

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 pork¹²
- Vegetarian 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

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