



University of the Azores – Angra do Heroísmo

Lunch menu₁ | From June 2 to June 6, 2025

Monday

Soup	Green broth
Plate	Shredded beef with potatoes
Vegetarian meal	Soy lasagna with spinach ^{1,3,6,7}
Desert	Seasonal fruit

Tuesday | World Bicycle Day

Soup	Broccoli and turnip
Plate	Stewed beans with macaroni ^{1,3,12}
Vegetarian meal	Tortilla with green beans and carrot + pasta ^{11,3,12}
Desert	Seasonal fruit

Wednesday | Global Running Day

Soup	Brussels sprouts and cauliflower
Plate	Roasted pork with pepper rice ¹²
Vegetarian meal	Lentil and mushroom Bolognese ^{1,3,12}
Desert	Seasonal fruit

Thursday | World Environment Day

Soup	Julienne vegetables
Plate	Chicken à Brás style ³
Vegetarian meal	Vegetable fritters + tomato rice ^{1,3,7}
Desert	Seasonal fruit

Friday

Soup	Tomato cream soup
Plate	Paloco fish stew with pasta ^{1,3,4,12}
Vegetarian meal	Chickpea stew ^{1,3,12}
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

