



## a&o Lunch & Dinner

# MENUS

With daily vegetarian option. We are happy to provide vegan menus on request.  
We also take into account lactose intolerance and gluten allergy.

**NEW**  
more vegan  
options!

### Monday Lunch

- Red Lentil Curry vegan, lactose free, gluten free
- Rice vegan, lactose free, gluten free
- Summer Vegetables vegan, lactose free, gluten free
- Bulgur Pan vegan
- Oat Dessert vegan, lactose free

### Monday Dinner

- Penne vegan, lactose free
- Sauce Bolognese lactose free, gluten free
- Tomato Sauce vegan, lactose free, gluten free, lactose free, gluten free
- Mediterranean Grilled Vegetables vegan
- Panna Cotta Pudding vegetarian, gluten free
- Strawberry Sauce vegan, lactose free, gluten free

### Tuesday Lunch

- Kebab lactose free, gluten free
- Rice vegan, lactose free, gluten free
- Ratatouille vegan, lactose free, gluten free
- Tomato Sauce vegan, lactose free, gluten free, lactose free, gluten free
- Couscous Pan vegan, lactose free
- Baklava

### Tuesday Dinner

- Beef Goulash lactose free
- Spaetzle vegetarian, lactose free
- Red Cabbage vegan, lactose free, gluten free
- Swabian-Style Dumplings vegan, lactose free
- Chocolate Pudding vegetarian, gluten free

### Wednesday Lunch

- Beef Meatballs lactose free
- Roasted Potatoes vegan, lactose free, gluten free
- Mixed Vegetables and Morels vegan, lactose free, gluten free
- Tomato Sauce with Basil vegan, lactose free, gluten free
- Asian Fried Noodles vegan, lactose free
- Mixed Berry Mini Pancakes vegetarian
- Vanilla Sauce vegetarian, gluten free

### Wednesday Dinner

- Crispy Chicken Schnitzel lactose free
- Country Wedges vegan, lactose free, gluten free
- Sliced Carrots vegan, lactose free, gluten free
- Sauce Hollandaise vegetarian, gluten free
- Vegetable Schnitzel vegan, lactose free
- Kaiserschmarrn vegetarian
- Applesauce vegetarian, lactose free, gluten free

Menus can vary depending on availability.



## Thursday Lunch

- Roast Chicken
- Steamed Potatoes vegan, lactose free, gluten free
- Piri-Piri-Sauce vegan, lactose free
- Steakhouse Pan vegan
- Apricot Dumplings vegetarian
- Vanilla Sauce vegetarian, gluten free

## Friday Lunch

- Chicken Cordon Bleu with Turkey Ham
- Mashed Potatoes vegetarian, gluten free
- Summer Vegetables vegan, lactose free, gluten free
- Tomato Sauce vegan, lactose free, gluten free
- Bami Goreng vegan
- Semolina Pudding vegetarian
- Applesauce vegan, gluten free

## Saturday Lunch

- Potato Gratin vegetarian, gluten free
- Mixed Vegetables vegan, lactose free, gluten free
- Cannelloni vegan, lactose free
- Oat Dessert vegan, lactose free
- Vanilla Sauce vegetarian, gluten free

## Sunday Lunch

- Potato Pockets with Herb Filling vegetarian
- Gnocchi Mediterraneo vegetarian, lactose free
- Farmhouse Vegetables vegan, lactose free, gluten free
- Tomato Sauce vegan, lactose free, gluten free
- Rice Pudding vegetarian, gluten free
- Applesauce vegetarian, lactose free, gluten free

Menus can vary depending on availability.

## Thursday Dinner

- Meatballs in Tomato Sauce gluten free
- Fusilli vegan
- Retro Vegetable Mix vegan, lactose free, gluten free
- Tomato Sauce with Basil vegan, lactose free, gluten free
- Falafel vegan, lactose free, gluten free
- Caramel Pudding vegetarian, gluten free

## Friday Dinner

- Beef Patty Filled with Cream Cheese
- Rice vegan, lactose free, gluten free
- Balkan Vegetable Mix vegan, lactose free, gluten free
- Sugo Pomodoro vegan, lactose free, gluten free
- Chili sin Carne vegan
- Cheesecake vegetarian
- Caramel Sauce vegetarian

## Saturday Dinner

- Chicken Thighs lactose free, gluten free
- Roasted Potatoes vegan, lactose free, gluten free
- Sliced Carrots vegan, lactose free, gluten free
- Demiglace
- Swabian-Style Dumplings vegan, lactose free
- Biscuit Pudding vegetarian

## Sunday Dinner

- Chicken Skewers lactose free, gluten free
- Rice vegan, lactose free, gluten free
- Asian-Style Stir-Fried Vegetables with Pak Choi vegan
- Bulgur Pan vegan
- Chocolate Oat Dessert vegan, gluten free

## 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 and various drinks. a&o reserves the right to choose the menu.

If the whole group asks for a vegetarian menu, please write to us:  
[groups@aohostels.com](mailto:groups@aohostels.com)