



NEW
more vegan
options!

a&o 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

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 vegetarian and Fruit

Wednesday

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

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

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. Lunch Products based on availability.

If the whole group asks for a vegetarian menu, please write to us:
groups@aohostels.com