



University of the Azores – Angra do Heroísmo

Lunch menu₂ | May 12th to 16th, 2025

Monday | International Nurses Day

Soup	Cauliflower with kale
Plate	Portuguese-style pork ¹²
Vegetarian meal	Mushroom, tomato, and spinach lasagna ^{1,3,7,12}
Desert	Seasonal fruit

Tuesday

Soup	Chickpeas with turnip greens
Plate	Baked hake medallions with bean rice ^{4,12}
Vegetarian meal	Chickpea stew with pasta, carrots, and cabbage ^{1,3}
Desert	Seasonal fruit

Wednesday

Soup	Pumpkin cream soup
Plate	Stewed peas with egg and cured meats ^{3,12}
Vegetarian meal	Vegetable patties + saffron rice ^{1,3}
Desert	Seasonal fruit

Thursday | International Day of Families

Soup	Tomato cream soup
Plate	Roast chicken legs with rosemary and vegetable rice
Vegetarian meal	Sautéed black beans with vegetables + spaghetti ^{1,3}
Desert	Seasonal fruit

Friday

Soup	Brussels sprouts with zucchini
Plate	Fish stew with boiled yam ^{4,12}
Vegetarian meal	Soy casserole ^{1,6,7}
Desert	Seasonal fruit