



# 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 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

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).