

# Universidade dos Açores – Angra do Heroísmo

## Week from 13th to 17th of march

### Vegetarian lunch

#### Monday 13th

<b>Soup</b>	Turnip and pumpkin
<b>Main</b>	Stewed beans with carrots, mushrooms and peppers + baked potatoes
<b>Desert</b>	Fruit

#### Tuesday 14th      **PI DAY ( $\pi$ )**

<b>Soup</b>	Cream of cabbage with spinach
<b>Main</b>	Onion and oregano omelet + spiral pasta
<b>Desert</b>	Fruit / Sweet

#### Wednesday 15th

<b>Soup</b>	Pumpkin with watercress
<b>Main</b>	Broccoli roasted with olive oil and herbs + white rice
<b>Desert</b>	Fruit

#### Thursday 16th

<b>Soup</b>	Vegetable julienne
<b>Main</b>	Stewed soy with mustard and cream sauce + spinach rice
<b>Desert</b>	Fruit / Sweet

#### Friday 17th

<b>Soup</b>	French garlic with mint
<b>Main</b>	Brás vegetables
<b>Desert</b>	Fruit

Your meal contains or may contain the following substances or products and their derivatives: Cereals containing gluten., Crustaceans, Eggs, Fish, Peanuts, Soya, Milk, Nuts, Celery, Mustard, Sesame seeds, Sulfur dioxide and sulphites, Lupine, Molluscs. For those who are not allergic or intolerant, these substances or products are completely harmless.

**Menu subject to changes due to market reasons.**



# Universidade dos Açores – Angra do Heroísmo

Week from 20th to 24th of march

## Vegetarian lunch

### Monday 20th

First day of Spring ❁

**Soup** Tomato

**Main** Pea and vegetable couscous

**Desert** Fruit

### Tuesday 21st

World Tree Day 🌳

**Soup** French garlic cream

**Main** Spinach and carrot tortilla with potato

**Desert** Fruit / Sweet

### Wednesday 22nd

World Water Day 💧

**Soup** Turnip, leek and pumpkin

**Main** Mushroom woodpecker (pickles, olives, parsley) with rosé potato

**Desert** Fruit

### Thursday 23rd

**Soup** Brussels sprouts and cauliflower

**Main** Soy pasta with tomato sauce, peppers and basil

**Desert** Fruit / Sweet

### Friday 24th

**Soup** Vegetable julienne

**Main** Sautéed chickpeas with carrots, leeks and rosemary + roasted potatoes

**Desert** Fruit

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# Universidade dos Açores – Angra do Heroísmo

## Week from 27th to 31st of march

### Vegetarian lunch

#### Monday 27th

**World theater day** 🎭

<b>Soup</b>	French garlic and carrot
<b>Main</b>	Stewed beans with vegetables and pasta
<b>Desert</b>	Fruit

#### Tuesday 28th

<b>Soup</b>	White cabbage and turnip
<b>Main</b>	Broccoli gratin with sweet potato
<b>Desert</b>	Fruit / Sweet

#### Wednesday 29th

<b>Soup</b>	Beans with watercress
<b>Main</b>	Poached eggs in tomato and parsley sauce + baked potato
<b>Desert</b>	Fruit

#### Thursday 30th

<b>Soup</b>	Turnip and pumpkin
<b>Main</b>	Soy and Vegetable Bolognese
<b>Desert</b>	Fruit / Sweet

#### Friday 31st

<b>Soup</b>	Tomato cream
<b>Main</b>	Broad beans with courgette, mushrooms and potato
<b>Desert</b>	Fruit

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