



## University of the Azores - Pólo Ponta Delgada

### Week of 23<sup>rd</sup> to 27<sup>th</sup> of February of 2026

### Lunch

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Soup</b>	Spring Soup (with peas, carrots and green bean)	222	53	0,6	0,1	9,1	1,0	1,8	0,1
<b>Dish</b>	Fried cod patties with tomato rice <sup>1,2,3,4,5,6,7,8,9,10,11,12,14</sup>	882	210	8,0	1,3	22,9	0,3	11,0	1,7
<b>Diet</b>	Codfish rice stew <sup>4,12</sup>	782	186	4,3	0,7	23,6	0,1	12,7	0,2
<b>Vegan</b>	Black bean chilli with vegetables (peper, corn and zucchini) and white rice <sup>9,10,11</sup>	1071	252	2,7	0,4	47,9	0,4	8,6	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>	Spinach soup with chickpeas	316	75	1,0	0,1	12,6	1,1	2,8	0,1
<b>Dish</b>	Roasted chicken drumsticks with fusilli boiled pasta <sup>1,3,12</sup>	793	188	4,1	0,8	20,1	0,9	16,5	0,3
<b>Diet</b>	Roasted chicken drumsticks with gluten free fusilli boiled pasta <sup>6,12,13</sup>	807	185	3,9	0,8	22,5	0,3	15,4	0,3
<b>Vegan</b>	Roasted pasta with broccoli, mushrooms and lentils <sup>1,6,10,12</sup>	878	208	2,5	0,6	32,4	1,4	10,4	0,3
<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>	Tomato soup	152	36	1,1	0,2	5,1	1,2	0,9	0,2
<b>Dish / Diet</b>	Hake Gomes de Sá style (boiled sliced potatoes, shredded hake, egg, onion and olives) <sup>3,4,13</sup>	458	109	3,7	0,6	10,2	0,7	8,3	0,3
<b>Vegan</b>	Stuffed zucchini with soy and vegetables (peas, carrots and green beans) and roasted potatoes <sup>1,6,8,11</sup>	439	104	2,8	0,8	12,5	1,4	6,1	0,1
<b>Dessert</b>	Flan pudding <sup>7</sup>	451	107	1,4	1,0	21,3	19,6	2,1	0,2
<b>Thursday</b>									
<b>Soup</b>	Farmer soup (carrot, greens, bean and potatoes)	311	74	1,4	0,2	11,3	0,8	3,5	0,1
<b>Dish / Diet</b>	Stewed beef with white rice <sup>12</sup>	1052	251	11,1	3,6	23,2	0,2	13,5	0,2
<b>Vegan</b>	Rice stew with peas and vegetables (carrot, cabbage and leek) <sup>12</sup>	523	124	1,2	0,2	22,9	0,8	3,7	0,1
<b>Dessert</b>	Fresh fruit	269	64	0,5	0,1	13,4	13,4	0,2	0,0
<b>Friday</b> <b>International Polar Bear Day</b>									
<b>Soup</b>	Chicken broth with rice	288	68	0,6	0,1	12,7	0,6	2,5	0,1
<b>Vegan soup</b>	Vegetable cream	195	46	0,8	0,1	7,8	0,8	1,3	0,1
<b>Dish/ Diet</b>	Roasted mackerel with rustic potatoes <sup>4</sup>	669	160	8,6	2,1	8,9	0,6	11,2	0,2
<b>Vegan</b>	Chickpea curry with rustic potatoes <sup>1,8,9,10,11</sup>	710	169	4,7	1,5	23,9	1,7	5,8	0,1
<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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#### Dinner

		VE (kJ)	VE (kcal)	Líp. (g)	AG Sat. (g)	HC (g)	Açúcar (g)	Prot. (g)	Sal (g)
<b>Monday</b>									
<b>Dish</b>	Meat shepherd's pie <sup>3,7,12</sup>	487	116	6,2	2,2	7,1	0,2	7,7	0,1
<b>Diet</b>	Gluten free spaghetti bolognese style <sup>6,12</sup>	1064	253	10,6	3,7	24,9	0,3	13,6	0,1
<b>Tuesday</b>									
<b>Dish</b>	Seafood rice stew <sup>1,2,3,4,6,12,14</sup>	764	181	2,9	0,4	29,5	0,8	9,2	0,7
<b>Diet</b>	Pollock rice stew <sup>4,12</sup>	800	190	4,9	0,7	23,6	0,1	12,6	0,2
<b>Wednesday</b>									
<b>Dish</b>	Pork stroganoff (with cream and mushrooms) with boiled penne pasta <sup>1,6,7,10</sup>	769	183	5,5	2,0	18,3	1,0	14,9	0,3
<b>Diet</b>	Plain stewed pork strips with gluten free pasta <sup>6,12</sup>	1002	238	10,0	3,1	22,8	0,2	14,0	0,2
<b>Thursday</b>									
<b>Dish</b>	Seafruits gratin with fried potatoes, grated carrot, white sauce and cheese <sup>1,3,4,6,7,8,11,12,13</sup>	1362	386	23,3	18	14,6	0,6	12	1,1
<b>Diet</b>	Red fish salad with potatoes, peas, carrots and green beans <sup>4</sup>	860	205	6,5	1,3	19	2,2	15	0,4
<b>Friday</b>									
<b>Dish</b>	Pasta stew with shredded chicken, ham, vegetables, mushrooms and black olives <sup>1,3,6,7,9,12,13</sup>	667	157	2,5	0,6	21,8	0,2	11,6	0,2
<b>Diet</b>	Gluten free pasta stew with shredded chicken, vegetables, mushrooms and black olives <sup>12,13</sup>	667	157	2,5	0,6	21,8	0,2	11,6	0,2

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