



University of the Azores – Angra do Heroísmo

Lunch menu₂ | October 27 to 31, 2025

Monday | World Occupational Therapy Day

Soup	Cabbage and pumpkin ¹²
Plate	Stewed peas with egg ^{3,12}
Vegetarian meal	Spinach and mushroom lasagna ^{1,3,7,10,12}
Desert	Seasonal fruit

Tuesday | International Day of Older Persons | International Animation Day

Soup	Tomato, zucchini, and aromatic herbs ¹²
Plate	Portuguese-style beef ¹²
Vegetarian meal	Baked beans with white rice ¹²
Desert	Seasonal fruit

Wednesday | World Psoriasis Day | World Stroke Day

Soup	Chicken ^{1,10,12}
Plate	Stewed chicken with macaroni ^{1,3,12}
Vegetarian meal	Portuguese-style chunky soy (cubed potatoes, pickles, black olives, parsley) ^{1,3,6,10,12}
Desert	Seasonal fruit

Thursday | National Breast Cancer Prevention Day



Soup	Cauliflower with cabbage ¹²
Plate	Roasted fish with boiled yam ^{4,12}
Vegetarian meal	Lentil Bolognese ^{1,3,10,12}
Desert	Seasonal fruit

Friday | Halloween

Soup	Pumpkin cream soup ¹²
Plate	Pork stroganoff with roasted potatoes ^{1,7,12}
Vegetarian meal	Stewed fava beans with tomato + saffron rice ^{1,10,12}
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

