



## University of the Azores – Angra do Heroísmo Lunch<sup>4</sup> Menu | January 28 to 31, 2025

### Monday

<b>Soup</b>	Pumpkin with kale
<b>Plate</b>	Stewed chicken with pasta <sup>1,3,12</sup>
<b>Vegetarian meal</b>	Soy chili + white rice <sup>1,6,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Tuesday

<b>Sopa</b>	Fish <sup>1,3,4</sup>
<b>Prato</b>	Squid rice <sup>4,12</sup>
<b>Prato Vegetariano</b>	Lentil pie <sup>1,3,6,7,10,12</sup>
<b>Sobremesa</b>	Seasonal fruit

### Wednesday

<b>Sopa</b>	Cabbage cream with spinach
<b>Prato</b>	Oven-baked hamburger + aromatic spaghetti <sup>1,3,12</sup>
<b>Prato Vegetariano</b>	Tortilla with green beans and carrots + spiral pasta <sup>1,3</sup>
<b>Sobremesa</b>	Seasonal fruit

### Thursday

<b>Sopa</b>	Green beans
<b>Prato</b>	Transmontana-style feijoada
<b>Prato Vegetariano</b>	Mushroom quiche <sup>1,3,7</sup>
<b>Sobremesa</b>	Seasonal fruit

### Friday

<b>Sopa</b>	Brussels sprouts and cauliflower
<b>Prato</b>	Chicken stroganoff with mashed potatoes <sup>1,3,6,7,10,12</sup>
<b>Prato Vegetariano</b>	Leek à Brás <sup>3</sup>
<b>Sobremesa</b>	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 harmless

