



University of the Azores – Angra do Heroísmo

Lunch menu₃ | 22 to 26 September, 2025

Monday | Autumn Equinox

Soup	Fish ^{1,3,4}
Plate	Baked fish with boiled potatoes ^{4,12}
Vegetarian meal	Soy lasagna with spinach ^{1,3,6,7}
Desert	Seasonal fruit

Tuesday

Soup	Cauliflower with cabbage ¹²
Plate	Stewed peas with egg ³
Vegetarian meal	Vegetable dumplings with tomato rice ^{1,3,7}
Desert	Seasonal fruit

Wednesday

Soup	Turnip, zucchini, and green beans ¹²
Plate	Tuna turnovers with tricolor farfalle pasta and broccoli ^{1,2,3,4,6,7,9,10,11,12,14}
Vegetarian meal	Omelette (onion, olives) with parsley rice ^{1,3,8,10,12,13}
Desert	Seasonal fruit

Thursday | World Dream Day | World Lung Day | National Sustainability Day

Soup	Broccoli and turnip ¹²
Plate	Chispe bean stew ¹²
Vegetarian meal	Lentil macaroni with mushrooms ^{1,3,6,10,11}
Desert	Seasonal fruit

Friday | Ex-Smoker Day | World Contraception Day

Soup	Turnip greens, leek, and pumpkin ¹²
Plate	Portuguese-style beef ¹²
Vegetarian meal	Chickpea stew ^{1,3,12}
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

