



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 | Lunch Package To Go

Our lunch packages can conveniently be ordered online or at the reception desk (please order 1 day in advance). Ideal for excursions, trips or a long day in the city.

A lunch package contains:

- **1 Sandwich of your choice***
Chicken Mayonnaise
Egg Mayonnaise *veget.*
Simply Cheddar Cheese *vegan*
- **0.5 L Water**
- **1 Malt Lunchbox Loaf**
- **1 Walker crisps**



LUNCH PACKAGE

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