



Universidade dos Açores – Angra do Heroísmo

Lunch menu | Week from 03rd to 07th of June 2024

Monday | World Bicycle Day

- Soup** Brussels sprouts
- Normal** Meat patties with spaghetti ^{1,3,6,7,10,12}
- Vegan** Soy chili + white rice ^{1,3,6,10,12}
- Desert** Fruit



Tuesday

- Soup** Tomato Cream
- Normal** Roast chicken with mashed potatoes ^{1,3,7,10,12}
- Vegan** Stewed peas with egg and potatoes ^{1,3,10,12}
- Desert** Fruit

Wednesday | World Environment Day

- Soup** Turnip with spinach
- Normal** Golden fillets + tomato rice ^{1,3,4,7,10,12}
- Vegan** Vegetable stew
- Desert** Fruit



Thursday

- Soup** Cauliflower with cabbage
- Normal** Codfish salad with chickpeas and potatoes ^{3,4}
- Vegan** Brás style leek ^{1,3,9,10,12}
- Desert** Fruit

Friday | World Food Safety Day

- Soup** Green soup
- Normal** Chicken nest spaghetti ^{1,3,10,12}
- Vegan** Vegetable fritters + spaghetti ^{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 – Angra do Heroísmo

Lunch menu | Week from 10th to 14th of June 2024

Monday

Holiday – Camões Day

Tuesday

- Soup** Leek and grated carrot
- Normal** Peas stewed with egg ^{1,3,10,12}
- Vegan** Spinach and carrot lasagna ^{1,3,7,10,12}
- Desert** Fruit

Wednesday

- Soup** White cabbage and turnip greens
- Normal** Tuna pudding ^{1,3,4,7,10,12}
- Vegan** Lentil Bolognese ^{1,3,10,12}
- Desert** Fruit

Thursday

- Soup** Cabbage cream with spinach
- Normal** Chicken stew with white rice ^{1,10,12}
- Vegan** Black-eyed pea, sweet potato and boiled egg salad ^{1,3,7,10,12}
- Desert** Fruit

Friday | **World Blood Donor Day**

- Soup** Butter beans with watercress
- Normal** Portuguese style beef ^{1,10,12}
- Vegan** Stewed chickpeas with sliced carrots, tomatoes and pasta ^{1,3,7,9,10,12}
- Desert** Fruit



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Lunch menu | Week from 17th to 21st of June 2024

Monday | World Day to Combat Drought and Desertification

Soup	Vegetables
Normal	Stewed beans with noodles ^{1,3,10,12}
Vegan	Soy pie with vegetables ^{1,3,6,7,10,12}
Desert	Fruit



Tuesday | International Picnic Day

Soup	Pumpkin
Normal	Fried fish with tomato rice ^{1,4}
Vegan	Pasta salad with black beans and vegetables ^{1,3,10,12}
Desert	Fruit



Wednesday | World Sickle Cell Disease Awareness Day

Soup	Cauliflower with cabbage
Normal	Roasted chicken legs with aromatic herbs + mashed potatoes ^{1,3,7,10,12}
Vegan	Pasta salad with chickpeas and vegetables ^{1,3,6,7,10,12}
Desert	Fruit



Thursday | Beginning of summer

Soup	Turnip, courgette and green beans
Normal	Beef stew with vegetables and spaghetti ^{1,3,10,12}
Vegan	Brás style vegetables ^{1,3,10,12}
Desert	Fruit



Friday | European Music Day

Soup	Green soup
Normal	Grilled sardines with boiled potatoes ⁴
Vegan	Stroganoff with mushrooms and sliced carrots with cream + tomato rice ^{1,3,7,9,10,12}
Desert	Fruit



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Lunch menu | Week from 24th to 28th 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 ^{1,3,10,12}
Vegan	Vegetable fritters + rice ^{1,3,6,7,10,12}
Desert	Fruit

Thursday

Soup	Leek cream
Normal	Alentejo style pork ^{1,2,3,4,5,6,7,10,11,12,13,14}
Vegan	Soy bolognese ^{1,3,6,7,10,12}
Desert	Fruit

Friday

Soup	Cauliflower with sliced carrots
Normal	Oven-baked tuna with peppers + saffron rice ^{1,3,4,7,10,12}
Vegan	Russian black-eyed pea salad with boiled egg ^{1,3,10,12}
Desert	Fruit



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