



UAc  
UNIVERSIDADE  
DOS AÇORES



## Universidade dos Açores – Angra do Heroísmo

### Lunch menu | Week from 01<sup>st</sup> to 05<sup>th</sup> of July 2024

#### Monday

<b>Soup</b>	Broccoli
<b>Normal</b>	Roast chicken + white rice <sup>1,10,12</sup>
<b>Vegan</b>	Brás style vegetables <sup>3</sup>
<b>Desert</b>	Fruit



#### Tuesday

<b>Soup</b>	Leek with grated carrot
<b>Normal</b>	Omelet (onion, sausage, olives, peppers) + spiral pasta <sup>1,3,7</sup>
<b>Vegan</b>	Lentil curry + white rice <sup>12</sup>
<b>Desert</b>	Fruit

#### Wednesday

<b>Soup</b>	Tomato cream
<b>Normal</b>	Transmontana style beans <sup>12</sup>
<b>Vegan</b>	Chickpea ranch with potatoes <sup>1,12</sup>
<b>Desert</b>	Fruit

#### Thursday

<b>Soup</b>	Broccoli and turnip greens
<b>Normal</b>	Fish patties + spinach rice <sup>1,3,4,6,7,10,12</sup>
<b>Vegan</b>	Soy lasagna <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Friday

<b>Soup</b>	Chicken soup
<b>Normal</b>	Chicken salad with potatoes, shaved carrots, egg, corn and green beans <sup>1,3,10,12</sup>
<b>Vegan</b>	Black-eyed pea pasta with olives and vegetables <sup>1,3,10,12</sup>
<b>Desert</b>	Fruit

5<sup>th</sup> July  
NATIONAL  
Bikini Day



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





# Universidade dos Açores – Angra do Heroísmo

## Lunch menu | Week from 08<sup>th</sup> to 12<sup>th</sup> of July 2024

### Monday

- Soup** Brussels sprouts and cauliflower
- Normal** Peas stewed with egg <sup>1,3,10,12</sup>
- Vegan** Mushroom and spinach pie <sup>1,3,7,10,12</sup>
- Desert** Fruit

### Tuesday

- Soup** Vegetables
- Normal** Stewed chicken with spiral pasta <sup>1,3,12</sup>
- Vegan** Vegetable fritters + tomato rice <sup>1,3,7,10,12</sup>
- Desert** Fruit

### Wednesday

- Soup** Brussels sprouts
- Normal** Fried fish + boiled potatoes <sup>1,4</sup>
- Vegan** Black bean, potato, egg, corn and vegetable mayonnaise <sup>1,3</sup>
- Desert** Fruit

### Thursday

- Soup** Chickpeas and turnip greens
- Normal** Beef stew with rice <sup>12</sup>
- Vegan** Soy Bolognese <sup>1,3,6,7,10,12</sup>
- Desert** Fruit

### Friday

- Soup** Green soup
- Normal** Chicken stroganoff + spiral pasta <sup>1,3,7,10,12</sup>
- Vegan** Stewed chickpeas with carrots and saffron + white rice <sup>12</sup>
- 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: <sup>1</sup>Cereals that contain gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soy, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulfur dioxide and sulfites, <sup>13</sup>Lupins, <sup>14</sup>Molluscs. Possible cross-contamination cannot be excluded. For those who are not allergic or intolerant, these substances or products are completely harmless.



## Universidade dos Açores – Angra do Heroísmo

### Lunch menu | Week from 15<sup>th</sup> to 19<sup>th</sup> of July 2024

#### Monday

<b>Soup</b>	Brussels sprouts with zucchini
<b>Normal</b>	Codfish stew with beans <sup>4,12</sup>
<b>Vegan</b>	Soy Spirit in the oven (with potatoes, sliced carrots and olives) <sup>1,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Tuesday

<b>Soup</b>	Broccoli with cabbage
<b>Normal</b>	Roasted chicken legs + mashed potatoes <sup>1,3,7,10,12</sup>
<b>Vegan</b>	Vegetarian chili (beans, corn, peppers) + white rice <sup>1,10,12</sup>
<b>Desert</b>	Fruit

#### Wednesday

<b>Soup</b>	Turnip, pumpkin and spinach
<b>Normal</b>	Xau-Xau Rice (scrambled eggs, sausages, peas, carrots) <sup>1,3,6,7,10,12</sup>
<b>Vegan</b>	Lentil noodles with cumin <sup>1,3,10,12</sup>
<b>Desert</b>	Fruit

#### Thursday

<b>Soup</b>	Carrot
<b>Normal</b>	Beef stew with vegetables + spaghetti <sup>1,3,12</sup>
<b>Vegan</b>	Homemade vegetable dreams + spinach rice <sup>1,3,10,12</sup>
<b>Desert</b>	Fruit

#### Friday

<b>Soup</b>	Fish <sup>1,3,4</sup>
<b>Normal</b>	Baked fish + boiled potatoes <sup>1,4,10,12</sup>
<b>Vegan</b>	Russian black-eyed pea salad with egg and green dressing <sup>3</sup>
<b>Desert</b>	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: <sup>1</sup>Cereals that contain gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soy, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulfur dioxide and sulfites, <sup>13</sup>Lupins, <sup>14</sup>Molluscs. Possible cross-contamination cannot be excluded. For those who are not allergic or intolerant, these substances or products are completely harmless.





UAc  
UNIVERSIDADE  
DOS AÇORES



## Universidade dos Açores – Angra do Heroísmo

### Lunch menu | Week from 22<sup>nd</sup> to 26<sup>th</sup> of July 2024

#### Monday

<b>Soup</b>	Carrot
<b>Normal</b>	Breaded fillets + bean rice <sup>1,3,4,6,7,10,12</sup>
<b>Vegan</b>	Brás style leek <sup>3</sup>
<b>Desert</b>	Fruit

22 DE JULHO  
DIA MUNDIAL DO CÉREBRO



#### Tuesday

<b>Soup</b>	Cauliflower with watercress
<b>Normal</b>	Broad beans stewed with egg <sup>1,3,10,12</sup>
<b>Vegan</b>	Chickpea Couscous with vegetables <sup>1,3,10,12</sup>
<b>Desert</b>	Fruit

#### Wednesday

<b>Soup</b>	Chicken soup (with playdough) <sup>1,3</sup>
<b>Normal</b>	Chicken rump with white rice <sup>1,3</sup>
<b>Vegan</b>	Simple baked beans + white rice <sup>12</sup>
<b>Desert</b>	Fruit

Dia dos Primos  
24 de julho



#### Thursday

<b>Soup</b>	Tomato and carrot
<b>Normal</b>	Grilled burger + spaghetti <sup>1,3,6,7,10,12</sup>
<b>Vegan</b>	Vegetarian fried potatoes + spaghetti <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Friday

<b>Soup</b>	Cream of cabbage with spinach
<b>Normal</b>	Tuna lasagna <sup>13,4,7,10,12</sup>
<b>Vegan</b>	Soy pasta with sautéed vegetables <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	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: <sup>1</sup>Cereals that contain gluten, <sup>2</sup>Crustaceans, <sup>3</sup>Eggs, <sup>4</sup>Fish, <sup>5</sup>Peanuts, <sup>6</sup>Soy, <sup>7</sup>Milk, <sup>8</sup>Nuts, <sup>9</sup>Celery, <sup>10</sup>Mustard, <sup>11</sup>Sesame seeds, <sup>12</sup>Sulfur dioxide and sulfites, <sup>13</sup>Lupins, <sup>14</sup>Molluscs. Possible cross-contamination cannot be excluded. For those who are not allergic or intolerant, these substances or products are completely harmless.

