



University of the Azores – Angra do Heroísmo Lunch² Menu | January 20 to 24, 2025

Monday

Soup	Broccoli with cabbage
Plate	Pork with clams (Alentejo-style) ^{1,2,3,4,6,7,10,12,14}
Vegetarian meal	Lentil pasta with mushrooms ^{1,3,12}
Desert	Seasonal fruit

Tuesday

Soup	Green bean cream
Plate	Baked fish with coriander rice ^{4,12}
Vegetarian meal	Russian salad with black-eyed beans and green sauce
Desert	Seasonal fruit

Wednesday

Soup	White cabbage and turnip tops
Plate	Roast chicken with spaghetti ^{1,3,12}
Vegetarian meal	Tortilla with green beans and carrots + mint rice ³
Desert	Seasonal fruit

Thursday

Soup	Broccoli and turnip
Plate	Stewed peas with egg ^{1,3,10,12}
Vegetarian meal	Soy lasagna ^{1,3,6,7,10,12}
Desert	Seasonal fruit

Friday

Soup	Green soup
Plate	Paloco à Brás ^{3,4}
Vegetarian meal	Vegetable fritters (Pataniscas) + tomato rice ^{1,3,10,12}
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, 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 harmlessv

