



## University of the Azores - Pólo Ponta Delgada

Week of 12<sup>th</sup> to 16<sup>th</sup> of January of 2026

### Lunch



		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b> <i>Military Academy Day</i>									
<b>Soup</b>	Pumpkin soup with spinach	225	53	0,7	0,1	9,7	1,0	1,6	0,1
<b>Dish</b>	Stewed meatballs with boiled spaghetti <sup>1,3,6,12</sup>	862	205	5,9	1,8	25,5	1,4	10,8	0,8
<b>Diet</b>	Plain stewed beef strips with boiled gluten free spaghetti <sup>6,13</sup>	1104	263	11,2	4,0	25,6	0,2	14,8	0,2
<b>Vegan</b>	Soy Bolognese style with spaghetti <sup>1,3,6,8,10,12</sup>	1166	276	3,3	0,5	36,6	6,1	21,4	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Tuesday</b>									
<b>Soup</b>	Chicken broth with rice	381	90	0,6	0,1	15,6	0,0	5,4	0,2
<b>Dish / Diet</b>	Roasted salmon with boiled potatoes <sup>4</sup>	1470	351	21	3,9	23	16	0,4	2,9
<b>Vegan</b>	Stuffed tomatoes with vegetables and peas and boiled potatoes <sup>12</sup>	1209	289	12	1,5	26	8,0	17	0,4
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Wednesday</b>									
<b>Soup</b>	Pumpkin with peas	314	75	2,2	0,4	10,3	1,4	2,1	0,2
<b>Dish</b>	Stewed chicken Cacciatore style (with olives, bacon and tomato) and boiled spiral pasta <sup>1,3,6,7</sup>	2017	480	13,6	3,0	46,6	2,9	41,2	1,4
<b>Diet</b>	Plain stewed chicken with gluten free boiled pasta <sup>12</sup>	980	234	11	2,3	18,7	14,3	0,5	2,4
<b>Vegan</b>	Vegetarian chilli with white rice <sup>1,6,8,11,12,13</sup>	1399	334	11	1,5	33	18	0,4	5,6
<b>Dessert</b>	Fresh fruit / Gelatin <sup>1,3,6,7,8,12</sup>	411	97	0,0	0,0	21,8	21,6	2,3	0,8
<b>Thursday</b>									
<b>Soup</b>	White bean with cabbage	626	148	2,3	0,4	23,6	1,7	5,5	0,3
<b>Dish / Diet</b>	Roasted Nile perch with lemon juice and carrot and roasted potatoes <sup>4</sup>	1642	389	8,3	1,2	48,3	1,0	29,0	0,8
<b>Vegan</b>	Colorful vegetable paella (mushrooms, beans, peppers, tomato and broccoli)	556	136	7	0,1	14	5	0,3	2,6
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Friday</b>									
<b>Soup</b>	Tomato soup with spinach	327	78	2,6	0,4	9,7	1,8	2,5	0,5
<b>Dish</b>	Gratin chicken Pizzaila Style (with tomato and grated cheese) and white rice <sup>7</sup>	2108	501	14,7	4,5	51,9	1,4	39,1	0,9
<b>Diet</b>	Grilled chicken breast steak with white rice	529	127	0,7	0,2	16	13	0,3	0,3
<b>Vegan</b>	Vegan vegetable lasagna <sup>1,6,9,10,12</sup>	3218	466	25	0,7	30	31	0,5	6,6
<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



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Week of 12<sup>th</sup> to 16<sup>th</sup> of January of 2026

Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Dish / Diet</b>	Tuna Rice <sup>4</sup>	1195	285	10,9	1,6	33,7	0,2	12,4	1,0
<b>Tuesday</b>									
<b>Dish</b>	Roasted pork loin with bittersweet sauce and boiled spaghetti <sup>1,3,6,7,8,9,12</sup>	1647	393	16,3	3,7	26,9	4,4	30,8	1,0
<b>Diet</b>	Plain roasted pork loin with gluten free spaghetti <sup>12</sup>	1312	314	11,3	2,2	25	2,3	29	1,0
<b>Wednesday</b>									
<b>Dish / Diet</b>	Fish pollock skewer with sautéed potatoes <sup>4,14</sup>	1483	351	6,5	1,0	44,9	4,0	25,9	0,9
<b>Thursday</b> <i>Spicy Food Day</i>									
<b>Dish / Diet</b>	Stewed beef strips with pickles and olives and thyme rice <sup>12</sup>	2290	547	27,2	7,8	43,9	2,9	27,2	1,4
<b>Friday</b>									
<b>Dish</b>	Fried redfish with boiled sweet potatoes <sup>1,3,4,6</sup>	2072	494	17,7	2,9	58,0	13,4	22,7	0,6
<b>Diet</b>	Roasted red fish with boiled sweet potatoes <sup>4</sup>	518	123	3,1	0,5	14,2	4,0	8,9	0,2

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