



UAc  
UNIVERSIDADE  
DOS AÇORES



## Universidade dos Açores – Angra do Heroísmo

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

#### Monday | April Fools' Day

<b>Soup</b>	Turnip, courgette and spinach
<b>Normal</b>	Fish patties + spaghetti <sup>1,3,4,6,7,10,12</sup>
<b>Vegan</b>	Lentil pie <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit



#### Tuesday | World Autism Awareness Day

<b>Soup</b>	Pumpkin with leek
<b>Normal</b>	Chicken rump + white rice <sup>1,7,10,12</sup>
<b>Vegan</b>	Leek à Brás <sup>1,3,9,10,12</sup>
<b>Desert</b>	Fruit



#### Wednesday

<b>Soup</b>	Vegetables
<b>Normal</b>	Stewed broad beans with egg <sup>1,3,10,12</sup>
<b>Vegan</b>	Soy lasagna with mushrooms <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Thursday

<b>Soup</b>	Salsa with shaved egg <sup>3</sup>
<b>Normal</b>	Beef with baked potatoes <sup>12</sup>
<b>Vegan</b>	Baked beans + white rice <sup>1,10,12</sup>
<b>Desert</b>	Fruit

#### Friday

<b>Soup</b>	Green Broth <sup>1,10,12</sup>
<b>Normal</b>	Stewed chicken with pasta <sup>1,3,10,12</sup>
<b>Vegan</b>	Vegetable fritters + pasta <sup>1,3,7,10,12</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.



**UAc**  
UNIVERSIDADE  
DOS AÇORES



## Universidade dos Açores – Angra do Heroísmo

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

#### Monday | 1st Solar Eclipse of 2024 - Partial Eclipse

<b>Soup</b>	Vegetable puree
<b>Normal</b>	Fish fingers in the oven + tomato rice <sup>1,3,4,7,10,12</sup>
<b>Vegan</b>	Leek tortilla in the oven <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Tuesday

<b>Soup</b>	Chicken soup <sup>1,10,12</sup>
<b>Normal</b>	Stewed beef with baked potatoes
<b>Vegan</b>	Soy Chili with peppers + white rice <sup>1,6,10,12</sup>
<b>Desert</b>	Fruit

#### Wednesday | World Homeopathy Day

<b>Soup</b>	Pumpkin
<b>Normal</b>	Transmontana style beans <sup>1,10,12</sup>
<b>Vegan</b>	Chickpeas stewed with carrots + spaghetti <sup>1,3,10,12</sup>
<b>Desert</b>	Fruit

#### Thursday | World Parkinson's Disease Day

<b>Soup</b>	Creamed cabbage with spinach
<b>Normal</b>	Fried fish with baked sweet potato <sup>1,4</sup>
<b>Vegan</b>	Black-eyed pea, sweet potato and boiled egg salad <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit



#### Friday

<b>Soup</b>	Green bean
<b>Normal</b>	Scrambled egg and black bean salad + rice <sup>1,3,10,12</sup>
<b>Vegan</b>	Fried vegetable dreams + rice <sup>1,3,7,9,10,12</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.



**UAc**  
UNIVERSIDADE  
DOS AÇORES

## Universidade dos Açores – Angra do Heroísmo

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

#### Monday | World Art Day

- Soup** Vegetables
- Normal** Peas stewed with egg <sup>1,3,10,12</sup>
- Vegan** Couscous with black beans and sautéed vegetables <sup>1,3,7,10,12</sup>
- Desert** Fruit



WORLD  
**Art  
DAY**

#### Tuesday | World Voice Day

- Soup** Pumpkin with watercress
- Normal** Roast chicken legs + mashed potatoes <sup>1,3,6,7,10,12</sup>
- Vegan** Vegetable fritters + tomato rice <sup>1,3,6,7,10,12</sup>
- Desert** Fruit



#### Wednesday | World Hemophilia Day

- Soup** Leek
- Normal** Oven-baked tuna with peppers + spinach rice <sup>1,4,10,12</sup>
- Vegan** Lentil lasagna with peppers <sup>1,3,6,7,10,12</sup>
- Desert** Fruit



#### Thursday

- Soup** Tomato and carrot
- Normal** Meat croquettes with pasta <sup>1,3,6,7,10,12</sup>
- Vegan** Vegetarian Ranch (grains, noodles, cabbage, carrots) <sup>1,3,6,12,13</sup>
- Desert** Fruit

#### Friday

- Soup** Turnip, courgette and green beans
- Normal** Chicken nest spaghetti <sup>1,3,10,12</sup>
- Vegan** Soy Spiritual in the oven <sup>1,6,7,8,11</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



# Universidade dos Açores – Angra do Heroísmo

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

### Monday | World Earth Day

- Soup** Brussels sprouts and cauliflower
- Normal** Seafood stew <sup>1,2,3,4,7,10,12,14</sup>
- Vegan** Spinach and tomato lasagna <sup>1,3,7,10,12</sup>
- Desert** Fruit



### Tuesday | World Book and Copyright Day

- Soup** Green soup
- Normal** Brás style chicken <sup>1,3,10,12</sup>
- Vegan** Lentil curry + white rice <sup>12</sup>
- Desert** Fruit



### Wednesday

- Soup** Pumpkin cream
- Normal** Liver fillets stewed with onion + rice <sup>1,10,12</sup>
- Vegan** Vegetable beans + rice <sup>1,10,12</sup>
- Desert** Fruit

### Thursday | Freedom Day April 25th



### Friday

- Soup** Butter bean
- Normal** Fish stew with baked potatoes
- Vegan** Leek tortilla in the oven <sup>1,3,7,10,12</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.