



Snacks February 2026

Monday 2nd February

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*

Tuesday 3rd February

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: Cinnamon roll 50g milk 200ml / 1 a,b,c,d,3,7

*Cinnamon roll*milk*

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

*bread*butter*honey*fruit*

Wednesday 4th February

Snack 1: Pumpkin toast 60g, hummus with carrot 30g, fruit 50g / 1 a,b,c,d,7,11,13

*Toast*chickpea*tahini*garlic*carrot*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*



Snacks February 2026

Thursday 5th February

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, biscuits 20g, fruit 50g /1a,b,c,d,3,7

*Milk*biscuits*pudding*fruit*

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

*Milk*biscuits*pudding*fruit*

Friday 6th February

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

*slices**spread butter*ajvar*gervais*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 2ks, carrot spread 30g, vegetable 50g /1 a,b,c,d,7

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

Monday 9th February

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, ricotta 30g, vegetable 50g /1 a,b,c,d,7

*Bun*ricotta*vegetable*



Snacks February 2026

Tuesday 10th February

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: Homemade fresh cheese cake 80g, milk 200ml / 1 a,b,c,d,3,7

*flour*oil*egg*milk*cocoa*fresh cheese*sugar*

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

bread butter*jam*fruit*

Wednesday 11th February

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

*slices*spread*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 12th February

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: Oat porridge with figs 150 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*



Snacks February 2026

Friday 13th February

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*

Monday 16th February

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

*Yoghurt*musli*fruit*

Snack 2: White yoghurt 150g , muesli 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, egg spread 30g, vegetable 50g / 1 a,b,c,d,3,7,10

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

Tuesday 17th February

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

*toast*mackerel*spread butter*gervais*fruit*

Snack 2: Wholegrain toast 60g, fresh cheese 30g, fruit 50g / 1 a,b,c,d,6,7,11,13

*toast*fresh cheese*fruit*

Snack 1: Poppy seeds roll 60g, milk 200ml / 1 a,b,c,d,3,7

*roll*milk*

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

bread butter*honey*fruit*



Snacks February 2026

Wednesday 18th February

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

*bread*spread butter*fig*fruit*

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

bread butter*eidam*fruit*

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

roll butter*cheddar*vegetable*

Snack 1: Knackerbrot 2ks, carrot spread 30g, vegetable 50g /1a,b,c,d,7,11

*knackebrot*spread butter*gervais*carrot*vegetable*

Thursday 19th February

Snack 1: Corn bars 3pcs, hummus with pea 30g, vegetable 50g /1 a,b,c,d,11

*corn bars*chickpea*tahini*garlic*pea*vegetable*

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

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

Snack 1: Homemade cocoa cheese pudding 150ml, fruit /1 a,b,c,d,7

*Fresh cheese*sugar*cream*cocoa*fruit*

Snack 2: Homemade cocoa cheese pudding 150ml, fruit /1 a,b,c,d,7

*Fresh cheese*sugar*cream*cocoa*fruit*

Friday 20th února

Snack 1: Kolin bun 60g, avocado spread 30g, fruit 50g /1 a,b,c,d,7

*bun*oil*spread butter*avocado*fruit*garlic*

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

bun butter*ham*fruit*

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

*roll*spread butter*roasted chicken* gervais*vegetable*

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

*roll*spread butter*vegetable*



Snacks February 2026

Monday 23th February

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

*Yoghurt*čoko kuličky* fruit*

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

*Yoghurt*musli*nut*fruit*

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

Bun herbs*spread butter*vegetable*

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

bun ham* butter*vegetable*

Tuesday 24th February

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

*roll*oil*spread butter*broccoli* fruit*garlic*

Snack 2: Corn slices 2ks, ricotta 30g, fruit 50g /1a,b,c,d,7

*slices*ricotta* fruit*

Snack 1: Homemade brownies cake with raspberries 80g, milk 200ml /1 a,b,c,d,3,7

*flour*egg* butter*raspberries*sugar*cocoa*chocolate*

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

roll butter*egg* vegetable*

Wednesday 25th February

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

*bread*spread butter*tuna*gervais*fruit*

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

*bread spread*herbs* fruit*

Snack 1: Bun Bandur 60g, roasted chicken spread with vegetable 30g, vegetable 50g /1a,b,c,d,6,7

*Bun*spread butter*roasted chicken*ajvar*gervais*vegetable*

Snack 2: Bandur bun 60g, ham spread 30g, vegetable 50g /1a,b,c,d,6,7

*Bun*ham*spread butter*gervais*vegetable*



Snacks February 2026

Thursday 26th February

Snack 1: Rye bread 60g, pizza spread 30g, vegetable 50g / 1a,b,c,d,6,7

*bread*spread butter*tofu*ajvar*herbs*

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

*bread*spread butter*mackerel*gervais*vegetable*

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

*Milk*biscuits*pudding*fruit*

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

*Milk*biscuits*pudding*fruit*

Friday 27th February

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

Toast butter*ham*fruit*

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

toast butter*cheddar*fruit*

Snack 1: Corn bars 3ks, hummus with vegetable 30g, vegetable 50g / 1 a,b,c,d,9,11

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

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

bread butter*jam*fruit*



Snacks February 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 November 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 containng 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 produts – 8a - almond, 8b - hazel nut, 8c -walnuts, 8d - ceshews, 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!