



University of the Azores – Angra do Heroísmo Lunch menu₁ | December 1 to 5, 2025

Monday | **Restoration of Independence Day**



Tuesday | **International Day for the Abolition of Slavery**

Soup	Sauce with grated egg ^{1,3,10,12}
Plate	Pork Trotter Bean Stew ^{1,6,7,9,10,12}
Prato	
Vegetarian meal	Sautéed Chunky Soy with Spaghetti ^{1,3,6,12}
Desert	Seasonal fruit

Wednesday | **International Day of Persons with Disabilities.**

Soup	Cauliflower with Cabbage ¹²
Plate	Chicken Rump with Carrot Rice ¹²
Prato	
Vegetarian meal	Lentil Bolognese with Peppers ^{1,3,7,12}
Desert	Seasonal fruit

Thursday | **Cookie Day**



Soup	Pumpkin Cream Soup ¹²
Plate	Chickpea Stew with Boiled Egg (Cabbage, Carrot, and Small Pasta) ^{1,3,12}
Prato	
Vegetarian meal	Leek à Brás ^{1,3,8,10,12,13}
Desert	Seasonal fruit / Jelly ⁷

Friday | **International Volunteer Day** | **International Volunteer Day**

Soup	Carrot ¹²
Plate	Stewed Chicken with Boiled Sweet Potato ¹²
Prato	
Vegetarian meal	Black Bean and Vegetable Couscous ^{1,3,12}
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

