



University of the Azores – Angra do Heroísmo Lunch Menu₄ | September 29 to October 3, 2025

Monday | International Day of Awareness of Food Loss and Waste | World Heart Day

Soup	Leek and grated carrot ¹²
Plate	Stewed peas with egg ³
Vegetarian meal	Portuguese-style soy chunks (with pickles, olives, and potatoes) ^{1,3,7,9,10,12}
Desert	Seasonal fruit

Tuesday | International Podcast Day

Soup	Turnip greens ¹²
Plate	Breaded chicken with bean rice ^{1,3,6,7,10,12}
Vegetarian meal	Cauliflower with chickpeas and gratin spinach (with red onion and bell peppers) ^{1,3,7,9,10,12}
Desert	Seasonal fruit

Wednesday | World Music Day | International Day of Older Persons | International Coffee Day | World Vegetarian Day | National Water Day

Soup	Caldo Verde ¹²
Plate	Fish stew with boiled potatoes ¹²
Vegetarian meal	Bean, bell pepper, and corn chili + white rice ¹²
Desert	Seasonal fruit

Thursday

Soup	Juliana ¹²
Plate	Grilled bifanas with tomato sauce and coriander rice ^{1,10,12}
Vegetarian meal	Green bean and carrot tortilla + pasta ^{1,3,12}
Desert	Seasonal fruit / jelly ⁷

Friday | World Smile Day

Soup	Turnip greens, leek e pumpkin
Plate	Chicken rump with spinach rice ¹²
Vegetarian meal	Black-eyed pea, potato, and vegetable salad with green dressing
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

