



# a&o MENU | Lunch and Dinner

## Monday Lunch

Pasta Bolognese  
 Tomato Pasta vegan, lactose-free  
 Broccoli vegan, gluten-free  
 Chocolate Cake vegetarian

## Monday Dinner

Beef Goulash with Potatoes gluten-free, lactose-free  
 Cauliflower vegan, lactose-free, gluten-free  
 Carrots vegan, lactose-free, gluten-free  
 Cannelloni Ricotta & Spinach vegetarian  
 Lemon Cake vegetarian

## Tuesday Lunch

Meatballs with Sauce  
 Country-style Potatoes with Herbs lactose-free, vegetarian  
 Vegetable Cutlets vegetarian  
 Carrots vegan, gluten-free  
 Cherry Cake vegetarian

## Tuesday Dinner

Lasagne Bolognese  
 Lasagne with vegetables  
 Mixed Vegetables vegan, lactose-free, gluten-free  
 Lemon Cake

## Wednesday Lunch

Chicken Cordon Bleu  
 Potato Wedges vegetarian, lactose-free  
 Green Beans vegan, lactose-free, gluten-free  
 Mushroom Cream Sauce vegetarian  
 Savoury Cake vegetarian  
 Black Cake vegetarian

## Wednesday Dinner

Beef Stew with Potatoes  
 White Rice vegan, lactose-free, gluten-free  
 Cauliflower vegan, lactose-free, gluten-free  
 Cannelloni Ricotta & Spinach vegetarian  
 Black Cake vegetarian



## 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)



# a&o MENU | Lunch and Dinner

## Thursday Lunch

Beef Goulash with Potatoes gluten-free, lactose-free  
 Cauliflower vegan, lactose-free, gluten-free  
 Carrots vegan, lactose-free, gluten-free  
 Cannelloni Ricotta & Spinach vegetariano  
 Lemon Cake vegetarian

## Thursday Dinner

Chicken Cutlets  
 Potato Wedges vegan, lactose-free  
 Cauliflower vegan, lactose-free, gluten-free  
 Mushroom Cream Sauce vegetarian  
 Vegetable Medallions vegetarian  
 Chocolate Cake vegetarian

## Friday Lunch

Lasagne Bolognese  
 Lasagne with vegetables vegetarian  
 Mixed Vegetables vegan, lactose-free, gluten-free  
 Lemon Cake vegetarian

## Friday Dinner

Pasta Bolognese  
 Tomato Pasta vegan, lactose-free  
 Broccoli vegan, gluten-free  
 Chocolate Cake vegetarian

## Saturday Lunch

Beef Stew with Potatoes  
 White Rice vegan, lactose-free, gluten-free  
 Cauliflower vegan, lactose-free, gluten-free  
 Cannelloni Ricotta & Spinach vegetarian  
 Black Cake vegetarian

## Saturday Dinner

Meatballs with Sauce lactose-free, gluten-free  
 Country-style Potatoes with Herbs lactose-free, vegetarian  
 Vegetable Cutlets vegetarian  
 Carrots vegan, gluten-free  
 Cherry Cake vegetarian

## Sunday Lunch

Chicken Cutlets  
 Potato Wedges vegan, lactose-free  
 Cauliflower vegan, lactose-free, gluten-free  
 Mushroom Cream Sauce vegetarian  
 Vegetable Medallions vegetarian  
 Chocolate Cake vegetarian

## Sunday Dinner

Chicken Cordon Bleu  
 Potato Wedges vegetarian, lactose-free  
 Green Beans vegan, lactose-free, gluten-free  
 Mushroom Cream Sauce vegetarian  
 Savoury Cake vegetarian  
 Black Cake vegetarian

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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\***  
*Tomato & Mozzarella* *veget.*  
*Prosciutto Cotto & Provola*  
*(Ham & Cheese)*
- 0.5 L water
- 1 portion of fruit purée
- 1 granola bar

only  
**8,50€**



## LUNCH PACKAGE

\* Varieties may vary depending on availability.