



University of the Azores – Angra do Heroísmo

Lunch menu₂ | From June 9 to June 13, 2025

Monday | Azores Day

Tuesday | Portugal Day

Wednesday

Soup	Vegetable julienne soup
Plate	Stewed peas with egg ^{3,12}
Vegetarian meal	Vegetable fritters with carrot rice ^{1,3,7}
Desert	Seasonal fruit

Thursday

Soup	Turnip greens, leek, and pumpkin
Plate	Seafood rice ^{1,2,3,4,6,7,8,12,13,14}
Vegetarian meal	Stir-fried thick soy with spaghetti ^{1,3,6,12}
Desert	Seasonal fruit

Friday | Saint Anthony's Day

Soup	Brussels sprouts with zucchini
Plate	Spaghetti Bolognese ^{1,3,7,10,12}
Vegetarian meal	Black-eyed pea, potato, and vegetable salad with green dressing
Desert	Seasonal fruit

Due to unforeseen circumstances, the menu may be subject to change. If you are allergic or intolerant to any substance, please consult the unit manager for more detailed information before consuming your meal. 1Cereals containing gluten., 2 Crustaceans, 3 Eggs, 4Fish, 5 Peanuts, 6Soy, 7Milk, 8Nuts, 9Aipo, 10Mustard, 11Sesame seeds 12Sulfur Dioxide and Sulfites, 13Lupin, 14Mollusks Possible cross-contamination cannot be ruled out. For those who are not allergic or intolerant, these substances or products are completely harmlessv

