



## University of the Azores – Angra do Heroísmo

### Lunch menu<sub>1</sub> | October 6 to 10, 2025

#### Monday | World Cerebral Palsy Day

|                        |  |
|------------------------|--|
| <b>Soup</b>            | Sauce with grated egg <sup>3,12</sup>  |
| <b>Plate</b>           | Paloco à Gomes de Sá style <sup>3,4,8,12,12</sup>                                |
| <b>Vegetarian meal</b> | Vegetarian paella (with spinach, tomato, peppers, and broad beans) <sup>12</sup> |
| <b>Desert</b>          | Seasonal fruit   |

#### Tuesday

|                        |   |
|------------------------|---|
| <b>Soup</b>            | Chicken <sup>1,10,12</sup>  |
| <b>Plate</b>           | Chicken stew with spiral pasta <sup>1,3,12</sup>  |
| <b>Vegetarian meal</b> | Baked Florentine-style soy (with spinach, tomato, oregano, carrot, fried diced potatoes, and spinach)) <sup>1,3,7,10,12</sup> |
| <b>Desert</b>          | Seasonal fruit  |

#### Wednesday | World Octopus Day

|                        |   |
|------------------------|---|
| <b>Soup</b>            | Cauliflower with cabbage <sup>12</sup>                            |
| <b>Plate</b>           | Portuguese-style pork <sup>12</sup>                               |
| <b>Vegetarian meal</b> | Vegetarian chili with lentils and corn + white rice <sup>12</sup> |
| <b>Desert</b>          | Seasonal fruit  |

#### Thursday | World Hospice and Palliative Care Day

|                        |  |
|------------------------|--|
| <b>Soup</b>            | Turnip, pumpkin, and turnip greens <sup>12</sup>                     |
| <b>Plate</b>           | Meat rissoles with pasta <sup>1,2,3,4,5,6,7,8,9,10,11,12,13,14</sup> |
| <b>Vegetarian meal</b> | Vegetable bean stew <sup>12</sup>                                    |
| <b>Desert</b>          | Seasonal Fruit / Jelly <sup>7</sup>                                  |

#### Friday | World Mental Health Day

|                        |  |
|------------------------|--|
| <b>Soup</b>            | Carrot <sup>12</sup>   |
| <b>Plate</b>           | Seafood rice <sup>1,2,3,4,5,6,7,8,9,10,12,13,14</sup>  |
| <b>Vegetarian meal</b> | Carrot, pumpkin, spinach and parsley casserole (Gratinado “à Brás” style) <sup>1,3,7,10,12</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 harmless

