



# 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

## Thursday Dinner

Meatballs in 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 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

## 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 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

## 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 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

## 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

Menus can vary depending on availability.

## 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)