

Seasonal Ingredients



Strawberries are among our most beloved fruits. Per 100 g they contain around 62 mg of vitamin C, a similar amount to an orange. They also provide potassium and smaller amounts of calcium, magnesium and iron.



Kohlrabi is a juicy vegetable with a mildly sweet taste and a pleasantly crunchy texture. It is made up of more than 90% water, which makes it light and refreshing. It also contains vitamin C and fibre, which support immunity and healthy digestion.



Chives are a delicate green herb with a fresh, mildly onion-like aroma. They contain vitamin C, B vitamins and minerals that support the proper functioning of the body. Their fragrance and flavour feel fresh and bring the beginning of summer right to your plate.



**We wish all schoolchildren a hearty appetite and a wonderful, sunny holiday!
We look forward to seeing you again in September!**

Interesting Facts from the June Kitchen

- We will enjoy the taste of strawberries on 19 June in yeast dumplings with butter and sugar, and on 26 June as a fruit sauce with fresh cheese dumplings.
- The herb chives will be featured in broths on 10 and 24 June.
- Kohlrabi will be playing the role of kohlrabi - cabbage on the menu on 10 June – will you recognise it?

Meet Our Team



František Adámek – Head Chef

Fanda gained his experience mainly abroad in Germany, where he worked in Karlsruhe at the Michelin-recognised restaurant Kesselhaus. He has been working for Ekolandia as Head Chef since 2016. He has a particular passion for fine dining, and his hobbies include motorcycles, ice hockey, snowboarding and fishing.



Menu June 2026

Monday 1 June

Soup

Pea cream soup /1a,b,c,d,7

green peas*onion*oil*flour*milk*cream

1. Optimum

Tuscan white beans with tomatoes, bun /1a,b,c,d,3

White beans*red onion*tomatoes*tomato puree*garlic*parsnip*rosemary*thyme*bun

VEGETARIAN

2. Classic

Cod in butter, mashed potatoes, vegetables /1a,b,c,d,4,7

cod fillet*buttermilk*potatoes*turmeric*vegetables

3. Mix

Pork teriyaki, jasmine rice /1a,b,c,d,6,11

pork*teriyaki sauce*garlic*ginger*green beans*tomato puree*broccoli*sesame*balsamic*sweet chilli sauce

4. Diet / GF, DF /

Cod in olive oil, potatoes, vegetables /4

cod fillet*alsan*herbs*olive oil*potatoes*turmeric*vegetables

Tuesday 2 June

Soup

Potato soup with quinoa /1a,b,c,d,9

potatoes*quinoa*onion*carrot*celery*parsley*flour

1. Optimum

Chinese chicken strips, jasmine rice /1a,b,c,d,5,6

chicken*solamyl*kikkoman soy sauce*balsamic*sweet chilli sauce*leek*red pepper*cabbage*tomato puree*rice

2. Classic

Potato dumplings with soy and tofu, cabbage, spring onion /1a,b,c,d,3,6,7

VEGETARIAN

Potatoes*tofu*soy*onion*egg*flour*red cabbage*spring onion

3. Mix

Hungarian turkey perkelt, spaetzle /1a,b,c,d,3,7

Turkey breast*onion*cream*paprika*caraway*flour*tomato puree*garlic*oil*spaetzle

4. Diet / GF, DF /

Potato dumplings with soy and tofu, cabbage, spring onion /6

VEGETARIAN

Potatoes*tofu*soy*onion*GF flour*red cabbage*spring onion



Menu June 2026

Wednesday 3 June

Soup

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

chicken*onion*carrot*celery*herbs*tarhonya

1. Optimum

Pasta al Forno with chicken, cabbage salad /1a,b,c,d,3,7

pasta*chicken breast*red onion*garlic*fresh parsley*sun-dried tomatoes*parmesan*cabbage

2. Classic

Turkey sauté with peppers, basmati rice /1a,b,c,d,7

turkey*zucchini*garlic*pepper*flour*onion*cream*milk*oil*basmati rice

3. Mix

Fresh cheese dumplings with fruit sauce, sour cream /1a,b,c,d,3,7

Semolina*fresh cheese*egg*fruit*sour cream*sugar

VEGETARIAN

4. Diet / GF, DF /

Turkey sauté with peppers, basmati rice /0

turkey*zucchini*garlic*pepper*GF flour*onion*vegan cream*oil*basmati rice

Thursday 4 June

Soup

Vegetable soup /1a,b,c,d,7,9

carrot*parsley*celery*onion*cauliflower*flour*milk*potatoes

1. Optimum

Tarhonya with ratatouille, lettuce /1a,b,c,d,3

Tarhonya*pepper*onion*zucchini*garlic*oil*tomatoes*tomato puree*basil*parsley*tarhonya*lettuce

VEGETARIAN

2. Classic

Turkey meat balls, potato puree /1a,b,c,d,3,7,10

Turkey*potatoes*onion*garlic*flour*spices*milk*butter*egg*white bread*turmeric*oil

3. Mix

Pork schnitzel, mashed potatoes, pickle /1a,b,c,d,3,7,10

Pork*flour*egg*potatoes*pickle

4. Diet/ GF, DF/

Turkey meat balls, mashed potatoes /0

Turkey*potatoes*onion*garlic*GF flour*spices*alsan*turmeric*oil



Menu June 2026

Friday 5 June

Soup

Chickpea cream soup with green peas /1a,b,c,d,7

chickpeas*green peas*garam masala*onion*garlic*flour*milk*cream

1. Optimum

Bratislava veal ragout, bread dumplings /1a,b,c,d,3,7,9,10

Veal*onion*carrot*peas*flour*tomato puree*oil*cream*celery*pickle*milk*lemon*yeast*egg

2. Classic

Bread pudding with apples, fresh cheese and raisins / 1a,b,c,d,3,7 **VEGETARIAN**

egg*milk*sugar*raisins*butter*vanilla sugar*white bread*breadcrumbs*fresh cheese*apples*oil

3. Mixit

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

Spaghetti*chicken*tomato puree*onion*garlic*herbs*cheese

4. Diet/ GF, DF/

Bratislava veal ragout, GF pasta /9,10

Veal*onion*carrot*peas*GF flour*tomato puree*oil*celery*pickle*lemon*GF pasta

Monday 8 June

Soup

Tomato soup with rice /1a,b,c,d,7

chopped tomatoes*tomato puree*onion*flour*butter*rice

1. Optimum

Cod fillet with herbs, potato puree /4,7

treska*herbs*potatoes*butter*milk

2. Classic

Soy Bolognese spaghetti, cheese /1a,b,c,d,3,6,7,9 **VEGETARIAN**

Soy mince*onion*garlic*chopped tomatoes and puree*carrot*celery*oil*GF flour*spices*GF pasta

3. Mix

Butter chicken, basmati rice /1a,b,c,d,7,11

chicken breast*butter*onion*garlic*tomatoes and puree*spice blend*cream*basmati rice*sesame

4. Diet / GF, DF /

Cod fillet with herbs, potatoes /4

Cod fillet*herbs*potatoes*alsan



Menu June 2026

Tuesday 9 June

Soup

Leek and potato soup /1a,b,c,d,7

leek*potatoes*onion*milk*cream*butter*flour

1. Optimum

Vegetable chia patties with polenta puree /1a,b,c,d,3,7

VEGETARIAN

pumpkin*chia seeds*carrot*zucchini*leek*egg*oat flakes*mace*corn polenta*vegetables*turmeric*butter*milk

2. Classic

Beef shepherd's delight, basmati rice /1a,b,c,d

beef topside*mushrooms*onion*tomato puree*flour*basmati rice*caraway

3. Mix

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

Cream*milk*garlic*oil*turmeric*bacon*flour*butter*pasta*balsamic

4. Diet / GF, DF /

Beef shepherd's delight, basmati rice /0

beef topside*mushrooms*onion*tomato puree*GF flour*basmati rice*caraway

Wednesday 10 June

Soup

Beef broth with semolina and egg /1a,b,c,d,3,9

Beef bones*onion*carrot*celery*chives*semolina*egg

1. Optimum

Chicken roulade, mashed potatoes, salad /1a,b,c,d,3,6,7,10

Chicken*pork*spinach*milk*garlic*egg*breadcrumbs*flour*spices*potatoes*butter*vegetables

2. Classic

Potato dumplings stuffed with pork, kohlrabi - cabbage /1a,b,c,d,3,7

potatoes*egg*flour*pork*onion*cabbage*kohlrabi*sugar*vinegar

3. Mix

Grilled vegetables with chickpeas, tarhonya with ajvar / 1a,b,c,d,3,7

VEGETARIAN

Pepper*zucchini*onion*pepper*aubergine*chickpeas*herbs*tarhonya*ajvar*carrot

4. Diet / GF, DF /

Potato dumplings stuffed with pork, kohlrabi slaw /0

potatoes*GF flour*pork*onion*cabbage*sugar*vinegar



Menu June 2026

Thursday 11 June

Soup

Minestrone with beans /1a,b,c,d,9

Carrot*beans*potatoes*oil*onion*zucchini*chopped tomatoes puree*herbs*celery

1. Optimum

Farfalle with pork tenderloin and sun-dried tomatoes /1a,b,c,d,3

Pork tenderloin*penne*red pepper*leek*onion*sun-dried tomatoes*parsley*olive oil

2. Classic

Cauliflower curry with chickpeas, basmati rice /1a,b,c,d,7,8a,b,c,d,e

VEGETARIAN

Cauliflower*chickpeas*peas*chopped tomatoes*coconut milk*cream*onion*garlic*curry*ginger*coriander*basmati rice

3. Mix

Breaded cod, mashed potatoes, dip /1a,b,c,d,4,7,10

Cod fillet*flour*butter*breadcrumbs*oil*potatoes*turmeric*sour cream*dill

4. Diet / GE, DF /

Cauliflower curry with chickpeas, basmati rice /8a,b,c,d,e

VEGETARIAN

Cauliflower*chickpeas*peas*chopped tomatoes*coconut milk*vegan cream*onion*garlic*curry*ginger*coriander*basmati rice

Friday 12 June

Soup

Krkonoše onion soup with meat /3,9

Beef*potatoes*onion*carrot*garlic*egg

1. Optimum

Potato sticks with poppy seeds, plum sauce /1a,b,c,d,3,7

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

VEGETARIAN

2. Classic

Turkey meatloaf, potato puree, salad /1a,b,c,d,3,7

Turkey thigh*egg*potatoes*milk*marjoram*garlic*curcumin*vegetable

3. Mix

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

beef*onion*carrot*celery*mustard*cream*wheat and wholemeal flour*yeast*egg*milk*cranberries

4. Diet / GE, DF /

Turkey meatloaf, potatoes, salad /0

Turkey thigh*potatoes*marjoram*garlic*curcumin*vegetable



Menu June 2026

Monday 15 June

Soup

Celery and leek cream soup /1a,b,c,d,7,9

*Celery*onion*potatoes*leek*milk*cream*flour*butter*

1. Optimum

Chickpea Kung Pao, basmati rice /1a,b,c,d,6

*chickpeas*leek*Kikkoman soy sauce*onion*red pepper*balsamic*basmati rice*

VEGETARIAN

2. Classic

Cod Greek style, mashed potatoes /1a,b,c,d,4,7

*cod*herbs*olives*onion*garlic*flour*paprika*zucchini*tomatoes and puree*potatoes*butter*

3. Mix

Chicken paprikash, elbow pasta /1a,b,c,d,3,7

*chicken breast*sweet paprika*cream*flour*egg*spring onion*

4. Diet / GF, DF /

Chickpea Kung Pao, basmati rice /6

*chickpeas*leek*Kikkoman soy sauce*onion*red pepper*balsamic*basmati rice*

VEGETARIAN

Tuesday 16 June

Soup

Vegetable soup with potato /1a,b,c,d,7,9

*cauliflower*carrot*peas*celery*flour*milk*potatoes*

1. Optimum

Italian-style turkey goulash, pasta /1a,b,c,d,3

*onion*oil*sweet paprika*turkey*pepper*garlic*tomato puree*paprika*olives*chopped tomatoes*Italian herbs*pasta*

2. Classic

Gnocchi with pesto, sun-dried tomatoes and garlic /1a,b,c,d,3,7,8a,b,c,d,e

VEGETARIAN

*Flour*egg*sun-dried tomatoes*garlic*basil*cashew nuts*olive oil*parmesan*ajvar*

3. Mix

Roast pork drippings, spinach, mashed potatoes /1a,b,c,d,7

*pork*onion*caraway*garlic*spinach*potatoes*

4. Diet / GF, DF /

GF Gnocchi with basil, nuts, sun-dried tomatoes and garlic /8a,b,c,d,e

*GF Flour*sun-dried tomatoes*garlic*basil*cashew nuts*olive oil*ajvar*

VEGETARIAN

Wednesday 17 June

Soup

Goulash soup /1a,b,c,d

beef*potatoes*onion*garlic*flour*sweet paprika*marjoram

1. Optimum

Pork pieces, braised carrot, mashed potatoes /1a,b,c,d,7

pork*caraway*carrot*garlic*onion*butter*flour*potatoes*turmeric

2. Classic

Thai chicken curry, basmati rice /8a,b,c,d,e

chicken*mung bean*onion*carrot*pepper*pak choi*coconut milk*jasmine rice

3. Mix

Mango sticky rice /7,8a,b,c,d,e,11

Rice*coconut milk*milk*mango*sesame*sugar

VEGETARIAN

4. Diet / GF, DF /

Pork pieces, braised carrot, mashed potatoes /0

pork*caraway*carrot*garlic*onion*alsan*GF flour*potatoes*turmeric

Thursday 18 June

Soup

Lentil soup /1a,b,c,d

brown lentils*onion*vinegar*sugar*flour*garlic

1. Optimum

Buckwheat groats with French vegetables /1a,b,c,d,7

Buckwheat*pearl barley*onion*garlic*carrot*green beans*thyme*butter

VEGETARIAN

2. Classic

Meatballs, tomato sauce, pasta /1a,b,c,d,3,7,9

beef*pork*tomatoes and puree*onion*carrot*celery*spices*flour*pasta

3. Mix

Chicken schnitzel with potato puree /1a,b,c,d,3,7

chicken breast*onion*thyme*flour*potatoes*butter*milk*turmeric

4. Diet / GF, DF /

Meatballs, tomato sauce, GF pasta /9

beef*pork*tomatoes and puree*onion*carrot*celery*spices*GF flour*GF pasta



Menu June 2026

Friday 19 June

Soup

Vegetable soup /1a,b,c,d,7,9

carrot*parsley*celery*onion*cauliflower*flour*milk*potatoes

1. Optimum

Roast chicken thigh, potato-grain puree /1a,b,c,d,7

chicken thigh*spices*flour*butter*potatoes*grain*marjoram*garlic*milk

2. Classic

Sweet yeast dumplings with fruit, sugar and butter /1a,b,c,d,3,7

Flour*fruit*egg*sugar*butter*yeast

VEGETARIAN

3. Mix

Lasagne Bolognese /1a,b,c,d,3,7,9

Beef and pork*onion*garlic*chopped tomatoes and puree*flour*carrot*celery*pasta sheets*cheese

4. Diet / GF, DF /

Roast chicken thigh, mashed potatoes /0

chicken thigh*spices*GF flour*alsan*potatoes

Monday 22 June

Soup

Spinach cream soup /1a,b,c,d,7

onion*spinach*milk*cream*garlic*flour*butter

1. Optimum

Fish fillet with red fish spice, mashed potatoes, vegetables /4,7

fillet*butter*herbs*paprika*potatoes*lard*onion*turmeric*oil*vegetables

2. Classic

Penne Puttanesca, parmesan /1a,b,c,d,3,7

penne*onion*tomato puree*oil*basil*chopped tomatoes*garlic*olives*parmesan

VEGETARIAN

3. Mix

Chicken curry, jasmine rice /1a,b,c,d,7

chicken breast*onion*turmeric*flour*milk*cream*jasmine rice

4. Diet / GF, DF /

GF Pasta Puttanesca /0

GF pasta*onion*tomato puree*oil*basil*chopped tomatoes*garlic*olives

VEGETARIAN



Menu June 2026

Tuesday 23 June

Soup

Potato cream soup /1a,b,c,d,7,9

potatoes*onion*celery*parsley*cream

1. Optimum

Broccoli patties with red lentils, mashed potatoes /1a,b,c,d,3,7

VEGETARIAN

broccoli*egg*red lentils*cream*potatoes*milk*herbs*oat flakes*butter*chia seeds

2. Classic

Sweet and sour turkey, basmati rice /11

turkey*pepper*tomato puree*carrot*bamboo shoots*garlic*sweet and sour sauce*sesame*solamyl*basmati rice

2. Mixit

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

Pasta*butter*garlic*cream*parmesan*chicken*oil

4. Diet / GF, DF /

Sweet and sour turkey, basmati rice /11

turkey*pepper*tomato puree*carrot*bamboo shoots*garlic*sweet and sour sauce*sesame*solamyl*basmati rice

Wednesday 24 June

Soup

Chicken broth with millet /9

chicken*onion*carrot*celery*chives*millet

1. Optimum

Baked cheesy pasta with chicken, lettuce /1a,b,c,d,3,7

Pasta*gouda*chicken*parmesan*egg*leek*sun-dried tomatoes*garlic*cream*lettuce

2. Classic

Pork with rosehip sauce, bread dumplings /1a,b,c,d,3,7,9

Pork*flour*yeast*egg*lard*onion*tomato puree*carrot*celery*parsley*rosehip jam

3. Mix

Pasta salad with vegetables and dill dip /1a,b,c,d,3,7

Pasta*peppers*cucumber*tomatoes*sweetcorn*fresh cheese*dill*sour cream*garlic*lemon

VEGETARIAN

4. Diet / GF, DF /

GF Pasta salad with vegetables /0

GF Pasta*peppers*cucumber*tomatoes*sweetcorn*lemon

VEGETARIAN



Menu June 2026

Thursday 25 June

Soup

Pea soup /1a,b,c,d,7

yellow peas*onion*garlic*marjoram*cream*milk*flour

1. Optimum

Indian chickpea curry, basmati rice /1a,b,c,d,7,8a,b,c,d,e

VEGETARIAN

chickpeas*chopped tomatoes*coconut milk*cream*onion*garlic*curry*ginger*coriander*basmati rice

2. Classic

Meatloaf with sun-dried tomatoes and red lentils, boiled potatoes /1a,b,c,d,3,7

Pork*onion*flour*breadcrumbs*oil*egg*red lentils*sun-dried tomatoes*potatoes*butter

3. Mix

Stuffed dumplings with pork, white cabbage /1a,b,c,d,3,7

potatoes*egg*flour*pork*onion*cabbage*sugar*vinegar

4. Diet / GF, DF /

Meatloaf with sun-dried tomatoes and red lentils, boiled potatoes /0

Pork*onion*GF flour*oil*red lentils*sun-dried tomatoes*potatoes*alsan

Friday 26 June

Soup

Kulajda soup /1a,b,c,d,3,7

potatoes*onion*milk*cream*dill*flour*egg*mushrooms

1. Optimum

Fresh cheese dumplings, fruit sauce, sour cream /1a,b,c,d,3,7

VEGETARIAN

Semolina*fresh cheese*egg*fruit*sour cream*sugar

2. Classic

Karlovy Vary turkey goulash, pasta /1a,b,c,d,3,7

turkey*onion*ground paprika*cream*flour*pasta

3. Mix

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

cod fillet*flour*egg*breadcrumbs*potatoes*butter*sesame*turmeric*sour cream*ajvar

4. Diet / GF, DF /

Karlovy Vary turkey goulash, GF pasta /0

turkey*onion*ground paprika*GF flour*GF pasta



Menu June 2026

Monday 29 June

Soup

Broccoli cream soup /1a,b,c,d,7

broccoli*potatoes*onion*flour*cream*milk*garlic

1. Optimum

Mac and Cheese pasta /1a,b,c,d,3,7

Pasta*cheddar*processed cheese*milk*cream*spring onion

VEGETARIAN

2. Classic

Turmeric cod in butter, mashed potatoes, vegetables /4,7

cod fillet*butter*herbs*potatoes*turmeric*vegetables

3. Mix

Gnocchi with pork tenderloin and sun-dried tomatoes /1a,b,c,d,3,7

Pork tenderloin*red pepper*leek*onion*sun-dried tomatoes*parsley*olive oil*potatoes*flour*egg

4. Diet / GF, DF /

Turmeric cod in olive oil, potatoes, vegetables /4

Cod fillet*olive oil*potatoes*vegetables*turmeric

Tuesday 30 June

Soup

Garlic cream soup /1a,b,c,d,7

potatoes*garlic*cream*milk*onion*flour*chicken necks

1. Optimum

Beef Znojmo style, parboiled rice /1a,b,c,d,7,10

beef topside*mustard*onion*butter*flour*pickle*parboiled rice

2. Classic

Mexican beans with bun /1a,b,c,d,3

fbeans*sweetcorn*garlic*tomato puree*red pepper*spring onion*sweet chilli sauce*bun

VEGETARIAN

3. Mixit

Pasta salad with vegetables and chicken /1a,b,c,d,3

Pasta*chicken*pepper*lettuce

4. Diet / GF, DF /

Beef Znojmo style, parboiled rice /10

beef topside*mustard*onion*alsan*GF flour*pickle*parboiled rice

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



Meals are more spicy therefore are not recommended for kindergartners and nurseries.

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.