



University of the Azores – Angra do Heroísmo

Lunch menu₁ | November 17 to 21, 2025

Monday | No Smoking Day

Soup	Leek with shredded carrot ¹²
Plate	Paloco Bean Stew ^{4,12}
Vegetarian meal	Soy stew with vegetables and noodles ^{1,3,6,12}
Desert	Seasonal fruit

Tuesday | European Antibiotic Awareness Day

Soup	Chicken ^{1,10,12}
Plate	Chicken stroganoff with pasta ^{1,3,7,10,12}
Vegetarian meal	Spinach and tomato frittata (eggs and cheese) with white rice ^{3,7}
Desert	Seasonal fruit

Wednesday | International Men's Day

Soup	Zucchini and green beans ¹²
Plate	Beef chili gratin with black beans and vegetables ^{1,3,6,7,12}
Vegetarian meal	Vegetable fritters with tricolor pasta and corn ^{1,3,12}
Desert	Seasonal fruit

Thursday | National Pajama Day | World Philosophy Day

Soup	Broccoli ¹²
Plate	Roast pork with mashed potatoes ^{1,3,6,7,12}
Vegetarian meal	Leek and pea couscous ^{1,3,12}
Desert	Seasonal fruit / Jelly ⁷

Friday | World Television Day

Soup	Leek and pumpkin ¹²
Plate	Tuna croquettes with bell pepper rice ^{1,2,3,4,6,7,9,10,11,12,14}
Vegetarian meal	Oven-baked chickpea gratin with potatoes and vegetables ^{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

