



# a&o MENUS | Lunch & Dinner

## MENU 1

Spaghetti lactose free  
 Bolognese sauce lactose free, gluten free  
 Tomato sauce lactose free, gluten free  
 Pan-fried vegetables „Italian style“ lactose free, gluten free  
 Kaiserschmarrn  
 Apple Puree lactose free, gluten free

## MENU 2

Beef patty lactose free  
 Potatoes lactose free, gluten free  
 Princess beans lactose free, gluten free  
 Tender wheat vegetable pan vegan, lactose free  
 Semolina Pudding  
 Cherries without Seeds lactose free, gluten free

## MENU 3

Chicken „Cordon Bleu“  
 Wedges seasoned lactose free, gluten free  
 Kaiser vegetables lactose free, gluten free  
 Steakhouse pan vegan, lactose free, gluten free  
 Chocolate Pudding gluten free  
 Vanilla Sauce gluten free

## MENU 4

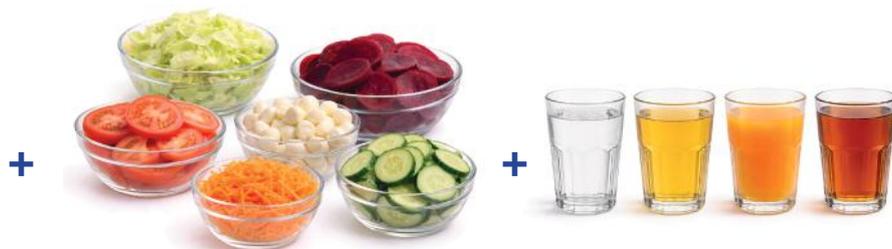
Beef goulash gluten free  
 Egg noodles lactose free  
 Red cabbage lactose free, gluten free  
 Bami Goreng pan vegan, lactose free  
 Sheet Apple Cake with Crumble Topping

## MENU 5

Stuffed peppers  
 Saffron vegetable rice  
 Summer vegetables  
 Gravy  
 Primo pasta pan  
 Rice Pudding  
 Stewed Plums

## MENU 6

Mini chicken escalope breaded  
 Mashed potatoes gluten free  
 Cauliflower lactose free, gluten free  
 Tender wheat vegetable pan vegan, lactose + gluten free  
 Cherries without Seeds lactose free, gluten free  
 Vanilla Sauce gluten free



## 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).



# a&o MENUS | Lunch & Dinner

## MENU 7

Chik'n Wings Crispy lactose free  
 Ducat chips lactose free, gluten free  
 Carrot slices lactose free, gluten free  
 Vegetable bulgur vegan, lactose free  
 Vanilla Pudding gluten free

## MENU 8

Plant Based Chilli sin Carne vegan, lactose free, gluten free  
 Saffron vegetable rice  
 Broccoli florets lactose free, gluten free  
 Steakhouse pan vegan, lactose free, gluten free  
 Semolina Pudding  
 Cherries without Seeds lactose free, gluten free

## MENU 9

Vegetable patties  
 Roasted cream cheese pockets gluten free  
 Chopped spinach  
 Hollandaise sauce  
 Vegetable pan with chicken  
 Kaiserschmarrn  
 Apple Puree

## MENU 10

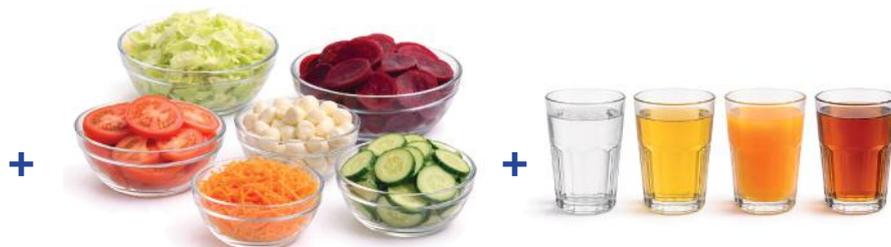
Broccoli gratin  
 Cream & Cheese Gratin  
 Broccoli florets  
 Hollandaise sauce  
 Vegetable pan with chicken  
 Chocolate Pudding gluten free  
 Vanilla Sauce gluten free

## MENU 11

Chicken nuggets lactose free, gluten free  
 Falafel balls  
 Pan-fried vegetables Asian style with pak choi lactose free  
 Ducat chips lactose free, gluten free  
 Tender wheat vegan vegetable vegan, lactose free  
 Vanilla Pudding gluten free

## MENU 12

Plant Based Chilli sin Carne vegan, lactose free, gluten free  
 Meatballs cevapcici style (pork) lactose free  
 Long grain rice  
 Wok vegetables lactose free, gluten free  
 Bami goreng pan lactose free  
 Sheet Chocolate Cake



## 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).