



a&o MENUS | Dinner

Monday

Penne vegan, lactose free
 Bolognese Sauce lactose free
 Tomato Sauce vegan, lactose free, gluten free
 Steamed Broccoli vegan, lactose free, gluten free
 Almond Brownie vegetarian
 Fruit

Tuesday

Beef Meatballs
 Vegan Meatballs vegan
 Country Potatoes vegetarian, lactose free
 Mix of Steamed Vegetables vegan, lactose free, gluten free
 Tomato Sauce vegan, lactose free, gluten free
 Chocolate Brownie and Fruit vegetarian

Wednesday

Chicken „Cordon Bleu“
 Potato Wedges vegan, lactose free
 Green Beans vegan, lactose free, gluten free
 Mushroom Sauce vegetarian
 Vegetable Traybake vegetarian
 Brownie & Fruit vegetarian

Thursday

Beef Goulash with Potatoes
 Steamed Carrots vegan, gluten free, lactose free
 Cannelloni Filled with Ricotta & Spinach vegetarian
 Sponge Traybake vegetarian
 Fruit

Friday

Breaded Chicken
 Rice vegan, lactose free, gluten free
 Steamed Carrots vegan, lactose free, gluten free
 Katsu Curry Sauce vegetarian, lactose free
 Sponge Traybake vegetarian
 Fruit

Saturday

Lasagne Bolognese
 Vegetarian Lasagne vegetarian
 Mixed Steamed Vegetables vegan, lactose free, gluten free
 Apricot Filled Flapjack vegan
 Fruit

Sunday

Vegetarian Cutlet vegetarian
 Rice vegan, gluten free, lactose free
 Mixed Steamed Vegetables vegan, gluten free, lactose free
 Tomato Sauce vegan, gluten free, lactose free
 Apricot Filled Flapjack vegan
 Fruit



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