



University of the Azores – Angra do Heroísmo Lunch menu₄ | March 9 a 13, 2026

Monday

Soup	Carrot with green beans ¹²
Plate	Mimoso tuna baked in the oven with potatoes and vegetables ^{1,7,10,12}
Vegetarian meal	Mimoso vegetables baked in the oven with potatoes ^{1,7,10,12}
Desert	Seasonal fruit

Tuesday

Soup	Fish ^{1,3,4} / Vegetable cream ¹²
Plate	Stewed pork with spaghetti ^{1,3,12}
Vegetarian meal	Soy gratin with spaghetti ^{1,3,6,7,11}
Desert	Seasonal fruit

Wednesday | European Day of Victims of Terrorism

Soup	Egg ¹²
Plate	Golden panga fillets with pepper rice ^{1,4,10,12}
Vegetarian meal	Vegetable paella ^{1,6,9,10,11,12}
Desert	Seasonal fruit / Sweet dessert ^{1,3,7}

Thursday | World Kidney Day

Soup	Beans with greens ¹²
Plate	Oven-baked chicken with olive sauce and pasta ^{1,3,4,8,13}
Vegetarian meal	Mushroom Bolognese ^{1,3,7}
Desert	Seasonal fruit

Friday

Soup	Pumpkin with lentils ¹²
Plate	Paloco à Brás (paloco fish, julienned potatoes, egg, parsley, olives) ^{1,3,4,8,10,12,13}
Vegetarian meal	Leek à Brás (leek, julienned potatoes, egg, parsley, olives) ^{1,3,8,10,12,13}
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 harmless

