



a&o Dinner MENUS

NEW
more vegan
options!

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