



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}



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}



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, GF
 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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a&o Lunch Package To Go

Our lunch packages can conveniently be ordered online or at the reception desk (please order 1 day in advance). Ideal for excursions, trips or a long day in the city.

A lunch package contains:

- **1 Sandwich of your choice***
Chili Chicken,
Premium Gouda,
Tomato & Mozzarella *veget*
Hummus & Falafel *vegan*
- 0.5 L water
- 1 portion of fruit purée
- 1 granola bar



8,25€

CZ: 190 Kč
DK: 65 kr.



LUNCH PACKAGE

* Varieties may vary depending on availability.