



a&o MENUS | Dinner

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 and Fruit vegetarian

Wednesday

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

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 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***

Vegan Cheesly Savoury ^{vegan}

Egg Mayonnaise ^{veget.}

Cheese Savoury ^{veget.}

Simply Cheddar Cheese ^{veget.}

Chicken Mayonnaise

- **0.5 L water**

- **1 Apple**

- **1 Chocolate bar**



**only
£7,00**
(≈ 8,20 €)



PACKED LUNCH

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