



University of the Azores – Angra do Heroísmo

Lunch Menu₃ | July 21 to 25, 2025

Monday

Soup	Brussels Sprouts and Cauliflower ¹²
Plate	Stewed Broad Beans with Egg ³
Vegetarian	Vegetable Fritters + Farfalle Pasta ^{1,3}
Desert	Seasonal Fruit

Tuesday | World Brain Day

Soup	Turnip greens, leek, and pumpkin ¹²
Plate	Tuna pudding ^{1,3,4,7}
Vegetarian	Vegetarian chili (beans, corn, peppers) with white rice ^{1,10,12}
Desert	Seasonal Fruit

Wednesday

Soup	Pumpkin cream soup ¹²
Plate	Chicken stroganoff with white rice ^{1,6,7,8,10,12}
Vegetarian	Soy Bolognese ^{1,3,6,7,10,11,12}
Desert	Seasonal Fruit

Thursday | Cousins' Day

Soup	Turnip with spinach ¹²
Plate	Alentejo-style pork ^{1,12,14}
Vegetarian	Mushroom and spinach lasagna ^{1,3,7,10,12}
Desert	Seasonal Fruit

Friday

Soup	Fish ^{1,3,4}
Plate	Fish stew with tomato rice ^{1,3,4,12}
Vegetarian	Green bean, carrot, and potato tortilla baked in the oven ^{3,7}
Desert	Seasonal Fruit

Due to unforeseen circumstances, the menu may be subject to change. If you are allergic or intolerant to any substance, please consult the unit manager for more detailed information before consuming your meal. 1Cereals containing gluten., 2 Crustaceans, 3 Eggs, 4Fish, 5 Peanuts, 6Soy, 7Milk, 8Nuts, 9Aipo, 10Mustard, 11Sesame seeds 12Sulfur Dioxide and Sulfites, 13Lupin, 14Mollusks Possible cross-contamination cannot be ruled out. For those who are not allergic or intolerant, these substances or products are completely harmlessv

