



University of the Azores – Angra do Heroísmo Lunch menu₁ | November

Monday | World Sandwich Day

Soup	Carrot with grated egg ^{3,12}
Plate	Transmontana-style bean stew with steamed broccoli ^{1,6,7,12}
Vegetarian meal	Chickpea curry with rice ^{1,10,12}
Desert	Seasonal fruit

Tuesday

Soup	Cauliflower with cabbage ¹²
Plate	Chicken rump with mashed potatoes ^{1,3,6,7,12}
Vegetarian meal	Couscous with roasted vegetables and black beans ^{1,3,12}
Desert	Seasonal fruit

Wednesday | World Cinema Day Stress Awareness Day

Soup	Tomato cream soup ¹²
Plate	Baked red fish with spinach rice ^{4,12}
Vegetarian meal	Omelette (onion, olives, and parsley) with pasta ^{1,3,8,10,12,13}
Desert	Seasonal fruit

Thursday

Soup	Broccoli and turnip ¹²
Plate	Beef stew with pasta ^{1,3,12}
Vegetarian meal	Lentil rice with carrot and broccoli ^{1,10,12}
Desert	Seasonal fruit / Jelly ⁷

Friday

Soup	Fish ^{1,3,4,12}
Plate	Fried fish with boiled sweet potato ^{1,3,4,6,7,12}
Vegetarian meal	Green bean, carrot, and baked potato tortilla ^{3,7,12}
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 harmless

