



a&o MENUS | Dinner

With daily vegetarian option. We are happy to provide vegan menus on request.
We also take into account lactose intolerance and gluten allergy.

Monday

- Chicken Meatballs (lactose free)
- Vegan Meatballs (vegan, lactose free)
- Penne (vegan, lactose free)
- Tomato & Herb Sauce (vegan, lactose free, gluten free)
- Mousse (vegetarian, gluten free)
- Ice Cream (vegan, lactose free, gluten free)

Tuesday

- Steak Stew (lactose free)
- Vegan Sausage (vegan, lactose free)
- Rice (vegan, gluten free, lactose free)
- Gravy (vegan, gluten free, lactose free)
- Jam Doughnuts (vegetarian, lactose free)
- Fruit Salad (vegan, gluten free)

Wednesday

- Chicken Mince (lactose free)
- Chilli sin Carne (vegan, gluten free, lactose free)
- Penne (vegan, lactose free)
- Tomato & Herb Sauce (vegan, lactose free, gluten free)
- Mousse (vegetarian, gluten free)
- Ice Cream (vegan, lactose free, gluten free)

Thursday

- Breaded Chicken (lactose free)
- Vegan Chicken Breast (vegan)
- Rice (vegan, gluten free, lactose free)
- Gravy (vegan, gluten free, lactose free)
- Jam Doughnuts (vegetarian, lactose free)
- Fruit Salad (vegan, gluten free)

Friday

- Chicken Meatballs (lactose free)
- Vegan Meatballs (vegan, lactose free)
- Penne (vegan, lactose free)
- Tomato & Herb Sauce (vegan, lactose free, gluten free)
- Mousse (vegetarian, gluten free)
- Ice Cream (vegan, lactose free, gluten free)

Saturday

- Beef Lasagne
- Lasagne (vegetarian)
- Penne (vegan, lactose free)
- Tomato & Herb Sauce (vegan, lactose free, gluten free)
- Jam Doughnuts (vegetarian, lactose free)
- Fruit Salad (vegan, gluten free)

Sunday

- Breaded Chicken (lactose free)
- Vegan Chicken Breast (vegan)
- Rice (vegan, gluten free, lactose free)
- Gravy (vegan, gluten free, lactose free)
- Jam Doughnuts (vegetarian, lactose free)
- Fruit Salad (vegan, gluten free)



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 or fruits and various drinks. a&o reserves the right to choose the menu. If the whole group asks for a vegetarian menu, please write to groups@aohostels.com



a&o | Packed Lunch To Go

Our packed lunch can conveniently be ordered online or at the reception desk (please order one day in advance). Ideal for excursions, trips or a long day in the city.

A packed lunch contains:

- 1 Sandwich of your choice*
Cheese Salad veget.
Vegan cheese vegan
Ham Salad
Chicken Salad
- 0.5 L Water
- 1 Malt Lunchbox Loaf
- 1 Walker crisps



PACKED LUNCH

* Varieties depending on availability. Our lunch package is also available gluten- and/or lactose-free upon request.