minced beef [1,3,6,12]	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Diet	Gluten-free spaghetti Bolognese [6,12]	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
Vegan	Sautéed fusilli pasta with chickpeas, spinach, onion, tomato and oregano [1,6,10]	1002	237	3,7	0,7	38,5	2,9	10,1	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Tuesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pumpkin cream with small pasta [1,3,6,10]	309	73	0,7	0,1	14,0	1,1	2,1	0,1
Gluten free soup	Pumpkin cream	288	69	2,2	0,4	9,8	1,3	1,5	0,2
Dish / Diet	Oven-baked mackerel with rustic potatoes [4]	669	160	8,6	2,1	8,9	0,6	11,2	0,2
Vegan	Vegan Shepperd's pie with vegetables (cabbage, peppers, peas and beans) [1,6,12]	274	65	0,8	0,1	11,0	0,7	2,6	0,0
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 soup with julienne vegetables	298	71	0,7	0,1	12,0	0,8	2,8	0,1
Dish	Stewed pork with boiled penne pasta [1,3,6,12]	1044	248	10,2	3,2	23,4	1,3	15,7	0,2
Diet	Plain pork stew with gluten free pasta [6,12]	1027	244	9,3	3,0	25,8	0,3	13,9	0,3
Vegan	Penne pasta with sauteed mushrooms, courgetti and peas [1,6,10]	743	175	1,8	0,5	31,6	2,3	7,0	0,3
Dessert	Seasonal fruit / Sweet rice [3,6,7]	942	223	4,8	1,9	37,6	11,0	6,5	0,2

Thursday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Tomato soup with spinach	208	49	0,6	0,1	8,7	1,1	1,6	0,1
Dish	Baked hake medallions with seafood cream and saffron rice [1,2,3,4,6,12,14]	506	120	2,3	0,3	16,8	0,9	7,1	0,2
Diet	Plain baked hake medallions with saffron rice [2,4,14]	763	181	4,2	0,6	22,5	0,4	13,0	0,3
Vegan	Soy rice stew with vegetables (carrot, pumpkin, broccoli and green pepper) [1,6,8,11]	879	208	2,1	0,3	30,6	3,8	14,2	0,1
Dessert	Seasonal fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Friday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Pea cream	241	57	0,6	0,1	10,2	1,0	1,8	0,1
Dish / Diet	Roasted chicken with roasted potatoes	468	111	2,7	0,5	10,4	0,7	10,4	0,2
Vegan	Stuffed courgetti with mushrooms, white bean and spinach with roasted potatoes	418	99	1,9	0,3	14,0	0,7	4,4	0,2
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: [1]Cereals containing gluten, [2]Crustaceans, [3]Eggs, [4]Fish, [5]Peanuts, [6]Soy, [7]Milk, [8]Nuts, [9]Celery, [10]Mustard, [11]Sesame seeds, [12]Sulfur Dioxide and Sulfites, [13]Lupin, [14]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

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Week of 26th to 30th of October of 2026

Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Monday									
Dish	Fried fish rissoles with tomato rice[1,2,3,4,5,6,7,8,9,10,12,14]	1119	266	7,9	1,6	42,3	3,7	5,7	0,8
Diet	Fish rice stew (forkbeard)[4,12]	696	165	5,5	1,0	18,4	0,6	10,1	0,5
Tuesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Chicken lasagna[1,3,6,7,10,12]	971	230	5,6	2,4	26,9	0,8	18,0	0,3
Diet	Grilled chicken breast with gluten-free pasta[6]	785	179	1,6	0,4	24,0	0,2	18,2	0,2
Wednesday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Salted cod "à Brás" style (fried matchstick potatoes, shredded cod, grated carrot, parsley and olives)[3,4,13]	1021	252	16,3	1,9	13,4	0,3	12,0	0,3
Diet	Salted cod "à Brás" style (oven-baked potatoes instead of fried)[3,4,13]	1039	248,4	9,9	1,8	13,4	0,3	15,6	0,3
Thursday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Beef casserole with butter beans, elbow pasta and cabbage[1,3,6,10,12]	992	237	10,9	3,9	16,6	0,5	16,6	0,1
Diet	Plain stewed beef with gluten-free pasta[6,12]	1087	253	11,0	3,9	25,2	0,3	14,5	0,2
Friday		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Dish	Fried cod patties with happy rice (carrot, peas and corn) [1,3,4,6]	805	191	4,0	0,6	28,1	0,8	9,6	0,2
Diet	Oven-baked pollock with happy rice (carrot, peas and corn) [4]	621	147	3,6	0,5	17,0	0,5	11,2	0,2

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