



University of the Azores – Angra do Heroísmo Lunch Menu | December 16th to 20th, 2024

Monday

Soup	Fish ^{1,3,4}
Plate	Fish Stew with Boiled Potatoes ^{4,12}
Vegetarian meal	Stewed Peas with Egg and Carrot ^{3,12}
Desert	Seasonal fruit

Tuesday

Soup	White Cabbage and Turnip Greens
Plate	Pig's Trotter Stew ¹²
Vegetarian meal	Sautéed Soybeans + Tomato Rice ⁶
Desert	Seasonal fruit

Wednesday

Soup	Chickpeas and Cabbage
Plate	Omelette (onion, sausage, olives, peppers) + Pea Rice ^{1,3}
Vegetarian meal	Spinach and Mushroom Lasagna ^{1,3,7,10,12}
Desert	Seasonal fruit

Thursday

Soup	Green Beans with Mint
Plate	Chicken Stroganoff + Spiral Pasta ^{1,3,7,10,12}
Vegetarian meal	Homemade Vegetable Fritters + Carrot Rice ^{1,3,7}
Desert	Seasonal fruit

Friday

Soup	Carrot Soup
Plate	Spaghetti Bolognese ^{1,3,12}
Vegetarian meal	Vegetable and Black-eyed Bean Pie ^{1,3,7,12}
Desert	Seasonal fruit

feliz natal

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, 11Sesam Dioxide and Sulfites, 13Lupin, 14Mollusks. Possible cross-contamination cannot be ruled out. For those who are not allergic or intolerant, these substances or completely harmless

