



## University of the Azores – Angra do Heroísmo Lunch Menu | November 11th to 15th, 2024

### Monday

<b>Soup</b>	Brussels sprouts with zucchini
<b>Plate</b>	Transmontana-style bean stew <sup>12</sup>
<b>Vegetarian meal</b>	Lentil pasta with mushrooms <sup>1,3,12</sup>
<b>Desert</b>	Seasonal fruit

### Tuesday | International Men's Day

<b>Soup</b>	Broccoli with cabbage
<b>Plate</b>	Pollock in cream sauce <sup>1,4,7</sup>
<b>Vegetarian meal</b>	Vegetable fritters with white rice <sup>1,3,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Wednesday | National Pajama Day

<b>Soup</b>	Green bean soup
<b>Plate</b>	Baked burger with spaghetti <sup>1,3,6,7,10,12</sup>
<b>Vegetarian meal</b>	Tortilla with green beans and carrots + mint rice <sup>3</sup>
<b>Desert</b>	Seasonal fruit

### Thursday | World Hello Day

<b>Soup</b>	White cabbage and turnip greens
<b>Plate</b>	Chicken à Brás <sup>3</sup>
<b>Vegetarian meal</b>	Soy lasagna <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Friday

<b>Soup</b>	Fish <sup>1,3,4</sup>
<b>Plate</b>	Fish stew with boiled potatoes <sup>4,12</sup>
<b>Vegetarian meal</b>	Black-eyed pea Russian salad with green sauce
<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

