















## Universidade dos Açores – Angra do Heroísmo Lunch Menu<sub>2</sub> | 16nd – 20th OF SEPTEMBER | 2024

Monday | International Day for the Preservation of the Ozone Layer

**Soup** Brussels sprouts with zucchini

Plate Pork Alentejo style, 2,3,6,7,10,12

Vegetarian

meal

Stewed chickpeas with diced potatoes and vegetables<sup>12</sup>

**Desert** Seasonal fruit

Tuesday | International Country Music Day.

**Soup** Broccoli with kale

Plate Chicken jardineira with pasta 1,3,10,12

Vegetarian

meal Vegetable and pea pie 1,3,7,10,12

**Desert** Seasonal fruit

Wednesday

**Soup** Green bean puree

Plate Stewed broad beans with egg 1,3,10,12

Vegetarian

meal Soybean pasta with mushrooms 1,3,6,12

**Desert** Seasonal fruit

**Thursday** 

**Soup** White cabbage and turnip tops

**Plate** Fried tuna croquettes + spaghettie<sup>1,3,4,6,7,10,12</sup>

Vegetarian

meal

Stewed white beans with half-moon carrots + white rice12

**Desert** Seasonal fruit

Friday

**Soup** Green soup

Plate Chicken stew + pea rice<sup>1,10,12</sup>

Vegetarian

meal Vegetarian fritters + spaghetti<sup>1,3,7</sup>

**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, ⁿMilk, ⁶Nuts, ഐaipo, 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.



















## Universidade dos Açores – Angra do Heroísmo Lunch menu<sub>2</sub> 23nd – 27th OF SEPTEMBER | 2024

Monday

**Soup** Red beans with cabbage **Plate** Beef Bolognese 1,3,6,7,10,12

Vegetarian

meal

Soy chili + white rice<sup>12</sup>

**Desert** Seasonal fruit

Tuesday

**Soup** Cauliflower.

Plate Brás-style pollock<sup>3,4</sup>

Vegetarian

meal

Spinach and tomato frittata (eggs, cheese) + spiral pasta<sup>1,3,7</sup>

**Desert** Seasonal fruit

Wednesday | World Dream Day | World Lung Day

**Soup** Carrots with egg<sup>3</sup>

Plate Pizzaiolo-style chicken + white rice<sup>1,7,10,12</sup>

Vegetarian

meal

Oven-baked gratin vegetables with chickpeas and olives<sup>1,7,10,12</sup>

**Desert** Seasonal fruit

Thursday | European Day of Languages

**Soup** Broccoli and cauliflower

Plate Pollock stew<sup>1,4,10,12</sup>

Vegetarian

meal

Black-eyed bean salad with macaroni and vegetables<sup>1,3</sup>

**Desert** Seasonal fruit

Friday

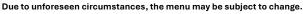
**Soup** Leek soup

Plate Beef stew + spinach rice<sup>12</sup>

Vegetarian

meal Stewed peas with potatoes and carrots.<sup>12</sup>

**Desert** Seasonal fruit



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25 DE SETEMBRO

