



a&o MENUS | Lunch & Dinner

Monday Lunch

Red Lentil Curry vegan, LF, GF
 Rice vegan, LF, GF
 Summer Vegetables vegan, LF, GF
 Bulgur Pan vegan
 Oat Dessert vegan, LF

Monday Dinner

Penne vegan, LF
 Sauce Bolognese LF, GF
 Tomato Sauce vegan, LF, GF
 Mediterranean Grilled Vegetables vegan
 Panna Cotta Pudding veget., GF
 Strawberry Sauce vegan, LF, GF

Tuesday Lunch

Kebab LF, GF
 Rice vegan, LF, GF
 Ratatouille vegan, LF, GF
 Tomato Sauce vegan, LF, GF
 Couscous Pan vegan, LF
 Baklava

Tuesday Dinner

Burger Patty Beef GF, LF
 Burger Patty Chicken LF
 Burger Patty vegan vegan, LF
 Burger Bun vegan, LF
 Burger Bun (GF) vegan, GF, LF
 Cheddar Cheese veget., GF
 Potato Wedges vegan, GF, LF

**Burger
Tuesday!**



Wednesday Lunch

Beef Meatballs LF
 Roasted Potatoes vegan, LF, GF
 Mixed Vegetables vegan, LF, GF
 Tomato Sauce with Basil vegan, LF, GF
 Asian Fried Noodles vegan, LF
 Mixed Berry Mini Pancakes veget.
 Vanilla Sauce veget., GF



Wednesday Dinner

Crispy Chicken Schnitzel LF
 Country Wedges vegan, LF, GF
 Sliced Carrots vegan, LF, GF
 Sauce Hollandaise veget., GF
 Vegetable Schnitzel vegan, LF
 Kaiserschmarrn veget.
 Applesauce veget., LF, GF

**NEW
more vegan
options!**

OUR STANDARDS

We prepare one of these tasty menus every day; always with a vegetarian option. In addition, our guests enjoy a varied salad buffet, a daily dessert or fruits and various drinks. a&o reserves the right to choose the menu. If the whole group asks for a vegetarian menu, please write to groups@aohostels.com



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Thursday Lunch

Roast Chicken
 Steamed Potatoes vegan, LF, GF
 Piri-Piri-Sauce vegan, LF
 Steakhouse Pan vegan
 Apricot Dumplings veget.
 Vanilla Sauce veget., GF

Thursday Dinner

Beef Goulash LF
 Spaetzle veget., LF
 Red Cabbage vegan, LF, GF
 Swabian-Style Dumplings vegan, LF
 Chocolate Pudding veget., GF

Friday Lunch

Chicken Cordon Bleu with Turkey Ham
 Mashed Potatoes veget., GF
 Summer Vegetables vegan, LF, GF
 Tomato Sauce vegan, LF, GF
 Bami Goreng vegan
 Semolina Pudding veget.
 Applesauce vegan, GF

Friday Dinner

Beef Meatroll Filled with Cream Cheese
 Rice vegan, LF, GF
 Balkan Vegetable Mix vegan, LF, GF
 Sugo Pomodoro vegan, LF, GF
 Chili sin Carne vegan
 Cheesecake veget.
 Strawberry Sauce vegan, LF, GF

Saturday Lunch

Potato Gratin veget., GF
 Mixed Vegetables vegan, LF, GF
 Cannelloni vegan, LF
 Oat Dessert vegan, LF
 Vanilla Sauce veget., GF

Saturday Dinner

Meatballs in in Tomato Sauce GF
 Fusilli vegan
 Retro Vegetable Mix vegan, LF, GF
 Tomato Sauce with Basil vegan, LF, GF
 Falafel vegan, LF, GF
 Caramel Pudding veget., GF

Sunday Lunch

Potato Pockets with Herb Filling veget.
 Gnocchi Mediterraneo veget., LF
 Farmhouse Vegetables vegan, LF, GF
 Tomato Sauce vegan, LF, GF
 Rice Pudding veget., GF
 Applesauce veget., LF, GF

Sunday Dinner

Chicken Skewers LF, GF
 Rice vegan, LF, GF
 Asian-Style Stir-Fried Vegetables with Pak Choi vegan
 Bulgur Pan vegan
 Chocolate Oat Dessert vegan, GF

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