















## Universidade dos Açores – Angra do Heroísmo Lunch menu Week from 03<sup>rd</sup> to 07<sup>th</sup> of June 2024

#### Monday | World Bicycle Day

**Soup** Brussels sprouts

**Normal** Meat patties with spaghetti <sup>1,3,6,7,10,12</sup>

**Vegan** Soy chili + white rice <sup>1,3,6,10,12</sup>

**Desert** Fruit

Tuesday

**Soup** Tomato Cream

**Normal** Roast chicken with mashed potatoes <sup>1,3,7,10,12</sup>

**Vegan** Stewed peas with egg and potatoes <sup>1,3,10,12</sup>

**Desert** Fruit

Wednesday | World Environment Day

**Soup** Turnip with spinach

**Normal** Golden fillets + tomato rice <sup>1,3,4,7,10,12</sup>

Vegan Vegetable stew

**Desert** Fruit

**Thursday** 

**Soup** Cauliflower with cabbage

**Normal** Codfish salad with chickpeas and potatoes <sup>3,4</sup>

**Vegan** Brás style leek <sup>1,3,9,10,12</sup>

**Desert** Fruit

Friday | World Food Safety Day

**Soup** Green soup

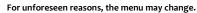
Normal Chicken nest spaghetti 1,3,10,12

**Vegan** Vegetable fritters + spaghetti <sup>1,3,7,10,12</sup>

**Desert** Fruit























## Universidade dos Açores – Angra do Heroísmo Lunch menu Week from 10<sup>th</sup> to 14<sup>th</sup> of June 2024

#### Monday

#### Holiday – Camões Day

#### Tuesday

**Soup** Leek and grated carrot

**Normal** Peas stewed with egg <sup>1,3,10,12</sup>

**Vegan** Spinach and carrot lasagna <sup>1,3,7,10,12</sup>

**Desert** Fruit

Wednesday

**Soup** White cabbage and turnip greens

**Normal** Tuna pudding 1,3,4,7,10,12

**Vegan** Lentil Bolognese <sup>1,3,10,12</sup>

**Desert** Fruit

**Thursday** 

**Soup** Cabbage cream with spinach

**Normal** Chicken stew with white rice <sup>1,10,12</sup>

**Vegan** Black-eyed pea, sweet potato and boiled egg salad <sup>1,3,7,10,12</sup>

**Desert** Fruit

Friday | World Blood Donor Day

**Soup** Butter beans with watercress

**Normal** Portuguese style beef <sup>1,10,12</sup>

**Vegan** Stewed chickpeas with sliced carrots, tomatoes and pasta <sup>1,3,7,9,10,12</sup>

**Desert** Fruit





#### For unforeseen reasons, the menu may change.

















# Universidade dos Açores – Angra do Heroísmo Lunch menu Week from 17<sup>th</sup> to 21<sup>st</sup> of June 2024

### Monday | World Day to Combat Drought and Desertification

**Soup** Vegetables

**Normal** Stewed beans with noodles <sup>1,3,10,12</sup>

**Vegan** Soy pie with vegetables <sup>1,3,6,7,10,12</sup>

**Desert** Fruit



**Soup** Pumpkin

Normal Fried fish with tomato rice 1,4

**Vegan** Pasta salad with black beans and vegetables <sup>1,3,10,12</sup>

**Desert** Fruit

### Wednesday | World Sickle Cell Disease Awareness Day

**Soup** Cauliflower with cabbage

**Normal** Roasted chicken legs with aromatic herbs + mashed potatoes <sup>1,3,7,10,12</sup>

**Vegan** Pasta salad with chickpeas and vegetables <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

## Thursday | Beginning of summer

**Soup** Turnip, courgette and green beans

**Normal** Beef stew with vegetables and spaghetti <sup>1,3,10,12</sup>

**Vegan** Brás style vegetables <sup>1,3,10,12</sup>

**Desert** Fruit

#### Friday | European Music Day

**Soup** Green soup

**Normal** Grilled sardines with boiled potatoes <sup>4</sup>

**Vegan** Stroganoff with mushrooms and sliced carrots with cream + tomato rice <sup>1,3,7,9,10,12</sup>

**Desert** Fruit















#### For unforeseen reasons, the menu may change.

















# Universidade dos Açores – Angra do Heroísmo Lunch menu Week from 24<sup>th</sup> to 28<sup>th</sup> of June 2024

#### Monday

**Holiday - Saint John's Day** 

#### Tuesday | World Vitiligo Day

Soup Fish 1,3,4

**Normal** Roasted fish + pepper rice  $^{1,4,12}$ 

**Vegan** Vegetarian Ranch (grains, noodles, cabbage, carrots) 1,3,6,12,13

**Desert** Fruit

Wednesday

**Soup** Tomato and zucchini

**Normal** Chicken stew with vegetables <sup>1,3,10,12</sup>

**Vegan** Vegetable fritters + rice <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

**Thursday** 

**Soup** Leek cream

**Normal** Alentejo style pork <sup>1,2,3,4,5,6,7,10,11,12,13,14</sup>

**Vegan** Soy bolognese <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

Friday

**Soup** Cauliflower with sliced carrots

**Normal** Oven-baked tuna with peppers + saffron rice <sup>1,3,4,7,10,12</sup>

**Vegan** Russian black-eyed pea salad with boiled egg <sup>1,3,10,12</sup>

**Desert** Fruit



