



University of the Azores – Angra do Heroísmo Lunch Menu₂ | January 13 to 17, 2025

Monday

Soup	Tomato, zucchini, and basil
Plate	Octopus salad with potato ^{3,4}
Vegetarian meal	Vegetable fritters + spaghetti flavored with oregano ^{1,3,10,12}
Desert	Seasonal fruit

Tuesday

Soup	Leek cream soup
Plate	Stewed beans with macaroni ^{1,3,12}
Vegetarian meal	Baked soy casserole ^{1,6,10,12}
Desert	Seasonal fruit

Wednesday

Soup	Pumpkin cream soup
Plate	Pork stroganoff with parsley rice ^{1,7,10,12}
Vegetarian meal	Vegetables à Brás ³
Desert	Seasonal fruit

Thursday

Soup	Chicken broth soup
Plate	Chicken jardinière with macaroni ^{1,3,12}
Vegetarian meal	Couscous salad with chickpeas and sautéed vegetables ^{1,3}
Desert	Seasonal fruit

Friday

Soup	Turnip greens, leek, and pumpkin
Plate	Tuna pudding ^{1,3,4}
Vegetarian meal	Sautéed textured soy + tomato rice ^{6,12}
Desert	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

