



## 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.

### 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



## 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 vegetarian
- 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

Menus can vary depending on availability.

## OUR STANDARDS

We prepare one of these delicious menus every day – always with a vegetarian option. Our guests also receive a varied salad buffet, a dessert of the day and various drinks. a&o reserves the right to choose the menu.

If the entire group would like a vegetarian menu, please send us an e-mail to [groups@aohostels.com](mailto:groups@aohostels.com).