



Snacks January 2026

Friday 2nd January

Snack 1: Fruit yoghurt 150g, fruit 50g /1a,b,c,d,7

yoghurt*fruit

Snack 2: White yoghurt 150g, fruit 50g /1a,b,c,d,7

yoghurt*fruit

Snack : Multigrain bread 60g, spread butter 30g, fruit 50g /1a,b,c,d,7

bread*spread butter*fruit

Snack 2: Multigrain bread 60g, butter 10g, jam 10g, fruit 50g /1a,b,c,d,7

bread*butter*jam*fruit

Monday 5th January

Snack 1: Cornflakes 50g, milk 200ml, fruit 50g /1a,b,c,d,7

Cornflakes*yoghurt*fruit

Snack 2: Cornflakes 50g, milk 200ml, fruit 50g /1a,b,c,d,7

Cornflakes*yoghurt*fruit

Snack 1: Caesar knot 60g, ricotta 30g, vegetable 50g /1a,b,c,d,7

knot* ricotta*vegetable

Snack 2: Caesar knot 60g, spread butter 30g, vegetable 50g /1a,b,c,d,7

knot*spread butter*vegetable

Tuesday 6th January

Snack 1: Korn roll 60g, sardine spread 30g, vegetable 50g /1a,b,c,d,4,6,7

roll* spread butter*sardine*gervais*fruit

Snack 2: Korn rohlík 60g, butter 10g, mozzarella 20g, vegetable 50g /1a,b,c,d,6,7

roll* butter *mozzarella*fruit

Snack 1: Vanilla cake 70g, milk 200ml/ 1a,b,c,d,3,7

Cake*milk

Snack 2: Multigrain bread 60g, butter 10g, honey 15g, fruit 50g /1a,b,c,d,7

bread*butter*honey* fruit



Snacks January 2026

Wednesday 7th January

Snack 1: Sourdough bread 60g, vegan paté 30g, fruit 50g / 1a,b,c,d,6,11

*bread*onion*tempeh*oil*tahini*marjoram* fruit*

Snack 1: Sourdough bread 60g, butter 10g, eidam 20g, fruit 50g / 1a,b,c,d,6,7

*bread*butter*eidam* fruit*

Snack 1: Kolin bun 60g, butter 10g, ham 20g, vegetable 50g / 1a,b,c,d,7

*bun*butter*ham* vegetable*

Snack 2: Kolin bun 60g, carrot spread 30g, vegetable 50g / 1a,b,c,d,7

bun spread butter*gervais *carrot*vegetable*

Thursday 8th January

Snack 1: Wholegrain toast 60g, ajvar spread 30g, vegetable 50g / 1a,b,c,d,6,7,11,13

*toast*spread butter*ajvar* vegetable*

Snack 2: Wholegrain toast 60g, salmon spread 30g, vegetable 50g / 1a,b,c,d,4,6,7,11,13

*Toast*spread butter*salmon*gervais* vegetable*

Snack 1: Cocoa sour cream with biscuits 150ml, fruit 50g / 1a,b,c,d,3,7

*sour cream*biscuits*sugar* fruit*cocoa*

Snack 2: Cocoa sour cream with biscuits 150ml, fruit 50g / 1a,b,c,d,3,7

*sour cream*biscuits*sugar* fruit*cocoa*

Friday 9th January

Snack 1: Corn bars 3pcs, hummus ala Shrek 30g, fruit 50g / 1a,b,c,d,11

*corn bars*chickpea*tahini*garlic*spirulina* fruit*

Snack 2: Rye bread 60g, butter 10g, ham 20g, fruit 50g / 1a,b,c,d,7

*bread*butter*ham* fruit*

Snack 1: Korn roll 60g, spinach spread 30g, vegetable 50g / 1a,b,c,d,7

*roll*spread butter*gervais*spinach* vegetable*

Snack 2: Korn roll 60g, egg spread 30g, vegetable 50g / 1a,b,c,d,3,7,10

*roll*spread butter*egg*gervais*mustard* vegetable*



Snacks January 2026

Monday 12th January

Snack 1: White yoghurt 150g, musli with nuts 20g, fruit 50g /1 a,b,c,d,7,8a,b,c,d,e

yoghurt*musli*nut*fruit

Snack 2: White yoghurt 150g, musli with nuts 20g, fruit 50g /1 a,b,c,d,7,8a,b,c,d,e

yoghurt*musli*nuts*fruit

Snack 1: Rye bread 60g, fresh cheese 30g, vegetable 50g /1a,b,c,d,7

bread*fresh cheese*vegetable

Snack 2: Rye bread 60g, butter 10g, ham 20g, vegetable 50g /1a,b,c,d,7

bread*butter*ham*vegetable

Tuesday 13th January

Snack 1: Sourdough bread 60g, beetroot spread „Barbie“ 30g, fruit 50g /1a,b,c,d,7,8 a,b,c,d,e

bread*spread butter*beetroot*walnuts*fruit

Snack 2: Knackebrot 2ks, herbs spread 30g, fruit 50g /1a,b,c,d,7

knackebrot*gervais*herbs*fruit

Snack 1: Homemade poppy seeds cake 80g, milk 200ml /1a,b,c,d,3,7

butter*flour*poppy seeds*sugar*egg*lemon

Snack 2: Multigrain bread 60g, butter 10g, jam 15g, fruit 50g /1a,b,c,d,7

bread*butter*jam*fruit

Wednesday 14th January

Snack 1: Korn roll 60g, salmon spread 30g, fruit 50g /1a,b,c,d,4,6,7

roll*salmon*spread butter*gervais*fruit

Snack 2: Korn roll 60g, ricotta 30g fruit 50g /1a,b,c,d,6,7

roll*ricotta*fruit

Snack 1: Bandur bun 60g, Bulgarian spread 30g, vegetable 50g /1a,b,c,d,,6,7,10

bun*spread butter*mustard*onion*ketchup*pickle*chicken*gervais*vegetable

Snack 2: Bandur bun 60g, butter 10g, ½ egg, vegetable 50g /1a,b,c,d,3,6,7

bun*butter*egg*vegetable



Snacks January 2026

Thursday 15th January

Snack 1: Sourdough bread 60g, egg spread 30g, vegetable 50g / 1a,b,c,d,3,7,10

*bread*spread butter*egg*mustard*gervais* vegetable*

Snack 2: Sourdough bread 60g, butter 10g, eidam 20g, vegetable 50g / 1a,b,c,d,7

*bread*butter*eidam* vegetable*

Snack 1: Oatmeal porridge with plum and cinnamon 150 ml / 1a,b,c,d,7

*Oat flakes*milk*sugar*plum*cinnamon*

Snack 2: Bonvital bread 60g, spread butter 30g, fruit 50g / 1a,b,c,d,7,11

*bread*spread butter * fruit*

Friday 16th January

Snack 2: Pumpkin toast 60g, butter 10g, cheddar 20g, fruit 50g / 1a,b,c,d,7,11,13

*toast*butter*cheddar* fruit*

Snack 2: Pumpkin toast 60g, sardine spread 30g, fruit 50g / 1a,b,c,d,4,7,11,13

*Toast*spread butter*sardine*gervais* fruit*

Snack 1: Natura bun 60g, butter 10g, ham 20g, vegetable 50g / 1a,b,c,d,7

*bun*butter*ham* vegetable*

Snack 2: Natura bun 60g, ham spread 30g, vegetable 50g / 1a,b,c,d,7

*bun*ham*spread butter*gervais* vegetable*

Monday 19th January

Snack 1: Choco balls 50g, milk 200ml / 1a,b,c,d,7

*Choco balls*milk*

Snack 2: Fruit musli 50g, milk 200ml / 1a,b,c,d,7,8a,b,c,d,e

*musli*fruit*milk*

Snack 1: Kolin bun 60g, butter 10g, ham 20g, vegetable 50g / 1a,b,c,d,7

*bun*butter*ham* vegetable*

Snack 2: Kolin bun 60g, egg spread 30g, vegetable 50g / 1a,b,c,d,3,7,10

*bun*spread butter*egg*gervais*mustard* vegetable*



Snacks January 2026

Tuesday 20th January

Snack 1: Sourdough bread 60g, mackerel spread 30g, vegetable 50g / 1a,b,c,d,4,7

bread spread butter*sardine*gervais* vegetable*

Snack 2: Sourdough bread 60g, fresh cheese 30g, vegetable 50g / 1a,b,c,d,7

*bread*fresh cheese* vegetable*

Snack 1: Cake with fresh cheese filling 60g, milk 200ml / 1a,b,c,d,3,7

*Cake*milk*

Snack 2: Multigrain bread 60g, butter 10g, honey 15g, fruit 50g / 1a,b,c,d,7

*bread*butter*honey* fruit*

Wednesday 21st January

Snack 1: Knackebrot 2pcs, pea spread with mint 30g, fruit 50g / 1a,b,c,d,7

*knackebrot*mint*pea*gervais*lemon*spread butter*

Snack 2: Rice slices 2pcsc, butter 10g, eidam 20g, fruit 50g / 1a,b,c,d,7

slices butter*eidam* fruit*

Snack 1: Caesar knot 60g, roasted chicken spread 30g, vegetable 50g / 1a,b,c,d,7

*knot *spread butter*roasted chicken*gervais* vegetable*

Snack 2: Caesar knot 60g, ham spread 30g, vegetable 50g / 1a,b,c,d,7

*knot*spread butter*ham*gervais* vegetable*

Thursday 22nd January

Snack 1: White toast 60g, vegetable spread ala lobster 30g, vegetable 50g / 1a,b,c,d,6,7,9

*toast*spread butter*carrot*celery*lemon* vegetable*

Snack 2: White toast 60g, tuna spread 30g, vegetable 50g / 1a,b,c,d,4,6,7

*toast*spread butter*tuna*gervais* vegetable*

Snack 1: Strawberry pudding 150ml, biscuits 20g, fruit 50g / 1a,b,c,d,3,7,8 a,b,c,d,e

*milk*biscuits*pudding* fruit*

Snack 2: Strawberry pudding 150ml, biscuits 20g, fruit 50g / 1a,b,c,d,3,7,8 a,b,c,d,e

*milk*biscuits*pudding* fruit*



Snacks January 2026

Friday 23th January

Snack 1: Zalabsky roll 60g, „The Smurf“ spread with radish 30g, fruit 50g /1a,b,c,d,6,7

*roll*spread butter*radish vodnice*spirulina*fruit*

Snack 2: Zalabsky roll 60g, carrot spread 30g, fruit 50g /1a,b,c,d,6,7

roll spread butter*gervais *carrot*fruit*

Snack 1: Rye bread 60g, fresh cheese 30g, vegetable 50g /1a,b,c,d,7

*bread*fresh cheese*vegetable*

Snack 2: Rye bread 60g, butter 10g, ham 20g, vegetable 50g /1a,b,c,d,7

*bread*butter*ham*vegetable*

Monday 26th January

Snack 1: Vanilla cream 80g, fruit 50g /1a,b,c,d,7,8 a,b,c,d,e

*Vanilla cream*fruit*

Snack 2: White yoghurt 150g, nuts musli 20g, fruit 50g /1a,b,c,d,7,8 a,b,c,d,e

white yoghurt oat flakes*butter*walnuts *chocolate*sugar*fruit*

Snack 1: Natura bun 60g, broccoli spread 30g, vegetable 50g /1a,b,c,d,7

*bun*oil*spread butter*broccoli*vegetable*garlic*

Snack 2: Natura bun 60g, butter 10g, cheddar 20g, vegetable 50g /1a,b,c,d,7

*bun*butter*cheddar*vegetable*

Tuesday 27th January

Snack 1: Sourdough bread 60g, tuna spread 30g, vegetable 50g /1a,b,c,d,4,7

*bread*tuna*spread butter*gervais*vegetable*

Snack 2: Sourdough bread 60g, ricotta 30g, vegetable 50g /1a,b,c,d,7

*bread*ricotta*vegetable*

Snack 1: Homemade apple strudel 80g, milk 200 ml /1a,b,c,d,3,7

*Flour*butter*egg*apples*sugar*milk*

Snack 2: Multigrain bread 60g, butter 10g, jam 10g, fruit 50g /1a,b,c,d,7

*bread*butter*jam*fruit*



Snacks January 2026

Wednesday 28th January

Snack 1: Korn roll 60g, carrot spread 30g, fruit 50g / 1a,b,c,d,6,7

*roll*oil*spread butter*carrot*fruit*

Snack 2: Corn slices 2pcs, herbs spread 30g, fruit 50g / 1a,b,c,d,7

*corn slices*fresh cheese*herbs*fruit*

Snack 1: Bandur bun 60g, Bulgarian spread 30g, vegetable 50g / 1a,b,c,d,6,7,10

*bun *spread butter*mustard*onion*ketchup*pickle*chicken *gervais*vegetable*

Snack 2: Bandur bun 60g, butter 10g, 1/2 egg, vegetable 50g / 1a,b,c,d,3,6,7

*bun*butter*egg*vegetable*

Thursday 29th January

Snack 1: Wholegrain toast 60g, vegan paté 30g, vegetable 50g / 1a,b,c,d,6,11,13

*toast*onion*tempeh*oil*tahini*marjoram*vegetable*

Snack 2: Wholegrain toast 60g, mackerel spread 30g, vegetable 50g / 1a,b,c,d,4,7,11,13

*toast*spread butter*gervais*mackerel*vegetable*

Snack 1: Rice porridge with plums 150ml, fruit 50g / 1a,b,c,d,,7

*Rice*milk*sugar*plums*cinnamon*

Snack 2: Rice porridge with plums 150ml, fruit 50g / 1a,b,c,d,7

*Rice*milk*sugar*plums*cinnamon*

Friday 30th January

Snack 1: Corn bars 3pcs, hummus ala vegetable creamy sauce 30g, fruit 50g / 1a,b,c,d,9,11

*corn bars*chickpea*tahini*garlic*carrot*celery*fruit*

Snack 2: Kolin bun 60g, butter 10g, ham 20g, fruit 50g / 1a,b,c,d,7

*bun*butter*ham*fruit*

Snack 1: Rye bread 60g, cheese spread 30g, vegetable 50g / 1a,b,c,d,7

*bread*spread butter *gervais*eidam*garlic*vegetable*

Snack 2: Rye bread 60g, butter 10g, cheddar 20g, vegetable 50g / 1a,b,c,d,7

*bread *butter*cheddar*vegetable*



Snacks January 2026

**Enjoy your meal!
The Ekolandia team.**

Fulfillment of the consumer basket for schools is guaranteed for each variant separately and for kindergartens while taking snacks too. Abbreviations used in option 4: GF - (Gluten free) gluten-free variant, DF - (Dairy free) lactose-free variant. Only allergen-free ingredients (gluten, lactose) are used for preparation, use the contacts below for the exact composition of the food. However, there January be traces of gluten in variant 4 dishes, as they are prepared in the kitchen where the gluten is processed.

In case allergens mentioned

1 - Cereals containing gluten - products containing cereals –1a - wheat, 1b - rye, 1c - barley, 1d - oat, 1e - spelled, 1f - kamut or its hybrid variety and products made.

2 – crustaceans and products containing crustaceans

3 – eggs and egg-containing products

4 – fish and fish-containing products

5 – peanuts and products containing peanuts

6 – soybeans and products containing soybeans

7 – milk and milk-containing products

8 – nuts—nuts-containing products – 8a - almond, 8b - hazel nut, 8c -walnuts, 8d - cashews, 8e - brazil nuts, 8f - pistacchios, 8g - macadamia nuts.

9 – celery and celery-containing products

10 – mustard and mustard-containing products

11 – sesame seeds and sesame containing products

12 – sulphur dioxide/sulphites, where added and at the level above 10mg, ml/kg, or in the finished products, given as SO₂

13 – lupin and lupin-containing products

14 – molluscs and products containing molluscs

Fruit, fresh vegetables and milk are supplied separately from the listed menu in accordance with the regulations of the School Catering. Drinking regime: pure water, water flavored with lemon or orange, and milk. The Ekolandia menu was created in cooperation with nutrition therapist Martina Kučerová. A trained Ekolandia employee is responsible for serving the diet food.

Diet is subject to change!