



University of the Azores - Angra do Heroísmo Lunch Menu₂ | March 24th to 28th, 2025

Monday | Dia Mundial da Tuberculose

Soup	Carrot with cabbage
Plate	Stewed beans with macaron ^{1,3,12}
Vegetarian meal	Soy and vegetable pie ^{1,3,6,7,10,12}
Desert	Seasonal fruit

Tuesday

Soup	Cauliflower with watercress
Plate	Codfish pastries with carrot rice ^{1,3,4,7,12}
Vegetarian meal	Chickpea stew with carrot, cabbage, and penne pasta ^{1,3,12}
Desert	Seasonal fruit

Wednesday

Soup	Chicken soup
Plate	Chicken sirloin with boiled potatoes ¹²
Vegetarian meal	Pumpkin feijoada with white rice ¹²
Desert	Seasonal fruit

Thursday

Soup	Turnip, zucchini, and green beans
Plate	Spaghetti Bolognese ^{1,3,7,10,12}
Vegetarian meal	Pea couscous with leek and mint ^{1,3}
Desert	Seasonal fruit



Friday

Soup	Carrot with egg ³
Plate	Russian salad with tun ^{1,3,4}
Vegetarian meal	Stewed broad beans with zucchini and mushrooms + white rice ¹²
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

