



University of the Azores – Angra do Heroísmo

Lunch menu¹ | January 5 to 9, 2026

Monday

Soup	French Garlic Cream Soup ¹²
Plate	Stewed Broad Beans with Egg ^{1,3,6,7,12}
Vegetarian meal	Vegetable Casserole (carrot, cabbage, leek, with egg and spiral pasta) ^{1,3,12}
Desert	Seasonal fruit

Tuesday | Three Kings' Day

Soup	Fish ^{1,3,4}
Plate	Fried fish with boiled potatoes ^{4,12}
Vegetarian meal	Vegetable fritters with tomato rice ^{1,3,7,9,12}
Desert	Seasonal fruit / Jelly ⁷

Wednesday

Soup	Broccoli ¹²
Plate	Chicken pot roast with parsley rice ^{1,10,12}
Vegetarian meal	Lentil and mushroom Bolognese ^{1,3,12}
Desert	Seasonal fruit

Thursday | Earth's Rotation Day

Soup	Carrot with scrambled egg ^{3,12}
Plate	Portuguese-style pork ¹²
Vegetarian meal	Couscous with leek and peas ^{1,3}
Desert	Seasonal fruit

Friday

Soup	Butter beans with cabbage ¹²
Plate	Cuttlefish rice ^{12,14}
Vegetarian meal	Spinach and tomato frittata (eggs, cheese) with roasted potatoes ^{1,3,7}
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

