















# Universidade dos Açores – Angra do Heroísmo Lunch menu | Week from 11<sup>th</sup> to 15<sup>th</sup> of march 2024

### Monday

**Soup** Velvety spinach

**Normal** Vegetable beans <sup>1,10,12</sup>

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

**Desert** Fruit

Tuesday | World Glaucoma Day

**Soup** Cauliflower cream

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

**Vegan** Potato and spinach gratin in the oven <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

Wednesday

**Soup** Turnip greens

**Normal** Fish stew with cooked sweet potatoes <sup>1,4,10,12</sup>

**Vegan** Roasted beans with sliced carrots + white rice <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

Thursday  $| \pi Day |$  World Kidney Day

**Soup** Carrot with parsley

**Normal** Pork stroganoff with coriander rice <sup>1,7,10,12</sup>

**Vegan** Chickpea ranch with cabbage, pasta, carrots <sup>1,3,7,10,12</sup>

**Desert** Fruit

### Friday | World Sleep Day

**Soup** Green broth <sup>1,10,12</sup>

**Normal** Codfish salad with chickpeas and potatoes <sup>1,4,10,12</sup>

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

**Desert** Fruit



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

















# Universidade dos Açores – Angra do Heroísmo Lunch menu Week from 18<sup>th</sup> to 24<sup>th</sup> of march 2024

### Monday

**Soup** Broccoli and turnip

**Normal** Fish fingers in the oven + white rice <sup>1,3,4,7,10,12</sup>

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

**Desert** Fruit

Tuesday | Father's Day

**Soup** Chicken <sup>1,10,12</sup>

**Normal** Spaghetti in a chicken nest <sup>1,3,10,12</sup>

**Vegan** White bean curry + white rice <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

Wednesday | Beginning of Spring | World Oral Health Day

**Soup** Cauliflower with watercress

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

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

**Desert** Fruit

Thursday | World Tree Day | World Poetry Day

**Soup** Green bean

**Normal** Meat croquettes + saffron rice  $^{1,3,6,7,10,12}$ 

**Vegan** Black-eyed pea, potato and boiled egg salad 1,3,7,10,12

**Desert** Fruit

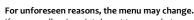
### Friday | World Water Day

**Soup** Broccoli and cauliflower

**Normal** Russian tuna salad with pasta <sup>1,3,4,10,12</sup>

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

**Desert** Fruit





















# Universidade dos Açores – Angra do Heroísmo Lunch menu Week from 25<sup>th</sup> to 29<sup>th</sup> of march 2024

#### Monday

**Soup** Turnip, courgette and green beans

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

**Vegan** Couscous with chickpeas and sautéed vegetables <sup>1,3,7,10,12</sup>

**Desert** Fruit

Tuesday

**Soup** Turnip greens, leek and pumpkin

**Normal** Chicken stew with boiled potatoes <sup>1,10,12</sup>

**Vegan** Baked vegetable and pea tortilla <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

Wednesday | World Theater Day

**Soup** Salsa with shaved egg<sup>3</sup>

**Normal** Roast pork with orange sauce + pepper rice <sup>1,10,12</sup>

**Vegan** Pasta with stewed soybeans and peppers <sup>1,3,6,7,10,12</sup>

**Desert** Fruit

**Thursday** 

**Soup** Fish  $^{1,3,4,10,12}$ 

**Normal** Baked fish + carrot rice <sup>1,4,10,12</sup>

**Vegan** Fried vegetable dreams + aromatic spaghetti 1,3,7,10,12

**Desert** Fruit

Good Friday | Holiday



