



University of the Azores – Angra do Heroísmo Lunch menu₂ | February 23 a 27, 2026

Monday

Soup	Carrot cream soup ¹²
Plate	Codfish fritters with green bean rice ^{1,2,3,4,5,6,7,8,9,10,11,12,14}
Vegetarian meal	Homemade vegetable fritters with green bean rice ^{1,9,10,12}
Desert	Seasonal Fruit

Tuesday

Soup	Beans with vegetables ¹²
Plate	Meat Bolognese with mushrooms and peppers ^{1,3,7,9,10,12}
Vegetarian meal	Soy Bolognese with mushrooms and peppers ^{1,3,6,9,11,12}
Desert	Seasonal Fruit

Wednesday

Soup	Chicken soup ^{1,3,9,10,12} / Vegetable cream soup
Plate	Tuna pie ^{1,3,4,6,7,12}
Vegetarian meal	Chickpeas with Russian salad (potatoes and mixed vegetables) + green sauce ^{1,10,12}
Desert	Pudim Flan ⁷

Thursday | Portuguese Geography Day

Soup	Pumpkin with spinach
Plate	Oven-baked chicken with lemon and white rice ^{1,9,10,12}
Vegetarian meal	Vegetable risotto ^{1,10,12}
Desert	Seasonal Fruit



Friday

Soup	Spring vegetables (carrot, peas and green beans) ¹²
Plate	Oven-baked breaded fillets with pasta salad (corn, carrot, olives and parsley)
Vegetarian meal	Lentil and potato pie (tomato, peppers, sautéed onions, tomato sauce, saffron and cumin/coriander) ^{1,3,6,7,9,10,11,12}
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

