



Ementa

Para uma alimentação saudável e de qualidade.



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University of the Azores – Pólo Ponta Delgada

Week of 05th to 09th of January of 2026

Lunch

Monday

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Cauliflower and broccoli cream	0	0	0,0	0,0	0,0	0,0	0,0	0,0
Dish	Minced beed with fusilli pasta, mushrooms, carrots and peppers ^{6,12,13}	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Diet	Minced beed with gluten free fusilli pasta, mushrooms, carrots and peppers ^{6,12,13}	870	202	8,5	3,0	20,3	0,7	11,1	0,2
Vegan	Lentil bolognese ^{1,3,6,8,11}	1194	282	4,1	0,6	47,2	0,3	12,6	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Tuesday

Twelfthday



		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Chick pea soup with grated carrot and courgetti	300	71	1,5	0,2	10,5	1,1	2,9	0,1
Dish	Hake Filomena Style (sliced potatoes, carrots, egg and chorizo, onion, white sauce and olives) ^{1,3,4,6,7}	502	120	4,7	1,1	10,4	0,7	8,4	0,4
Diet	Hake Gomes de Sá Style (sliced potatoes, egg, shredded hake, onion and olives) ^{3,4}	458	109	3,7	0,6	10,2	0,7	8,3	0,3
Vegan	Quinoa salad with vegetables (tomato, pepper and bean) ^{1,6,11}	924	221	5,3	0,6	32,5	2,6	9,7	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Wednesday

Earth Rotation Day

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	House soup (Shredded chicken, small pasta, grated carrot and cabbage and mint) ^{1,3,6,10}	520	123	1,0	0,2	18,8	1,5	8,7	0,3
Vegan Soup	Vegetable cream	153	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish	Pork steak with apple and white rice ^{1,3,5,9,10,12}	742	176	3,9	1,0	22,8	1,9	11,9	0,2
Diet	Grilled pork steak with white rice	859	204	4,8	1,3	23,2	0,1	16,5	0,2
Vegan	Vegetarian Paella (tomato, peas, peppers, mushrooms, saffron and tofu) ⁶	651	155	3,5	0,8	23,0	0,9	6,4	0,2
Dessert	Fresh fruit / Chocolate cake ^{1,3,6,7}	1816	435	25,2	4,7	45,4	10,8	5,7	0,4

Thursday

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	Lettuce and leek purée	152	36	1,1	0,2	4,9	0,7	1,0	0,1
Dish / Diet	Roasted fillets with olives and sautéed potatoes with parsley ^{4,13}	445	106	3,2	0,5	10,5	0,7	8,3	0,2
Vegan	Stewed broad beans with vegetables and potatoes	356	84	1,4	0,2	13,7	1,4	3,0	0,1
Dessert	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0

Friday

		VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Soup	White bean and brussels sprouts soup	317	75	1,4	0,3	9,9	0,7	3,6	0,1
Dish	Roasted chicken Italian style (bacon, cubed tomatoes and black olives) with bowtie pasta ^{1,3,6,7,12}	711	169	4,1	1,0	16,8	1,4	15,4	0,4
Diet	Plain roasted chicken with gluten free pasta ^{6,13}	763	181	2,1	0,6	23,0	0,2	17,0	0,3
Vegan	Vagetarian farmer pasta (carrot, cabbage, bean and pasta) ^{1,6,10}	1086	258	3,4	0,6	44,5	1,8	12,1	0,1
Dessert	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: 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, Lip. – Lipids, Prot. – Proteins

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Week of 05th to 19th of January of 2026

Dinner

Monday

Dish	Fish patties with tomato rice	1,2,3,4,5,6,7,8,9,10,11,12,14	VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Diet	Rice stew with fish and spinach	4	694	165	4,3	0,6	20,0	0,2	11,1	0,3

Tuesday

Dish	Roasted chicken breast Pizzaiola style (gratin with tomato sauce and grated cheese) and boiled penne pasta	1,6,7	VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Diet	Roasted plain chicken breast with boiled penne pasta	6,13	819	188	3,2	0,7	24,2	0,3	16,6	0,2

Wednesday

Dish	Tuna pudding (bread, vegetables, tuna, eggs)	1,3,4,6,7	VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Diet	Tuna salad with glúten free pasta egg and olives	3,4	649	155	9,3	2,0	2,2	0,3	15,1	1,2

Thursday

Dish/ Diet	Stewed beef strips with pickes and olives and white rice	12	VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Diet			1069	255	10,9	3,4	25,6	0,1	12,3	0,6

Friday

Dish/ Diet	Cod salad with chickpeas, potatoes and eggs	3,4	VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
Diet			551	131	2,3	0,4	16,1	1,1	10,3	0,7

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