Menu November 2026

Monday 2 November

Soup

Cream of carrot soup with ginger /1a,7,9
*carrot*celery*onion*ginger*butter*milk*coconut milk*flour*oil*

1. Optimum

Chickpea and tomato ragout, basmati rice /1a **VEGETARIAN**
*chickpeas*pepper*tomatoes*tomato purée*garlic*onion*oil*flour*garam masala*fresh coriander*sugar*basmati rice*

2. Klasik

Breaded fish balls, mashed potatoes, dill dip /1a,b,c,d,3,4,7
*potatoes*butter*milk*fresh dill*cream*sour cream*olive oil*sugar*fish fillet*flour*egg*breadcrumbs*oil*

3. Mixit

Fusilli with chicken and basil pesto, Parmesan /1a,b,c,d,3,7,8d
*fusilli*chicken breast*basil*cashew nuts*Parmesan*garlic*onion*olive oil*Parmesan*

4. Diet/ GF, DF/

Chickpea and tomato ragout, basmati rice /9,13
*chickpeas*pepper*tomatoes*tomato purée*garlic*onion*oil*gluten-free flour blend Jizerka*garam masala*fresh coriander*sugar*carrot*celery*turmeric*coconut milk*basmati rice*

Tuesday 3 November

Soup

Vegetable broth with rice /9
*carrot*celery*cauliflower*green peas*onion*rice*parsley leaves*oil*

1. Optimum

Couscous with chicken and spring vegetables /1a,b,c,d
*couscous*chicken breast*carrot*celery*green peas*sweetcorn*red onion*Italian herbs*curry*

2. Klasik

Penne Puttanesca, mozzarella /1a,b,c,d,3,7 **VEGETARIAN**
*chopped tomatoes*tomato purée*basil*black olives*garlic*onion*sugar*flour*oil*mozzarella*penne*

3. Mixit

Roast pork, cabbage, potato dumplings /1a,b,3,10
*potatoes*flour*egg*pork leg*onion*garlic*caraway*oil*white cabbage*vinegar*sugar*

4. Diet/ GF, DF/

Roast pork, cabbage, potatoes /9,10,13
*potatoes*olive oil*carrot*celery*cauliflower*green peas*onion*rice*parsley leaves*oil*pork leg*garlic*caraway* gluten-free flour blend Jizerka*jarred white cabbage*sugar*

Menu November 2026

Wednesday 4 November

Soup

Chicken broth with alphabet pasta /1a,3,9
*whole chicken*alphabet pasta*carrot*celery*onion*parsley leaves*

1. Optimum

Turkey and quinoa meatloaf, mashed potatoes, pickled cucumber /1a,b,c,d,3,7,10
*potatoes*butter*milk*pickled cucumber*turkey thigh*onion*garlic*egg*white loaf*marjoram*oil*

2. Klasik

Chicken tikka masala, basmati rice /1a,7
*basmati rice*oil*chicken breast*tomato purée*cream*onion*garlic*fresh coriander*turmeric*tandoori masala*ginger*flour*

3. Mixit

Cottage cheese pancakes, sour cream /1a,b,3,7,12 **VEGETARIAN**
*quark*egg*raisins*semolina*flour*oil*sugar*vanillin sugar*sour cream*

4. Diet/ GF, DF/

Turkey and quinoa meatloaf, potatoes, pickled cucumber /9,10,13
*potatoes*olive oil*pickled cucumber*whole chicken*gluten-free pasta*carrot*celery*onion*parsley leaves*turkey thigh*garlic*gluten-free flour blend Jizerka*marjoram*oil*

Thursday 5 November

Soup

Lentil soup /1a
*lentils*onion*garlic*marjoram*flour*vinegar*oil*sugar*

1. Optimum

Pumpkin gnocchi, spinach sauce /1a,b,3,7 **VEGETARIAN**
*Hokkaido pumpkin*potatoes*egg*flour*oil*spinach*onion*butter*milk*cream*

2. Klasik

Baked ham and pasta squares (šunkofleky), pickled cucumber /1a,b,c,d,3,7,10
*pickled cucumber*fleky pasta squares*pork*egg*cream*onion*oil*caraway-seasoned pork neck*mace*

3. Mixit

Breaded chicken schnitzel with mashed potatoes /1a,b,c,d,3,7
*potatoes*butter*milk*chicken breast*flour*egg*breadcrumbs*

4. Diet/ GF, DF/

Pumpkin gnocchi, spinach sauce /13
*Hokkaido pumpkin*potatoes*gluten-free flour blend Jizerka*oil*lentils*onion*garlic*marjoram*vinegar*sugar*spinach*lactose-free cream*

Menu November 2026

Friday 6 November

Soup

Farmhouse sauerkraut soup /1a,7,10
*sauerkraut*potatoes*pork*cream*onion*flour*oil*caraway*sweet paprika*

1. Optimum

Pork in paprika cream sauce, bread dumplings /1a,b,c,d,3,7
*flour*milk*egg*yeast*croutons*oil*pork leg*onion*sweet paprika*cream*

2. Klasik

Semolina porridge, cocoa with sugar, butter /1a,7 **VEGETARIAN**
*Dutch cocoa*sugar*fine semolina*milk*cream*butter*

3. Mixit

Spaghetti Bolognese, cheese /1a,b,c,d,3,7,9
*beef chuck*pork shoulder*carrot*tomatoes*tomato purée*onion*garlic*basil*flour*oil*sugar*Edam cheese*spaghetti*

4. Diet/ GF, DF/

Pork in paprika sauce, GF pasta /10,13
*sauerkraut*potatoes*pork*onion*gluten-free flour blend Jizerka*oil*caraway*sweet paprika*gluten-free pasta*pork leg*lactose-free cream*

Monday 9 November

Soup

Cauliflower soup with green peas /1a,7
*cauliflower*onion*green peas*milk*cream*flour*mace*oil*

1. Optimum

Butter-baked cod, French vegetables, buckwheat /1a,4,7,9
*carrot*celery*green bean pods*butter*thyme*buckwheat*onion*garlic*oil*cod fillet*herbs*

2. Klasik

Breaded cauliflower, mashed potatoes, herb dip /1a,b,c,d,3,7 **VEGETARIAN**
*potatoes*butter*chives*parsley leaves*basil*cream*sour cream*olive oil*sugar*cauliflower*flour*egg*milk* breadcrumbs*

3. Mixit

Chicken curry, jasmine rice /1a,7
*chicken breast*onion*butter*milk*cream*flour*oil*curry*turmeric*jasmine rice*

4. Diet/ GF, DF/

Cod loin, French vegetables, buckwheat /4,9,13
*carrot*celery*green bean pods*olive oil*thyme*buckwheat*onion*garlic*oil*cauliflower*green peas*lactose-free cream*gluten-free flour blend Jizerka*mace*cod loin*Italian herbs*caraway*

Menu November 2026

Tuesday 10 November

Soup

Vegetable broth with bulgur /1a,b,c,d,9

*carrot*celery*cauliflower*green peas*onion*bulgur*parsley leaves*oil*

1. Optimum

Dill sauce with egg, potatoes /1a,3,7

*potatoes*onion*spring onion*lard*milk*cream*butter*dill*flour*vinegar*oil*sugar*egg*

2. Klasik

Serbian pork risotto, pickled cucumber, cheese /7,10

*pickled cucumber*pork shoulder*parboiled rice*onion*pepper*tomatoes*tomato purée*sweet paprika*oil*Edam cheese*

3. Mixit

Spaghetti Alfredo with chicken /1a,b,c,d,3,7

*chicken breast*garlic*butter*cream*Parmesan*flat-leaf parsley*spaghetti*

4. Diet/ GF, DF/

Serbian pork risotto, pickled cucumber /9,10

*pickled cucumber*cauliflower*green peas*carrot*celery*onion*parsley leaves*oil*pork shoulder*parboiled rice* pepper*tomatoes*tomato purée*sweet paprika*

Wednesday 11 November

Soup

Beef broth with meat and rice /9

*beef chuck*parboiled rice*carrot*celery*onion*parsley leaves*

1. Optimum

Chicken with vegetables and coconut milk, jasmine rice /1a,7

*chicken breast*broccoli*carrot*pepper*zucchini*onion*garlic*coconut milk*cream*red curry paste*ginger*fresh coriander*flour*oil*sugar*jasmine rice*

2. Klasik

Szeged goulash, bread dumplings /1a,b,c,d,3,7,10

*pork leg*sauerkraut*onion*milk*cream*sweet paprika*caraway*flour*oil*egg*yeast*croutons*

3. Mixit

Greek white beans, pita bread /1 **VEGETARIAN**

*wheat flour and malt*yeast*oil*white beans*tomatoes*tomato purée*onion*garlic*oregano*olive oil*sugar*

4. Diet/ GF, DF/

Chicken with vegetables and coconut milk /9,13

*chicken breast*broccoli*carrot*pepper*zucchini*onion*garlic*coconut milk*red curry paste*ginger*fresh coriander* gluten-free flour blend Jizerka*oil*sugar*beef chuck*parboiled rice*celery*parsley leaves*basmati rice*

Menu November 2026

Thursday 12 November

Soup

Mixed pulse soup /1a,9

*lentils*yellow peas*quinoa*green peas*sweetcorn*potatoes*carrot*celery*onion*garlic*flour*oil*

1. Optimum

Greek-style turkey, penne /1a,b,c,d,3

*turkey breast*zucchini*red pepper*tomatoes*tomato purée*onion*garlic*black olives*plain flour*lemon*oil*sugar* penne*

2. Klasik

Potato pancakes, red cabbage /1a,3,10 **VEGETARIAN**

*potatoes*egg*flour*garlic*marjoram*flat-leaf parsley*oil*red cabbage*onion*vinegar*sugar*

3. Mixit

Rosemary turkey, polenta, spring vegetables /1a,7

*turkey breast*rosemary*onion*butter*flour*oil*polenta*milk*cream*garlic*baby carrots*green peas*sweetcorn*

4. Diet/ GF, DF/

Potato pancakes, red cabbage /9,10,13

*potatoes*flax seeds*gluten-free flour blend Jizerka*garlic*marjoram*flat-leaf parsley*oil*lentils*yellow peas*quinoa* green peas*sweetcorn*carrot*celery*onion*jarred red cabbage*sugar*

Friday 13 November

Soup

Krkonoše onion soup with beef /3,9

*potatoes*celery*carrot*egg*parsley leaves*garlic*onion*beef*caraway*

1. Optimum

Spelt sweet buns with vanilla custard sauce /1a,b,c,d,e,3,7 **VEGETARIAN**

*flour*egg*milk*yeast*sugar*oil*

2. Klasik

Chicken “pheasant style”, rice /1a

*chicken breast*onion*bacon*flour*oil*basmati rice*

3. Mixit

Wholegrain-breaded fish fillet, mashed potatoes, ajvar dip /1a,b,c,d,3,4,7,11

*potatoes*butter*ajvar*sour cream*sugar*cod fillet*flour*egg*breadcrumbs*sesame*mixed seeds*

4. Diet/ GF, DF/

Chicken “pheasant style”, rice /13

*chicken breast*onion*bacon*gluten-free flour blend Jizerka*oil*tomatoes*tomato purée*basil*rice*sugar*basmati rice*

Menu November 2026

Monday 16 November

Soup

Tomato soup with pearl barley /1a,c

*tomatoes*tomato purée*basil*pearl barley*onion*flour*oil*sugar*

1. Optimum

Lentil dhal, basmati rice /0 **VEGETARIAN**

*red lentils*onion*garlic*coconut milk*olive oil*tomato purée*tandoori masala*curry*cumin*fresh ginger*fresh coriander*basmati rice*oil*

2. Klasik

Breaded fish strips, potatoes, chive dip /1a,b,c,d,4,7,10

*potatoes*butter*chives*cream*sour cream*olive oil*sugar*fish fillet*flour*breadcrumbs*mustard*oil*

3. Mixit

Chicken spaghetti Puttanesca, cheese /1a,b,c,d,3,7

*chicken breast*chopped tomatoes*tomato purée*basil*black olives*garlic*onion*sugar*flour*oil*Edam cheese* spaghetti*

4. Diet/ GF, DF/

Lentil dhal, basmati rice /13

*red lentils*onion*garlic*coconut milk*olive oil*tomato purée*tandoori masala*curry*cumin*fresh ginger*fresh coriander*tomatoes*basil*rice*gluten-free flour blend Jizerka*oil*sugar*basmati rice*

Tuesday 17 November

Public holiday

Menu November 2026

Wednesday 18 November

Soup

Goulash soup /1a

*beef chuck and bones*onion*garlic*potatoes*tomato purée*sweet paprika*caraway*marjoram*flour*oil*

1. Optimum

Gnocchi with chicken and spinach /1a,b,3,7

*potatoes*egg*flour*oil*chicken breast*spinach*onion*garlic*cream*

2. Klasik

Old Bohemian beef goulash, pasta /1a,b,c,d,3

*beef topside*onion*garlic*tomato purée*flour*oil*sweet paprika*caraway-seasoned pork neck*fusilli*

3. Mixit

Crêpes with strawberry jam and sour cream /1a,c,3,7 **VEGETARIAN**

*strawberries*sugar*gelling sugar*lemon*sour cream*

4. Diet/ GF, DF/

Gnocchi with chicken and spinach /13

*potatoes*gluten-free flour blend Jizerka*oil*chicken breast*spinach*onion*garlic*lactose-free cream*beef chuck and bones*tomato purée*sweet paprika*caraway*marjoram*

Thursday 19 November

Soup

White bean soup /1a,7

*small white beans*onion*garlic*milk*cream*flour*oil*

1. Optimum

Pumpkin cubes with chickpeas, jasmine rice /1a,7 **VEGETARIAN**

*chickpeas*pumpkin*onion*milk*cream*sweet paprika*flour*oil*sugar*jasmine rice*

2. Klasik

Moravian roast pork (“Moravian sparrow”), spinach, potato dumplings /1a,b,3

*potatoes*flour*egg*spinach*onion*garlic*caraway-seasoned pork neck*oil*pork leg*caraway*

3. Mixit

Herb-baked cod, carrot and potato purée /1a,4,7

*potatoes*carrot*butter*milk*cod fillet*herbs*

4. Diet/ GF, DF/

Moravian roast pork (“Moravian sparrow”), spinach, GF potato dumplings /13

*potatoes*gluten-free flour blend Jizerka*spinach*onion*garlic*caraway-seasoned pork neck*oil*pork leg*caraway* small white beans*lactose-free cream*

Menu November 2026

Friday 20 November

Soup

Garlic soup with egg and potato /3

*potatoes*egg*onion*garlic*caraway*chicken*marjoram*

1. Optimum

Chicken in cheese sauce, fusilli /1a,b,c,d,3,7

*chicken breast*Gouda and Cheddar cheese*butter*milk*cream*flour*fusilli*

2. Klasik

Yeast blueberry dumplings, butter, sugar /1a,b,c,d,3,7 **VEGETARIAN**

*blueberries*flour*yeast*egg*milk*sugar*butter*

3. Mixit

Milanese chicken spaghetti, cheese /1a,b,c,d,3,7

*chicken breast*onion*garlic*chopped tomatoes*tomato purée*basil*Italian herbs*marjoram*flour*oil*sugar*Edam cheese*spaghetti*

4. Diet/ GF, DF/

Milanese chicken GF pasta /13

*chicken breast*onion*garlic*chopped tomatoes*tomato purée*basil*Italian herbs*marjoram*gluten-free flour blend Jizerka*oil*sugar*

Monday 23 November

Soup

Cream of pumpkin soup /1a,7

*Hokkaido pumpkin*carrot*onion*butter*milk*cream*turmeric*flour*oil*

1. Optimum

Wholegrain-breaded fish fillet, potatoes, dill dip /1a,b,c,d,3,4,7,11

*potatoes*butter*ajvar*sour cream*sugar*cod fillet*flour*egg*breadcrumbs*sesame*mixed seeds*

2. Klasik

Spaghetti Pomodoro Crema, mozzarella /1a,b,c,d,3,7 **VEGETARIAN**

*cream*tomatoes*onion*garlic*basil*flour*sugar*mozzarella*spaghetti*

3. Mixit

Butter chicken, basmati rice /1a,7

*chicken breast*butter*sweet paprika*chopped tomatoes*cream*ginger*turmeric*tandoori masala*fresh coriander* onion*garlic*flour*oil*sugar*basmati rice*

4. Diet/ GF, DF/

Butter chicken, basmati rice /11,13

*chicken breast*Alsan plant butter*sweet paprika*chopped tomatoes*lactose-free cream*ginger*turmeric*tandoori masala*fresh coriander*onion*garlic*gluten-free flour blend Jizerka*oil*sugar*Hokkaido pumpkin*carrot*basmati rice*

Menu November 2026

Tuesday 24 November

Soup

Vegetable broth /9

*cauliflower*green peas*carrot*celery*onion*parsley leaves*oil*

1. Optimum

Beluga lentil and vegetable risotto, cucumber salad with sour cream /7,9 **VEGETARIAN**

*parboiled rice*Beluga lentils*green peas*sweetcorn*carrot*celery*onion*oil*rosemary*cucumber*sour cream*sugar*

2. Klasik

Chicken with button mushrooms, mashed potatoes /1a,7

*potatoes*butter*chicken breast*button mushrooms*porcini seasoning*onion*milk*cream*flour*oil*

3. Mixit

Spaghetti alla Carbonara /1a,b,c,d,3,7,12

*streaky bacon*white balsamic*butter*cream*milk*garlic*turmeric*flour*oil*spaghetti*

4. Diet/ GF, DF/

Chicken with button mushrooms, mashed potatoes /9

*potatoes*olive oil*chicken breast*button mushrooms*porcini seasoning*onion*lactose-free cream*gluten-free flour blend Jizerka oil*cauliflower*green peas*carrot*celery*parsley leaves*

Wednesday 25 November

Soup

Chicken broth with tarhonya /1a,b,c,d,3,9

*whole chicken*tarhonya*carrot*celery*onion*parsley leaves*

1. Optimum

Chicken in basil sauce, fusilli /1a,b,c,d,3,7

*chicken breast*Parmesan*basil*butter*milk*cream*flour*fusilli*

2. Klasik

Lentils, egg omelette, pickled cucumber /1a,3,10 **VEGETARIAN**

*lentils*onion*flour*vinegar*oil*sugar*pickled cucumber*egg*

3. Mixit

Gnocchi with salmon and spinach /1a,b,3,4,7,12

*potatoes*egg*flour*oil*salmon*spinach*garlic*butter*milk*cream*white balsamic*

4. Diet/ GF, DF/

Sour lentils, pickled cucumber /9,10,13

*lentils*onion*sugar*vinegar*gluten-free flour blend Jizerka*oil*pickled cucumber*whole chicken*gluten-free pasta* carrot*celery*parsley leaves*

Menu November 2026

Thursday 26 November

Soup

Red lentil and tomato soup /1a

*red lentils*tomatoes*tomato purée*onion*garlic*oil*flour*basil*sugar*

1. Optimum

Pork meatloaf, mashed potatoes /1a,b,c,d,3,7

*potatoes*butter*milk*pork shoulder*onion*garlic*egg*white loaf*marjoram*oil*

2. Klasik

Beef sirloin in cream sauce, bread dumplings, cranberries /1a,b,c,d,3,7,9,10

*cranberries*flour*milk*egg*yeast*croutons*oil*sous-vide beef*carrot*celery*parsley root*onion*cream*lemon*sugar*mustard*vinegar*bacon*

3. Mixit

Potato and carrot pancakes, sauerkraut salad with apples /1a,3,7,10 **VEGETARIAN**

*potatoes*onion*garlic*carrot*egg*parsley leaves*cream*flour*oil*sauerkraut*apples*vinegar*sugar*

4. Diet/ GF, DF/

Pork meatloaf, potatoes /13

*potatoes*olive oil*red lentils*tomatoes*tomato purée*onion*garlic*oil*gluten-free flour blend Jizerka*basil*sugar*pork shoulder*marjoram*

Friday 27 November

Soup

Sauerkraut soup /1a,10

*sauerkraut*potatoes*pork*onion*flour*oil*caraway*sweet paprika*

1. Optimum

Potato plum dumplings, butter, poppy seeds /1a,b,3,7 **VEGETARIAN**

*potatoes*egg*flour*fine semolina*plums*sugar*poppy seeds*butter*

2. Klasik

Potato grated pasta with pork and cabbage /1a,b,3,10

*potatoes*flour*egg*onion*white cabbage*pork leg*lard*

3. Mixit

Beef strips in tomato sauce, fusilli /1a,b,c,d,3,7,9

*beef*carrot*celery*parsley root*onion*tomato purée*gingerbread*butter*flour*lemon*allspice*bay leaf*cinnamon*oil*bacon*sugar*fusilli*

4. Diet/ GF, DF/

Beef strips in tomato sauce, GF pasta /9,13

*beef*carrot*celery*parsley root*onion*tomato purée*lemon*allspice*bay leaf*cinnamon*gluten-free flour blend Jizerka*oil*bacon*sugar*gluten-free pasta*

Menu November 2026

Monday 30 November

Soup

Cream of cauliflower soup /1a,7

*cauliflower*onion*milk*cream*flour*mace*oil*

1. Optimum

Chickpea curry, jasmine rice /1a,7 **VEGETARIAN**

*chickpeas*onion*butter*milk*coconut milk*flour*oil*curry*turmeric*jasmine rice*

2. Klasik

Breaded fish balls, crushed potatoes, herb dip /1a,b,c,d,3,4,7

*potatoes*onion*spring onion*lard*chives*parsley leaves*basil*cream*sour cream*olive oil*sugar*fish fillet*flour*egg* milk*breadcrumbs*oil*

3. Mixit

Chicken in paprika cream sauce, pasta /1a,b,c,d,3,7

*chicken breast*onion*sweet paprika*cream*flour*oil*fusilli*

4. Diet/ GF, DF/

Chickpea curry, jasmine rice /13

*chickpeas*onion*coconut milk*gluten-free flour blend Jizerka*oil*curry*turmeric*jasmine rice*

Menu November 2026

Enjoy your meal!
The EKOLANDIA team

Compliance with the school nutritional basket is guaranteed for each option separately, and for nursery schools when snacks are taken at the same time.

Abbreviations used for option 4: GF – (Gluten free) gluten-free version, DF – (Dairy free) lactose-free version. Only ingredients free of the given allergen (gluten, lactose) are used in preparation; for the exact composition of a dish please use the contacts below. Dishes of option 4 may, however, contain traces of gluten, as they are prepared in a kitchen where gluten is handled.

1 - CEREALS CONTAINING GLUTEN - contain, or may contain traces of, the following cereals – 1a - wheat, 1b - rye, 1c - barley, 1d - oats, 1e - spelt, 1f - kamut, or their hybridised strains, and products thereof.

2 – crustaceans and products thereof

3 – eggs and products thereof

4 – fish and products thereof

5 – peanuts and products thereof

6 – soybeans (soya) and products thereof

7 – milk and products thereof

8 - TREE NUTS - contain, or may contain traces of, the following nuts – 8a - almonds, 8b - hazelnuts, 8c - walnuts, 8d - cashew nuts, 8e - Brazil nuts, 8f - pistachio nuts, 8g - macadamia nuts, and products thereof.

9 – celery and products thereof

10 – mustard and products thereof

11 – sesame seeds and products thereof

12 – sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre, expressed as SO2

13 – lupin and products thereof

14 – molluscs and products thereof

Fruit, fresh vegetables and milk are supplied separately, outside the composition listed in this menu, in line with the school catering decree.

Drinking regime: still water, water flavoured with lemon or orange, milk.

Dishes marked with this symbol are mildly spicy and are therefore not suitable for children in nurseries and nursery schools.

The Ekolandia menu is prepared in cooperation with nutritional therapist Martina Kučerová. A trained Ekolandia member of staff is responsible for serving diet meals. More detailed information on composition is available on request at the email address above.

Menu subject to change.