



## a&o 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.

**NEW**  
more vegan  
options!

### Monday Lunch

Red Lentil Curry <sup>vegan</sup>  
Rice <sup>vegan</sup>  
Summer Vegetables <sup>vegan</sup>  
Bulgur Pan <sup>vegan</sup>  
Oat Dessert <sup>vegan</sup>

### Monday Dinner

Penne <sup>vegan</sup>  
Sauce Bolognese  
Tomato Sauce <sup>vegan</sup>  
Mediterranean Grilled Vegetables <sup>vegan</sup>  
Panna Cotta Pudding <sup>vegetarian</sup>  
Strawberry Sauce <sup>vegan</sup>

### Tuesday Lunch

Kebab  
Rice <sup>vegan</sup>  
Ratatouille <sup>vegan</sup>  
Tomato Sauce <sup>vegan</sup>  
Couscous Pan <sup>vegan</sup>  
Baklava

### Tuesday Dinner

Beef Goulash  
Spaetzle <sup>vegetarian</sup>  
Red Cabbage <sup>vegan</sup>  
Swabian-Style Dumplings <sup>vegan</sup>  
Chocolate Pudding <sup>vegetarian</sup>

### Wednesday Lunch

Beef Meatballs  
Roasted Potatoes <sup>vegan</sup>  
Mixed Vegetables and Morels <sup>vegan</sup>  
Tomato Sauce with Basil <sup>vegan</sup>  
Asian Fried Noodles <sup>vegan</sup>  
Mixed Berry Mini Pancakes <sup>vegetarian</sup>  
Vanilla Sauce <sup>vegetarian</sup>

### Wednesday Dinner

Crispy Chicken Schnitzel  
Country Wedges <sup>vegan</sup>  
Sliced Carrots <sup>vegan</sup>  
Sauce Hollandaise <sup>vegetarian</sup>  
Vegetable Schnitzel <sup>vegan</sup>  
Kaiserschmarrn <sup>vegetarian</sup>  
Applesauce <sup>vegetarian</sup>

Menus can vary depending on availability.



## Thursday Lunch

Roast Chicken  
Steamed Potatoes <sup>vegan</sup>  
Piri-Piri-Sauce <sup>vegan</sup>  
Steakhouse Pan <sup>vegan</sup>  
Apricot Dumplings <sup>vegetarian</sup>  
Vanilla Sauce <sup>vegetarian</sup>

## Thursday Dinner

Meatballs in in Tomato Sauce  
Fusilli <sup>vegan</sup>  
Retro Vegetable Mix <sup>vegan</sup>  
Tomato Sauce with Basil <sup>vegan</sup>  
Falafel <sup>vegan</sup>  
Caramel Pudding <sup>vegetarian</sup>

## Friday Lunch

Chicken Cordon Bleu with Turkey Ham  
Mashed Potatoes <sup>vegetarian</sup>  
Summer Vegetables <sup>vegan</sup>  
Tomato Sauce <sup>vegan</sup>  
Bami Goreng <sup>vegan</sup>  
Semolina Pudding <sup>vegetarian</sup>  
Applesauce <sup>vegan</sup>

## Friday Dinner

Beef Patty Filled with Cream Cheese  
Rice <sup>vegan</sup>  
Balkan Vegetable Mix <sup>vegan</sup>  
Sugo Pomodoro <sup>vegan</sup>  
Chili sin Carne <sup>vegan</sup>  
Cheesecake <sup>vegetarian</sup>  
Caramel Sauce <sup>vegetarian</sup>

## Saturday Lunch

Potato Gratin <sup>vegetarian</sup>  
Mixed Vegetables <sup>vegan</sup>  
Cannelloni <sup>vegan</sup>  
Oat Dessert <sup>vegan</sup>  
Vanilla Sauce <sup>vegetarian</sup>

## Saturday Dinner

Chicken Thighs  
Roasted Potatoes <sup>vegan</sup>  
Sliced Carrots <sup>vegan</sup>  
Demiglace  
Swabian-Style Dumplings <sup>vegan</sup>  
Biscuit Pudding <sup>vegetarian</sup>

## Sunday Lunch

Potato Pockets with Herb Filling <sup>vegetarian</sup>  
Gnocchi Mediterraneo <sup>vegetarian</sup>  
Farmhouse Vegetables <sup>vegan</sup>  
Tomato Sauce <sup>vegan</sup>  
Rice Pudding <sup>vegetarian</sup>  
Applesauce <sup>vegetarian</sup>

## Sunday Dinner

Chicken Skewers  
Rice <sup>vegan</sup>  
Asian-Style Stir-Fried Vegetables with Pak Choi <sup>vegan</sup>  
Bulgur Pan <sup>vegan</sup>  
Chocolate Oat Dessert <sup>vegan</sup>

Menus can vary depending on availability.

## 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.

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