



University of the Azores – Angra do Heroísmo

Lunch menu₂ | November 10 to 14, 2025

Monday | World Science Day for Peace and Development

Soup	Turnip, zucchini, and green beans ¹²
Plate	Stewed broad beans with egg ^{3,12}
Vegetarian meal	Mushroom and spinach lasagna ^{1,3,7,10,12}
Desert	Seasonal fruit

Tuesday | Saint Martin



Soup	Caldo Verde ¹²
Plate	Grilled sardines with yam and cornbread ^{1,4}
Vegetarian meal	Chickpea stew ^{1,3,12}
Desert	Seasonal fruit / Boiled chestnuts ⁸

Wednesday | World Pneumonia Day

Soup	Green beans ¹²
Plate	Chicken à Brás ^{3,12}
Vegetarian meal	Vegetable fritters with french fries ^{1,3,12}
Desert	Seasonal fruit / Flan pudding ⁷

Thursday | World Quality Day

Soup	Tomato, carrot, and basi ^{1,10,12}
Plate	Oven-baked tuna gratin with cilantro rice ^{1,4,7,10,12}
Vegetarian meal	Soy stew with peas, carrots, and vermicelli ^{1,3,6,12}
Desert	Seasonal fruit

Friday | World Diabetes Day



Soup	Pumpkin cream
Plate	Beef stew with cubes of meat, pasta, and boiled broccoli ^{1,3,12}
Vegetarian meal	Vegetable feijoada with white rice 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 harmless

