



Universidade dos Açores – Angra do Heroísmo Lunch Menu₂ | 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 ¹²
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 + spaghetti ^{1,3,4,6,7,10,12}
Vegetarian meal	Stewed white beans with half-moon carrots + white rice ¹²
Desert	Seasonal fruit

Friday

Soup	Green soup
Plate	Chicken stew + pea rice ^{1,10,12}
Vegetarian meal	Vegetarian fritters + spaghetti ^{1,3,7}
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., ²Crustaceans, ³Eggs, ⁴Fish, ⁵Peanuts, 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.





Universidade dos Açores – Angra do Heroísmo Lunch menu₂ | 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 ¹²
Desert	Seasonal fruit

Tuesday

Soup	Cauliflower.
Plate	Brás-style pollock ^{3,4}
Vegetarian meal	Spinach and tomato frittata (eggs, cheese) + spiral pasta ^{1,3,7}
Desert	Seasonal fruit

Wednesday | World Dream Day | World Lung Day

Soup	Carrots with egg ³
Plate	Pizzaiolo-style chicken + white rice ^{1,7,10,12}
Vegetarian meal	Oven-baked gratin vegetables with chickpeas and olives ^{1,7,10,12}
Desert	Seasonal fruit



DIA MUNDIAL DO PULMÃO
25 DE SETEMBRO

Thursday | European Day of Languages

Soup	Broccoli and cauliflower
Plate	Pollock stew ^{1,4,10,12}
Vegetarian meal	Black-eyed bean salad with macaroni and vegetables ^{1,3}
Desert	Seasonal fruit

Friday

Soup	Leek soup
Plate	Beef stew + spinach rice ¹²
Vegetarian meal	Stewed peas with potatoes and carrots. ¹²
Desert	Seasonal fruit

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