

## University of the Azores - Pólo Ponta Delgada

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

### Lunch

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

**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, Lip. - Lipids, Prot. - Proteins

# Ementa

Para uma alimentação saudável e de qualidade.



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## University of the Azores - Pólo Ponta Delgada

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

Dinner

### Monday

Dish / Diet Tuna Rice <sup>4</sup>

VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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1195 285 10,9 1,6 33,7 0,2 12,4 1,0

### Tuesday

Dish Roasted pork loin with bittersweet sauce and boiled spaghetti <sup>1,3,6,7,8,9,12</sup>

VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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1647 393 16,3 3,7 26,9 4,4 30,8 1,0

### Wednesday

Dish / Diet Fish pollock skewer with sautéed potatoes <sup>4,14</sup>

VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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1483 351 6,5 1,0 44,9 4,0 25,9 0,9



### Thursday Spicy Food Day

Dish / Diet Stewed beef strips with pickles and olives and thyme rice<sup>12</sup>

VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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2290 547 27,2 7,8 43,9 2,9 27,2 1,4

### Friday

Dish Fried redfish with boiled sweet potatoes <sup>1,3,4,6</sup>

VE (kJ)	VE (kcal)	Lip. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
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2072 494 17,7 2,9 58,0 13,4 22,7 0,6

Diet 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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