



## Universidade dos Açores – Angra do Heroísmo Lunch Menu<sub>2</sub> | SEPTEMBER 30th – OCTOBER 4th, 2024

### Monday

<b>Soup</b>	Brussels sprouts and cauliflower
<b>Plate</b>	Stewed meatballs + parsley rice <sup>1,3,6,7,10,12</sup>
<b>Vegetarian meal</b>	Vegetable fritters + spaghetti <sup>1,3,7</sup>
<b>Desert</b>	Seasonal fruit

### Tuesday | International Day of Older Persons | International Coffee Day

<b>Soup</b>	Tomato cream soup
<b>Plate</b>	Stewed peas with egg <sup>3,12</sup>
<b>Vegetarian meal</b>	Spinach and mushroom lasagna <sup>1,3,7,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Wednesday

<b>Soup</b>	Julienne vegetables.
<b>Plate</b>	Roasted chicken + boiled potatoes <sup>1,10,12</sup>
<b>Vegetarian meal</b>	Chickpea curry + white rice <sup>1,7,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Thursday

<b>Soup</b>	Fish <sup>1,3,4</sup>
<b>Plate</b>	Fried fish + boiled potatoes <sup>1,4</sup>
<b>Vegetarian meal</b>	Lentil pasta with cumin <sup>1,3,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Friday | World Animal Day | World Smile Day

<b>Soup</b>	Cauliflower with cabbage.
<b>Plate</b>	Stewed chicken + spaghetti <sup>1,3,12</sup>
<b>Vegetarian meal</b>	Pea and tomato pie <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 detailed information before consuming your meal. 1Cereals containing gluten., 2 Crustaceans, 3 Eggs, 4Fish, 5 Peanuts, 6Soy, 7Milk, 8Nuts, 9Aipo, 10 Sesame seeds 11Sesame seeds 12Sulfur Dioxide and Sulfites, 13Lupin, 14Mollusks. Possible cross-contamination cannot be ruled out. For those who are not all intolerant, these substances or products are completely harmless.

