



## University of the Azores – Angra do Heroísmo Lunch menu | February 2 to 6, 2026

### Monday

<b>Soup</b>	Carrot with green beans
<b>Plate</b>	Oven-baked flaked tuna with potatoes and vegetables <sup>1,7,10,12</sup>
<b>Vegetarian meal</b>	Oven-baked tender vegetables with potatoes <sup>1,7,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Tuesday

<b>Soup</b>	Fish <sup>1,3,4</sup> / Vegetable cream soup
<b>Plate</b>	Stewed pork with spaghetti <sup>1,3,12</sup>
<b>Vegetarian meal</b>	Soy gratin with spaghetti <sup>1,3,6,7,11</sup>
<b>Desert</b>	Seasonal fruit

### Wednesday | World Day in the Fight Against Cancer

<b>Soup</b>	Egg <sup>3</sup>
<b>Plate</b>	Oven-baked breaded fillets with pepper rice <sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14</sup>
<b>Vegetarian meal</b>	Vegetable paella <sup>1,6,9,10,11,12</sup>
<b>Desert</b>	Seasonal Fruit / Sweet Dessert <sup>1,3,7</sup>

### Thursday | World Nutella Day

<b>Soup</b>	Beans with vegetables
<b>Plate</b>	Oven-baked chicken with olive sauce and pasta <sup>1,3,4,8,13</sup>
<b>Vegetarian meal</b>	Mushroom Bolognese <sup>1,3,7</sup>
<b>Desert</b>	Seasonal fruit

### Friday | International Day of Zero Tolerance for Female Genital Mutilation

<b>Soup</b>	Pumpkin with lentils
<b>Plate</b>	Salted cod à Brás <sup>1,3,4,8,10,12,13</sup>
<b>Vegetarian meal</b>	Leek à Brás <sup>1,3,8,10,12,13</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, 5Peanuts, 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



DIA MUNDIAL DA

LUTA CONTRA O CANCRO