



## University of the Azores – Angra do Heroísmo Lunch menu<sub>3</sub> | March 2 a 6, 2026



### Monday

<b>Soup</b>	Cauliflower with grated carrot <sup>12</sup>
<b>Plate</b>	Oven-baked hamburger with tomato sauce + vegetable rice <sup>1,3,6,7,9,12</sup>
<b>Vegetarian meal</b>	Oven-baked vegetarian hamburger + vegetable rice <sup>1,6,9,10,11,12</sup>
<b>Desert</b>	Seasonal Fruit

### Tuesday | World Wildlife Day

<b>Soup</b>	Peas with pumpkin <sup>12</sup>
<b>Plate</b>	Tuna carbonara with vegetables <sup>1,3,4,10,12</sup>
<b>Vegetarian meal</b>	Mushroom carbonara <sup>1,3,7,9,10,12</sup>
<b>Desert</b>	Seasonal fruit / Gelatin <sup>7</sup>

### Wednesday | World Obesity Day

<b>Soup</b>	Broccoli cream <sup>12</sup>
<b>Plate</b>	Oven-baked chicken breast with peppers + white rice <sup>1,10,12</sup>
<b>Vegetarian meal</b>	Vegetable risotto <sup>1,10,12</sup>
<b>Desert</b>	Seasonal Fruit

### Thursday | World Energy Efficiency Day

<b>Soup</b>	Tomato cream <sup>12</sup>
<b>Plate</b>	Stewed peas with chorizo, carrot, egg, and potato <sup>1,3,6,7,9,10,12</sup>
<b>Vegetarian meal</b>	Portuguese-style soy <sup>1,6,9,10,12,13</sup>
<b>Desert</b>	Flan pudding <sup>7</sup>

### Friday

<b>Soup</b>	Chickpeas with spinach <sup>12</sup>
<b>Plate</b>	Homemade fish patties with tomato rice <sup>3,4,7,10,12</sup>
<b>Vegetarian meal</b>	Vegetable pastries with spring pastry <sup>1,6,9,10,11,12</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 harmlessv

