



## University of the Azores – Angra do Heroísmo

### Lunch Menu<sub>2</sub> | October 13 to 17, 2025

#### Monday

<b>Soup</b>	Vegetable julienne <sup>12</sup>
<b>Plate</b>	Stewed broad beans with egg <sup>3</sup>
<b>Vegetarian meal</b>	Mushroom curry with herb rice <sup>1,10,12</sup>
<b>Desert</b>	Seasonal fruit

#### Tuesday | World Sight Day | *World Bald Day*

<b>Soup</b>	Butter beans with spinach <sup>12</sup>
<b>Plate</b>	Brás-style chicken <sup>3,12</sup>
<b>Vegetarian meal</b>	Spinach frittata <sup>3</sup>
<b>Desert</b>	Seasonal fruit

#### Wednesday | Global Handwashing Day

<b>Soup</b>	Fish <sup>1,3,4</sup>
<b>Plate</b>	Roasted fish with boiled sweet potato <sup>4,12</sup>
<b>Vegetarian meal</b>	Soy Bolognese <sup>1,3,6,7,10,11,12</sup>
<b>Desert</b>	Seasonal fruit / Jelly <sup>7</sup>

#### Thursday | World Food Day | World Bread Day

<b>Soup</b>	Pumpkin cream soup <sup>12</sup>
<b>Plate</b>	Chicken stroganoff (without cream) with white rice <sup>1,10,12</sup>
<b>Vegetarian meal</b>	Chickpea stew with vegetables and diced potatoes <sup>12</sup>
<b>Desert</b>	Seasonal fruit

#### Friday | International Day for the Eradication of Poverty

<b>Soup</b>	Turnip greens, leek, and pumpkin <sup>12</sup>
<b>Plate</b>	Meat croquettes with pasta <sup>1,2,3,4,5,6,7,8,9,10,11,12,14</sup>
<b>Vegetarian meal</b>	Lentil curry with white rice <sup>1,10,12</sup>
<b>Desert</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

