



University of the Azores – Angra do Heroísmo

Lunch menu₂ | September 8-12, 2025

Monday | International Literacy Day

Soup	Vegetable cream soup ¹²
Plate	Roasted chicken legs with rosemary and spaghetti ^{1,3,12}
Vegetarian meal	Chickpea, tomato and spice stew with vegetables and couscous ^{1,6,9,10,12}
Desert	Seasonal fruit

Tuesday

Soup	Cauliflower with cabbage ¹²
Plate	Haddock bean stew with cauliflower ^{4,12}
Vegetarian meal	Mushroom and spinach lasagna ^{1,3,7,10,12}
Desert	Seasonal fruit

Wednesday

Soup	Tomato cream soup ¹²
Plate	Tortilla with green beans and carrots + spiral pasta ^{1,3,12}
Vegetarian meal	Portuguese-style soy rojões (pickles, olives and potato) ^{1,4,6,8,9,10,11,12,13}
Desert	Seasonal fruit

Thursday

Soup	Carrot with egg ^{3,12}
Plate	Meat croquettes with mashed potatoes ^{1,2,3,4,5,6,7,8,9,10,11,12,14}
Vegetarian meal	Vegetable fritters with farfalle pasta ^{1,3}
Desert	Seasonal fruit / Jelly ⁷

Friday

Soup	Chicken broth soup ^{1,3,9,10,12}
Plate	Chicken stroganoff with carrot rice ^{7,12}
Vegetarian meal	Soy shepherd's pie ^{1,3,6,7,12}
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

