



Snacks December 2025

Monday 1st December

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 2nd December

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

*Cake*milk*

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

*bread*butter*jam*fruit*

Wednesday 3rd December

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*



Snacks December 2025

Thursday 4th December

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*cinamon*

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

*Rice*milk*sugar*plums*cinamon*

Friday 5th December

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*

Monday 8th December

Snack 1: Termix 90g, fruit 50g / 7,8 a,b,c,d,e

*Termix*fruit*

Snack 2: White yoghurt 150g, cornflakes 20g, fruit 50g / 1 a,b,c,d,7

*white yoghurt*cornflakes*fruit*

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

*bun*butter*ham*vegetable*

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

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



Snacks December 2025

Tuesday 9th December

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

*bread*spread butter*sardine*gervais*fruit*

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

*bread*fresh cheese*fruit*

Snack 1: Homemade Rafaello cake 80g, milk 200ml / 1 a,b,c,d,3,7,8a,b,c,d,e

*flour*egg*sugar*milk*oil*coconut*cream*

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

*bread*butter*honey*fruit*

Wednesday 10th December

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

*Toast*spread butter*ajvar*gervais*fruit*

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

*toast*butter*mozzarella*fruit*

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

*roll*butter*egg*vegetable*

Snack 2: Zalabsky roll 60g, butter 10g, eidam 20g, vegetable 50g / 1 a,b,c,d,6,7

*roll*butter*eidam*vegetable*

Thursday 11th December

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

*bread*cucumber*dill*spread butter*garlic*vegetable*

Snack 2: Rye bread 60g, salmon spread 30g, vegetable 50g / 1 a,b,c,d,4,7

*bread*spread butter*salmon*gervais*vegetable*

Snack 1: Vanilla pudding 150ml, bisquits 20g, fruit 50g / 1a,b,c,d,3,7

*milk*bisquits*pudding*fruit*

Snack 2: Vanilla pudding 150ml, bisquits 20g, fruit 50g / 1a,b,c,d,3,7

*milk*bisquits*pudding*fruit*



Snacks December 2025

Friday 12th December

Snack 1: Corn slices 2pcs, red lentil spread with ajvar 30g, fruit 50g / 1 a,b,c,d,7

*slices*spread butter*red lentil*ajvar*fruit*

Snack 2: Korn roll 60g, butter 10g, ham 20g, fruit 50g / 1 a,b,c,d,6,7

*roll*butter*ham*fruit*

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

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

Snack 2: Knackebrot 2pcs, carrot spread 30g, vegetable 50g / 1 a,b,c,d,7

*Knackebrot*spread butter*carrot*lemon*gervais*vegetable*

Monday 15th December

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

*Cornflakes*milk*fruit*

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

*Cornflakes*milk*fruit*

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

*bun*butter*ham*vegetable*

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

*bun*riccota*vegetable*

Tuesday 16th December

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

roll spread butter*herbs*vegetable*

Snack 2: Korn roll 60g, sardine spread 30g, vegetable 50g / 1 a,b,c,d,4,6,7

*roll*sardine*spread butter*gervais*vegetable*

Snack 1: Czech Christmas braided bread 60g, milk 200ml / 1 a,b,c,d,3,7,8a,b,c,d,e

*bread*milk*

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

*bread*butter*jam*fruit*



Snacks December 2025

Wednesday 17th December

Snack 1: Sourdough bread 60g, vegetable spread ala lobster 30g, fruit 50g / 1 a,b,c,d,7,9
*bread*carrot*celery*lemon*spread butter*fruit*

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

Snack 1: Bandur bun 60g, Bulgarian spread 30g, vegetable 50g / 1 a,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 / 1 a,b,c,d,3,6,7
*bun*butter*egg*vegetable*

Thursday 18th December

Snack 1: White toast 60g, salmon spread 30g, vegetable 50g / 1 a,b,c,d,4,6,7
*toast*salmon*spread butter*gervais*vegetable*

Snack 2: White toast 60g, butter 10g, ham, 20g, vegetable 50g / 1 a,b,c,d,6,7
*toast*butter*ham*vegetable*

Snack 1: Oatmeal porridge with figs 50 ml / 1a,b,c,d,7
*Oat flakes*milk*sugar*figs*

Snack 2: Zalabsky roll 60g, butter 10g, mozzarella 20g, fruit 50g / 1a,b,c,d,6,7
*roll*butter*mozzarella*fruit*

Friday 19th December

Snack 1: Rye bread 60g, egg spread 30g, fruit 50g / 1 a,b,c,d,3,7,10
*bread*spread butter*egg*mustard*gervais*fruit*

Snack 2: Rye bread 60g ham spread 30g, fruit 50g / 1 a,b,c,d,7
*bread*ham*spread butter*gervais*fruit*

Snack 1: Corn slices 2pcs, vegan paté 30g, vegetable 50g / 1 a,b,c,d,6,11
*slices*onion*tempeh*oil*tahini*marjoram*vegetable*

Snack 2: Caesar knot 60g, butter 10g, cheddar 20g, vegetable 50g / 1 a,b,c,d,7
*knot*butter*cheddar*vegetable*



Snacks December 2025

Monday 22nd December

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

yoghurt*musli*fruit

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

yoghurt*musli*fruit

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

knot*butter*ham*vegetable

Snack 2: Caesar knot 60g, butter 10g, eidam 20g, vegetable 50g /1 a,b,c,d,3,7,10

knot*spread butter*egg*gervais*mustard*vegetable

Tuesday 23rd December

Snack 1: Corn bread 2 pcs, spread butter 30g, vegetable 50g /1 a,b,c,d,7

Corn bread*spread butter*vegetable

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

bread*ricotta*vegetable

Snack 1: Zalabsky roll 60g, butter 10g, cheddar 20g, vegetable 50g /1 a,b,c,d,6,7

knot*butter*cheddar*vegetable

Snack 2: Knackebrot 2pcs, herbs spread 30g, vegetable 50g /1 a,b,c,d,6,7

knot*herbs spread*vegetable

Wednesday 24th December

Public holiday

Thursday 25th December

Public holiday

Friday 26th December

Public holiday



Snacks December 2025

Monday 29th December

Snack 1: White yoghurt 150 ml, choco balls 20g, fruit 50g /1 a,b,c,d,7,8a,b,c,d,e

*Yoghurt*balls*fruit*

Snack 2: White yoghurt 150 ml, corn flakes 20g, fruit 50g /1 a,b,c,d,7

*Yoghurt*corn flakes*fruit*

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

*Bun*spread*vegetable*

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

*Bun*ham*butter*vegetable*

Tuesday 30th December

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

*Roll*ricotta*fruit*

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

*roll*spread butter* fruit*

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

*Cake*milk*

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

*Roll*butter*eidam*vegetable*

Tuesday 31st December

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

bread butter*cheddar*fruit*

Snack 2: Sourdough bread 60g , herbs spread 30g, fruit 50g /1 a,b,c,d,7

*bread*herbs spread* fruit*

Snack 1: Bandur bun 60g, butter 10g, ham 20g, vegetable 50g /1 a,b,c,d,6,7

*bun*butter*ham*vegetable*

Snack 2: Bandur bun 60g, butter 10g, honey 20g, vegetable 50g /1 a,b,c,d,6,7

*bun*butter* honey*vegetable*



Snacks December 2025

**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 may 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 nebo 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 - pistachios, 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!