



## Universidade dos Açores – Angra do Heroísmo

### Lunch menu | Week from 11<sup>th</sup> to 15<sup>th</sup> of march 2024

#### Monday

<b>Soup</b>	Velvety spinach
<b>Normal</b>	Vegetable beans <sup>1,10,12</sup>
<b>Vegan</b>	Soy lasagna <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Tuesday | World Glaucoma Day

<b>Soup</b>	Cauliflower cream
<b>Normal</b>	Chicken vegetables with pasta <sup>1,3,10,12</sup>
<b>Vegan</b>	Potato and spinach gratin in the oven <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Wednesday

<b>Soup</b>	Turnip greens
<b>Normal</b>	Fish stew with cooked sweet potatoes <sup>1,4,10,12</sup>
<b>Vegan</b>	Roasted beans with sliced carrots + white rice <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Thursday | π Day | World Kidney Day

<b>Soup</b>	Carrot with parsley
<b>Normal</b>	Pork stroganoff with coriander rice <sup>1,7,10,12</sup>
<b>Vegan</b>	Chickpea ranch with cabbage, pasta, carrots <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Friday | World Sleep Day

<b>Soup</b>	Green broth <sup>1,10,12</sup>
<b>Normal</b>	Codfish salad with chickpeas and potatoes <sup>1,4,10,12</sup>
<b>Vegan</b>	Vegetable fritters + saffron rice <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.



## Universidade dos Açores – Angra do Heroísmo

### Lunch menu | Week from 18<sup>th</sup> to 24<sup>th</sup> of march 2024

#### Monday

<b>Soup</b>	Broccoli and turnip
<b>Normal</b>	Fish fingers in the oven + white rice <sup>1,3,4,7,10,12</sup>
<b>Vegan</b>	Lentil bolognese <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Tuesday | Father's Day

<b>Soup</b>	Chicken <sup>1,10,12</sup>
<b>Normal</b>	Spaghetti in a chicken nest <sup>1,3,10,12</sup>
<b>Vegan</b>	White bean curry + white rice <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Wednesday | Beginning of Spring | World Oral Health Day

<b>Soup</b>	Cauliflower with watercress
<b>Normal</b>	Peas stewed with egg <sup>1,3,10,12</sup>
<b>Vegan</b>	Soy pie with leek and mushrooms <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Thursday | World Tree Day | World Poetry Day

<b>Soup</b>	Green bean
<b>Normal</b>	Meat croquettes + saffron rice <sup>1,3,6,7,10,12</sup>
<b>Vegan</b>	Black-eyed pea, potato and boiled egg salad <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Friday | World Water Day

<b>Soup</b>	Broccoli and cauliflower
<b>Normal</b>	Russian tuna salad with pasta <sup>1,3,4,10,12</sup>
<b>Vegan</b>	Brás style leek <sup>1,3,9,10,12</sup>
<b>Desert</b>	Fruit



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## Universidade dos Açores – Angra do Heroísmo

### Lunch menu | Week from 25<sup>th</sup> to 29<sup>th</sup> of march 2024

#### Monday

<b>Soup</b>	Turnip, courgette and green beans
<b>Normal</b>	Stewed beans with pasta <sup>1,3,10,12</sup>
<b>Vegan</b>	Couscous with chickpeas and sautéed vegetables <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Tuesday

<b>Soup</b>	Turnip greens, leek and pumpkin
<b>Normal</b>	Chicken stew with boiled potatoes <sup>1,10,12</sup>
<b>Vegan</b>	Baked vegetable and pea tortilla <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Wednesday | World Theater Day

<b>Soup</b>	Salsa with shaved egg <sup>3</sup>
<b>Normal</b>	Roast pork with orange sauce + pepper rice <sup>1,10,12</sup>
<b>Vegan</b>	Pasta with stewed soybeans and peppers <sup>1,3,6,7,10,12</sup>
<b>Desert</b>	Fruit

#### Thursday

<b>Soup</b>	Fish <sup>1,3,4,10,12</sup>
<b>Normal</b>	Baked fish + carrot rice <sup>1,4,10,12</sup>
<b>Vegan</b>	Fried vegetable dreams + aromatic spaghetti <sup>1,3,7,10,12</sup>
<b>Desert</b>	Fruit

#### Good Friday | Holiday



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