



## University of the Azores – Angra do Heroísmo

### Lunch menu<sub>1</sub> | December 15 to 19, 2025

#### Monday

<b>Soup</b>	Broccoli <sup>12</sup>
<b>Plate</b>	Vegetable feijoada <sup>12</sup>
<b>Vegetarian meal</b>	Lentil shepherd's pie <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Seasonal fruit

#### Tuesday

<b>Soup</b>	Pumpkin with grated egg <sup>3,12</sup>
<b>Plate</b>	Chicken salad with grated carrot, egg, corn and green beans + potato <sup>12</sup>
<b>Vegetarian meal</b>	Vegetable fritters + carrot rice <sup>1,3,7</sup>
<b>Desert</b>	Seasonal fruit

#### Wednesday

<b>Soup</b>	Lentils <sup>12</sup>
<b>Plate</b>	Pollock “Gomes de Sá” style <sup>1,3,4,8,10,12,13</sup>
<b>Vegetarian meal</b>	Couscous with roasted vegetables and black beans <sup>1,3,12</sup>
<b>Desert</b>	Seasonal fruit

#### Thursday | International Migrants Day

<b>Soup</b>	Brussels sprouts <sup>12</sup>
<b>Plate</b>	Stewed meatballs with spinach rice <sup>1,2,3,4,6,7,9,12,14</sup>
<b>Vegetarian meal</b>	Chickpea stir-fry, pasta with mushrooms and cheese <sup>1,3,7,12</sup>
<b>Desert</b>	Seasonal fruit/ Jelly <sup>7</sup>

#### Friday

<b>Soup</b>	Leek with grated carrot <sup>12</sup>
<b>Plate</b>	Chicken <i>jardinière</i> with <i>farfalle</i> pasta <sup>1,3,12</sup>
<b>Vegetarian meal</b>	Portuguese-style soy “rojões” (pickles, olives and potato) <sup>1,6,8,10,11,12,13</sup>
<b>Desert</b>	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

