



University of the Azores – Angra do Heroísmo Lunch Menu | October 28th to November 1st, 2024

Monday | World Judo Day

Soup	Lentils
Plate	Fish Stew + Vegetable Rice ^{1,4,10,12}
Vegetarian meal	Vegetable Fritters + Spaghetti Flavored with Oregano ^{1,3,10,12}
Desert	Seasonal Fruit

Tuesday

Soup	Tomato, Zucchini, and Oregano ^{1,10,12}
Plate	Stewed Peas with Egg and Potato ^{1,3,10,12}
Vegetarian meal	Baked Soybean Casserole ^{1,6,10,12}
Desert	Seasonal Fruit

Dia Mundial do AVC



Wednesday

Soup	Leek Soup
Plate	Chicken Lasagna ^{1,3,7,10,12}
Vegetarian meal	Brás-Style Vegetables ³
Desert	Seasonal Fruit

Thursday

Soup	Butter Beans with Small Pasta ^{1,3}
Plate	Tuna Pastries + Pepper Rice ^{1,3,4,6,7,10,12}
Vegetarian meal	Couscous Salad with Chickpeas and Sautéed Vegetables ^{1,3}
Desert	Seasonal Fruit

Friday | Bread for God | All Saints' Day

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

