



## University of the Azores – Angra do Heroísmo Lunch menu<sub>2</sub> | February 9 to 13, 2026

### Monday

<b>Soup</b>	Cauliflower cream soup with mint
<b>Plate</b>	Oven-baked beef croquettes with carrot rice <sup>1,2,3,4,5,6,7,8,9,10,11,12,14</sup>
<b>Vegetarian meal</b>	Vegetable croquettes with carrot rice <sup>1,3,6,9,10,11,12</sup>
<b>Desert</b>	Seasonal fruit

### Tuesday | World Pulses Day

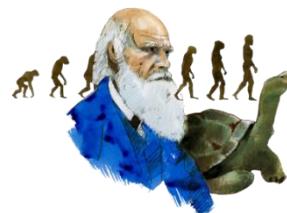
<b>Soup</b>	<b>Peds</b>
<b>Plate</b>	Tuna salad with potato, corn, mixed vegetables, grated boiled egg, and olives <sup>1,3,4,8,10,12,13</sup>
<b>Vegetarian meal</b>	Vegetable salad with diced potatoes <sup>1,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Wednesday | World Patient Day



<b>Soup</b>	Vegetable puree
<b>Plate</b>	Braised chicken breast with julienne vegetables and small pasta <sup>1,3,12</sup>
<b>Vegetarian meal</b>	Vegetable Bolognese <sup>1,3,10,12</sup>
<b>Desert</b>	Seasonal fruit

### Thursday | Darwin Day



<b>Soup</b>	Lentils
<b>Plate</b>	Creamy Pollock <sup>1,4,7,10,12</sup>
<b>Vegetarian meal</b>	Mushroom and potato gratin <sup>1,7,10,12</sup>
<b>Desert</b>	Seasonal fruit / Sweet Dessert <sup>1,3,7</sup>

### Friday | World Radio Day

<b>Soup</b>	Tomato with spinach
<b>Plate</b>	Transmontana bean stew with white rice <sup>1,6,7,10,12</sup>
<b>Vegetarian meal</b>	Soy bean stew with white rice <sup>1,6,10,11,12</sup>
<b>Desert</b>	Seasonal fruit

