



Universidade dos Açores – Angra do Heroísmo

Lunch menu | Week from 29th to 03rd of May 2024

Monday | World Earth Day

- Soup** Broccoli
- Normal** Stewed pork with mushrooms and cream + white rice ^{1,7,10,12}
- Vegan** Soy chili + white rice ^{1,3,6,10,12}
- Desert** Fruit



Tuesday | International Jazz Day

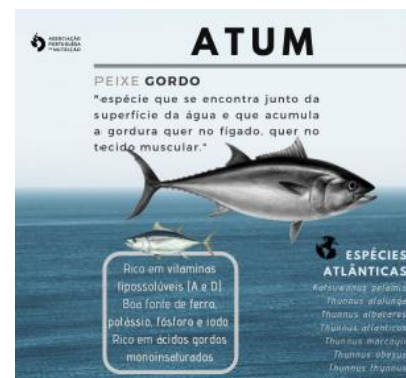
- Soup** Leek with grated carrot
- Normal** Tuna pudding ^{1,3,4,7,10,12}
- Vegan** Stewed peas with egg and potatoes ^{1,3,10,12}
- Desert** Fruit



Wednesday | Labor Day – Holiday

Thursday | World Tuna Day

- Soup** Broccoli
- Normal** Chicken stew with noodles ^{1,3,10,12}
- Vegan** Brás style leek ^{1,3,9,10,12}
- Desert** Fruit



Friday

- Soup** Pumpkin
- Normal** Portuguese style beef ^{1,10,12}
- Vegan** Fried vegetables + carrot rice ^{1,3,7,10,12}
- Desert** Fruit



For unforeseen reasons, the menu may change.

If you are allergic or intolerant to any substance, you should consult the person in charge of the unit for more precise information before consuming your meal.

Your meal contains or may contain the following substances or products and their derivatives: ¹Cereals that contain gluten., ²Crustaceans, ³Eggs, ⁴Fish, ⁵Peanuts, ⁶Soy, ⁷Milk, ⁸Nuts, ⁹Celery, ¹⁰Mustard, ¹¹Sesame seeds, ¹²Sulfur dioxide and sulfites, ¹³Lupins, ¹⁴Molluscs. Possible cross-contamination cannot be excluded. For those who are not allergic or intolerant, these substances or products are completely harmless.



UNIVERSIDADE DOS AÇORES



Universidade dos Açores – Angra do Heroísmo

Lunch menu | Week from 06th to 10th of May 2024

Monday | World Earth Day

- Soup** Brussels sprouts and cauliflower
- Normal** Russian tuna salad with potatoes and vegetables 3,4
- Vegan** Lentil bolognese with mushrooms 1,3,7,10,12
- Desert** Fruit

Tuesday | World Asthma Day

- Soup** Vegetables
- Normal** Chicken rump + pasta 1,3,10,12
- Vegan** Spinach and carrot lasagna 1,3,7,10,12
- Desert** Fruit



Wednesday

- Soup** Brussels sprouts
- Normal** Fish pasta 1,3,4,10,12
- Vegan** Vegetable beans 12
- Desert** Fruit

Thursday | Spike Day

- Soup** Chickpeas and turnip greens
- Normal** Regional lunch (steak, black pudding, sausage, fries) 1,3,6,7,10,12
- Vegan** Black-eyed pea, sweet potato and boiled egg salad 1,3,7,10,12
- Desert** Fruit



Friday

- Soup** Carrot
- Normal** Gomes de Sá style codfish 3,4
- Vegan** Stewed chickpeas with sliced carrots, tomatoes and pasta 1,3,7,9,10,12
- Desert** Fruit



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