



University of the Azores – Angra do Heroísmo

Lunch Menu₁ | June 30 to July 4, 2025

Monday | World Social Media Day

Soup	Broccoli and Turnip Greens
Plate	Cod Bean Stew ^{4,12}
Vegetarian	Soy Shepherd's Pie ^{1,3,6,7,10,11,12}
Desert	Seasonal fruit

Tuesday | World Libraries Day

Soup	Leek with grated carrot
Plate	Chicken à Brás ^{3,4,8,12,13}
Vegetarian	Pasta, bean, and broccoli salad ^{1,3}
Desert	Seasonal fruit

Wednesday

Soup	Vegetable Julienne ⁹
Plate	Omelette (onion, olives, parsley) with spaghetti ^{1,3,4,8,13}
Vegetarian	Lentil curry with vegetable rice ^{1,6,10,11}
Desert	Seasonal fruit

Thursday | International Plastic Bag Free Day

Soup	Green Bean Cream Soup
Plate	Pork Stroganoff with raisin rice ^{1,6,7,8,10,12}
Vegetarian	Vegetarian stew (chickpeas, mushrooms, peppers, cabbage, carrot, pasta, oregano) ^{1,3,9,10,12}
Desert	Seasonal fruit

Friday

Soup	Carrot
Plate	Chicken alcatra with macaroni ^{1,3,12}
Vegetarian	Vegetable lasagna ^{1,3,7,9,12}
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., 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

