



University of the Azores – Angra do Heroísmo Lunch menu₄ | January 26 to 30, 2026

Monday | World Environmental Education Day

Soup	Leek with turnip greens ¹²
Plate	Broad bean and egg stew (cabbage, carrot and macaroni) ^{1,3,6,7,12}
Vegetarian meal	Lentil pie ^{1,3,6,7,10,12}
Desert	Seasonal fruit

Tuesday | International Day of Commemoration in Memory of the Victims of the Holocaust

Soup	Fish ^{1,3,4}
Plate	Roasted fish with boiled yam ^{4,12}
Vegetarian meal	Soy chili with white rice ^{1,6,12}
Desert	Seasonal fruit

Wednesday | European Data Protection Day

Soup	Courgette and green beans ¹²
Plate	Chicken jardinière stew with spinach rice ¹²
Vegetarian meal	Vegetarian fritters with spaghetti ^{1,3,10,12}
Desert	Seasonal fruit

Thursday | Friends's | World Puzzle Day

Soup	Broccoli and turnip ¹²
Plate	Meat rissoles with tricolour pasta ^{1,2,3,4,5,6,7,8,9,10,11,12,13,14}
Vegetarian meal	Chickpea stew with vegetables and pasta ^{1,3,12}
Desert	Seasonal fruit / mousse ⁷

Friday

Soup	Tomato ¹²
Plate	Paloco bean stew ^{4,12}
Vegetarian meal	Leek à Brás ^{1,3,10,12}
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., 2Crustaceans, 3Eggs, 4Fish, 5Peanuts, 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 harmless

