



University of the Azores – Angra do Heroísmo

Lunch menu₁ | February 2 to 6, 2026

Monday

Soup	Carrot with green beans
Plate	Oven-baked flaked tuna with potatoes and vegetables ^{1,7,10,12}
Vegetarian meal	Oven-baked tender vegetables with potatoes ^{1,7,10,12}
Desert	Seasonal fruit

Tuesday

Soup	Fish ^{1,3,4} / Vegetable cream soup
Plate	Stewed pork with spaghetti ^{1,3,12}
Vegetarian meal	Soy gratin with spaghetti ^{1,3,6,7,11}
Desert	Seasonal fruit

Wednesday | World Day in the Fight Against Cancer

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

Thursday | World Nutella Day

Soup	Beans with vegetables
Plate	Oven-baked chicken with olive sauce and pasta ^{1,3,4,8,13}
Vegetarian meal	Mushroom Bolognese ^{1,3,7}
Desert	Seasonal fruit

Friday | International Day of Zero Tolerance for Female Genital Mutilation

Soup	Pumpkin with lentils
Plate	Salted cod à Brás ^{1,3,4,8,10,12,13}
Vegetarian meal	Leek à Brás ^{1,3,8,10,12,13}
Desert	Seasonal fruit