



University of the Azores – Angra do Heroísmo

Lunch menu | January 12 to 16, 2026

Monday | Military Academy Day

Soup	Turnip greens ¹²
Plate	Transmontana-style bean stew ^{1,6,7,12}
Vegetarian meal	Gratinated vegetables with farfalle pasta ^{1,3,7,12}
Desert	Seasonal fruit

Tuesday

Soup	Tomato soup ¹²
Plate	Tuna pudding ^{1,3,4,7,12}
Vegetarian meal	Chickpea, mushroom and green bean stew + rice ¹²
Desert	Seasonal fruit

Wednesday | World Logic Day

Soup	Cauliflower with cabbage ¹²
Plate	Creamy hake pasta stew ^{1,3,4,7,12}
Vegetarian meal	Portuguese-style coarse soybeans ^{1,6,10,12}
Desert	Seasonal fruit

Thursday | World Composer Day

Soup	Broccoli and turnip ¹²
Plate	Roasted chicken legs with rosemary and vegetable rice ^{1,10,12}
Vegetarian meal	Mushroom and spinach lasagna ^{1,3,7,12}
Desert	Seasonal fruit / Jelly ⁷

Friday | International Spicy Food Day

Soup	Carrot ¹²
Plate	Salted cod à Brás ^{1,3,4,8,10,12,13}
Vegetarian meal	Pea rice with leek and herbs ^{1,10,12}
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

