



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 ^{vegan}
Rice ^{vegan}
Summer Vegetables ^{vegan}
Bulgur Pan ^{vegan}
Oat Dessert ^{vegan}

Monday Dinner

Penne ^{vegan}
Sauce Bolognese
Tomato Sauce ^{vegan}
Mediterranean Grilled Vegetables ^{vegan}
Panna Cotta Pudding ^{vegetarian}
Strawberry Sauce ^{vegan}

Tuesday Lunch

Kebab
Rice ^{vegan}
Ratatouille ^{vegan}
Tomato Sauce ^{vegan}
Couscous Pan ^{vegan}
Baklava

Tuesday Dinner

Beef Goulash
Spaetzle ^{vegetarian}
Red Cabbage ^{vegan}
Swabian-Style Dumplings ^{vegan}
Chocolate Pudding ^{vegetarian}

Wednesday Lunch

Beef Meatballs
Roasted Potatoes ^{vegan}
Mixed Vegetables and Morels ^{vegan}
Tomato Sauce with Basil ^{vegan}
Asian Fried Noodles ^{vegan}
Mixed Berry Mini Pancakes ^{vegetarian}
Vanilla Sauce ^{vegetarian}

Wednesday Dinner

Crispy Chicken Schnitzel
Country Wedges ^{vegan}
Sliced Carrots ^{vegan}
Sauce Hollandaise ^{vegetarian}
Vegetable Schnitzel ^{vegan}
Kaiserschmarrn ^{vegetarian}
Applesauce ^{vegetarian}

Menus can vary depending on availability.



Thursday Lunch

Roast Chicken
Steamed Potatoes vegan
Piri-Piri-Sauce vegan
Steakhouse Pan vegan
Apricot Dumplings vegetarian
Vanilla Sauce vegetarian

Thursday Dinner

Meatballs in in Tomato Sauce
Fusilli vegan
Retro Vegetable Mix vegan
Tomato Sauce with Basil vegan
Falafel vegan
Caramel Pudding vegetarian

Friday Lunch

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

Friday Dinner

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

Saturday Lunch

Potato Gratin vegetarian
Mixed Vegetables vegan
Cannelloni vegan
Oat Dessert vegan
Vanilla Sauce vegetarian

Saturday Dinner

Chicken Thighs
Roasted Potatoes vegan
Sliced Carrots vegan
Demiglace
Swabian-Style Dumplings vegan
Biscuit Pudding vegetarian

Sunday Lunch

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

Sunday Dinner

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

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