

Snacks October 2026



Thursday 1 October

Morning snack 1

Pumpkin toast, butter, ham, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*butter*seasonal fruit*ham*

Morning snack 2

Pumpkin toast, butter, mozzarella, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*butter*seasonal fruit*mozzarella*

Afternoon snack 1

Home-made cocoa quark dessert, fruit /1a,b,c,d,7

*seasonal fruit*milk*quark*pudding powder*cocoa*sugar*

Afternoon snack 2

Bandur bun, sardine spread, vegetables /1a,b,c,d,e,4,7,11

*Bandur bun*sardines in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Friday 2 October

Morning snack 1

Sourdough bread, egg spread, vegetables /1a,b,c,d,3,7,10

*sourdough bread*seasonal fruit*egg*cream cheese*soft spreadable butter*mustard*

Morning snack 2

Sourdough bread, cream cheese, fruit /1a,b,c,d,3,7

*sourdough bread*seasonal fruit*Žervé cream cheese*

Afternoon snack 1

Korn roll, butter, ham, vegetables /1a,b,c,d,e,7,11

*butter*Korn roll*ham*seasonal vegetables*

Afternoon snack 2

Korn roll, butter, mozzarella, vegetables /1a,b,c,d,e,7,11

*butter*Korn roll*mozzarella*seasonal vegetables*

Snacks October 2026



Monday 5 October

Morning snack 1

Plain yoghurt with fruit muesli, fruit /1d,7,12

plain yoghurt*oat flakes*cranberries*raisins*diced dried apples*dried apricots*fig and date paste*sugar*butter*seasonal fruit

Morning snack 2

Plain yoghurt, chocolate balls, fruit /1a,b,c,d,3,5,6,7,8

plain yoghurt*seasonal fruit

Afternoon snack 1

Caesar knot roll, butter, Cheddar, vegetables /1a,b,c,d,7

butter*Caesar knot roll*Cheddar cheese*seasonal vegetables

Afternoon snack 2

Caesar knot roll, butter, ham, vegetables /1a,b,c,d,3,7

Caesar knot roll*ham*seasonal vegetables

Tuesday 6 October

Morning snack 1

Bonvital bread, soft spreadable butter, fruit /1a,b,c,d,e,3,6,7

soft spreadable butter*seasonal fruit

Morning snack 2

Bonvital bread, carrot spread, fruit /1a,b,c,d,e,6,7

seasonal fruit*carrot*cream cheese*soft spreadable butter*lemon

Afternoon snack 1

Courgette cake, milk /1a,b,3,6,7,8

flour*courgette*cocoa*pumpkin seeds*milk*butter*egg*baking soda*sugar*fresh milk

Afternoon snack 2

Korn roll, salmon spread, fruit /1a,b,c,d,e,3,4,7,11

seasonal fruit*salmon fillet*cream cheese*soft spreadable butter*Korn roll

Snacks October 2026



Wednesday 7 October

Morning snack 1

Pumpkin toast, butter, mozzarella, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*butter*seasonal fruit*mozzarella*

Morning snack 2

Pumpkin toast, broccoli spread, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*seasonal fruit*broccoli*cream cheese*soft spreadable butter*garlic*

Afternoon snack 1

Kolín bun, avocado spread, fruit /1a,7

*Kolín bun*avocado*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 2

Savoury seed crackers, hummus, vegetables /1a,e,11

*chickpeas*tahini*onion*garlic*lemon*sugar*spelt flour*pumpkin seeds*flax seeds*sesame seeds*sunflower seeds*oil*baking powder*seasonal vegetables*

Thursday 8 October

Morning snack 1

Sourdough bread, mackerel spread, vegetables /1a,b,c,d,3,4,7

*sourdough bread*mackerel in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Morning snack 2

Sourdough bread, egg spread, vegetables /1a,b,c,d,3,7,10

*sourdough bread*seasonal fruit*egg*cream cheese*soft spreadable butter*mustard*

Afternoon snack 1

Rice pudding with mango, fruit /7

*seasonal fruit*jasmine rice*mango*milk*coconut milk*cream*sugar*

Afternoon snack 2

Korn roll, ricotta, fruit /1a,b,c,d,e,3,7,11

*seasonal fruit*Korn roll*ricotta*

Snacks October 2026



Friday 9 October

Morning snack 1

Corn sticks, "svíčková" hummus, fruit /1a,b,c,d,3,7,9,11

*chickpeas*tahini*carrot*celeriac*onion*lemon*oil*sugar*corn sticks*seasonal fruit*

Morning snack 2

Rye bread, ham mousse, fruit /1a,b,c,7

*wheat-rye bread*seasonal fruit*ham*cream cheese*soft spreadable butter*

Afternoon snack 1

Zálabský roll, spinach spread, vegetables /1a,6,7

*spinach*garlic*cream cheese*soft spreadable butter*bread roll*seasonal vegetables*

Afternoon snack 2

Zálabský roll, butter, 1/2 egg, vegetables /1a,3,6,7

*butter*bread roll*egg*seasonal vegetables*

Monday 12 October

Morning snack 1

Plain yoghurt with coconut muesli, fruit /1d,7,12

*plain yoghurt*oat flakes*desiccated coconut*raisins*diced dried apples*white chocolate*sugar*butter*seasonal fruit*

Morning snack 2

Plain yoghurt, cornflakes, fruit /1a,b,c,d,7

*cornflakes*plain yoghurt*seasonal fruit*

Afternoon snack 1

Natura bun, ricotta, vegetables /1a,7

*Natura bun*ricotta*seasonal vegetables*

Afternoon snack 2

Natura bun, butter, Cheddar, vegetables /1a,7

*Natura bun*butter*Cheddar cheese*seasonal vegetables*

Snacks October 2026



Tuesday 13 October

Morning snack 1

Rye bread, butter, ham, fruit /1a,b,c,7

*wheat-rye bread*butter*seasonal fruit*ham*

Morning snack 2

Rye bread, cream cheese, fruit /1a,b,c,7

*wheat-rye bread*seasonal fruit*Žervé cream cheese*

Afternoon snack 1

Raffaello-style coconut cake, milk /1a,b,3,7

*fresh milk*flour*milk*egg*butter*oil*cream*coconut*baking powder*

Afternoon snack 2

Corn sticks, "svíčková" hummus, fruit /1a,b,c,d,3,7,9,11

*chickpeas*tahini*carrot*celeriac*onion*lemon*oil*sugar*corn sticks*seasonal fruit*

Wednesday 14 October

Morning snack 1

Sourdough bread, radish spread, fruit /1a,b,c,d,3,7

*sourdough bread*seasonal fruit*

Morning snack 2

Sourdough bread, Bulgarian spread, fruit /1a,b,c,d,3,7,10

*sourdough bread*seasonal fruit*chicken thigh*cream cheese*soft spreadable butter*pickled cucumbers*onion*mustard*ketchup*

Afternoon snack 1

Korn roll, mackerel spread, vegetables /1a,b,c,d,e,4,7,11

*mackerel in own juice*cream cheese*soft spreadable butter*Korn roll*seasonal vegetables*

Afternoon snack 2

Korn roll, chive spread, vegetables /1a,b,c,d,e,7,11

*cream cheese*soft spreadable butter*chives*Korn roll*seasonal vegetables*

Snacks October 2026



Thursday 15 October

Morning snack 1

White toast, mock lobster spread, vegetables /1a,b,c,d,6,7,9

*white toast bread*carrot*celeriac*lemon*cream cheese*soft spreadable butter*seasonal vegetables*

Morning snack 2

White toast, tuna spread, vegetables /1a,b,c,d,4,6,7

*white toast bread*tuna in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 1

Vanilla pudding, sponge fingers, fruit /1a,b,c,d,3,7

*seasonal fruit*sponge fingers*milk*vanilla pudding*sugar*

Afternoon snack 2

Caesar knot roll, butter, Edam, vegetables /1a,b,c,d,7

*butter*Caesar knot roll*Edam cheese*seasonal vegetables*

Friday 16 October

Morning snack 1

Bonvital bread, egg spread, fruit /1a,b,c,d,e,3,6,7,10

*seasonal fruit*egg*cream cheese*soft spreadable butter*mustard*

Morning snack 2

Corn sticks, "Shrek" hummus, fruit /1a,b,c,d,3,7,11

*chickpeas*tahini*spirulina*garlic*onion*lemon*oil*sugar*corn sticks*seasonal fruit*

Afternoon snack 1

Bandur bun, butter, ham, vegetables /1a,b,c,d,e,7,11

*Bandur bun*butter*ham*seasonal vegetables*

Afternoon snack 2

Bandur bun, butter, 1/2 egg, vegetables /1a,b,c,d,e,3,7,11

*Bandur bun*butter*egg*seasonal vegetables*

Snacks October 2026



Monday 19 October

Morning snack 1

Plain yoghurt with nut muesli, fruit /1d,6,7,8,8c,12

*plain yoghurt*oat flakes*walnuts*raisins*sunflower seeds*chocolate*sugar*butter*seasonal fruit*

Morning snack 2

Plain yoghurt, chocolate balls, fruit /1a,b,c,d,3,5,6,7,8

*plain yoghurt*seasonal fruit*

Afternoon snack 1

Caesar knot roll, butter, ham, vegetables /1a,b,c,d,3,7

*Caesar knot roll*ham*seasonal vegetables*

Afternoon snack 2

Caesar knot roll, ricotta, vegetables /1a,b,c,d,7

*Caesar knot roll*ricotta*seasonal vegetables*

Tuesday 20 October

Morning snack 1

Rye bread, cream cheese, fruit /1a,b,c,7

*wheat-rye bread*seasonal fruit*Žervé cream cheese*

Morning snack 2

Rye bread, ham mousse, fruit /1a,b,c,7

*wheat-rye bread*seasonal fruit*ham*cream cheese*soft spreadable butter*

Afternoon snack 1

Poppy seed cake, milk /1a,3,7

*flour*poppy seeds*milk*butter*egg*lemon*baking soda*sugar*fresh milk*

Afternoon snack 2

Natura bun, butter, Cheddar, vegetables /1a,7

*Natura bun*butter*Cheddar cheese*seasonal vegetables*

Snacks October 2026



Wednesday 21 October

Morning snack 1

Bonvital bread, Bulgarian spread, fruit /1a,b,c,d,e,6,7,10

seasonal fruit*chicken thigh*cream cheese*soft spreadable butter*pickled cucumbers*onion*mustard*ketchup

Morning snack 2

Bonvital bread, egg spread, fruit /1a,b,c,d,e,3,6,7,10

seasonal fruit*egg*cream cheese*soft spreadable butter*mustard

Afternoon snack 1

Savoury seed crackers, hummus, vegetables /1a,e,11

chickpeas*tahini*onion*garlic*lemon*sugar*spelt flour*pumpkin seeds*flax seeds*sesame seeds*sunflower seeds*oil*baking powder*seasonal vegetables

Afternoon snack 2

Korn roll, butter, mozzarella, vegetables /1a,b,c,d,e,7,11

butter*Korn roll*mozzarella*seasonal vegetables

Thursday 22 October

Morning snack 1

Sourdough bread, sardine spread, vegetables /1a,b,c,d,3,4,7

sourdough bread*sardines in own juice*cream cheese*soft spreadable butter*seasonal vegetables

Morning snack 2

Sourdough bread, "Barbie" beetroot spread, vegetables /1a,b,c,d,3,7,8c

sourdough bread*beetroot*walnuts*cream cheese*soft spreadable butter*seasonal vegetables

Afternoon snack 1

Oat porridge with dates, fruit /1d,7

oat flakes*milk*dates*sugar*cocoa*seasonal fruit

Afternoon snack 2

Zálabský roll, butter, mozzarella, vegetables /1a,6,7

butter*bread roll*mozzarella*seasonal vegetables

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Friday 23 October

Morning snack 1

Crispbread, hummus, fruit /1a,b,c,d,7,11

*chickpeas*tahini*onion*garlic*lemon*sugar*Knackebrot crispbread*seasonal fruit*

Morning snack 2

Wholegrain toast, ajvar spread, fruit /1a,b,c,d,6,7,11,13

*wholegrain toast bread*seasonal fruit*

Afternoon snack 1

Bandur bun, herb Lučina cream cheese, vegetables /1a,b,c,d,e,7,11

*Bandur bun*Lučina cream cheese*herbs*seasonal vegetables*

Afternoon snack 2

Bandur bun, tuna spread, vegetables /1a,b,c,d,e,4,7,11

*Bandur bun*tuna in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Monday 26 October

Morning snack 1

Plain yoghurt with fruit muesli, fruit /1d,7,12

*plain yoghurt*oat flakes*cranberries*raisins*diced dried apples*dried apricots*fig and date paste*sugar*butter*seasonal fruit*

Morning snack 2

Plain yoghurt, cornflakes, fruit /1a,b,c,d,7

*cornflakes*plain yoghurt*seasonal fruit*

Afternoon snack 1

Natura bun, Edam cheese, vegetables /1a,7

*Natura bun*butter*Edam cheese*seasonal vegetables*

Afternoon snack 2

Natura bun, butter, ham, vegetables /1a,b,c,d,3,7

*Natura bun*butter*ham*seasonal vegetables*

Snacks October 2026



Tuesday 27 October

Morning snack 1

Sourdough bread, vegan pâté, fruit /1a,b,c,d,3,6,7,11

*sourdough bread*seasonal fruit*tempeh*onion*olive oil*tahini*Hubert seasoning*marjoram*

Morning snack 2

Sourdough bread, cream cheese, fruit /1a,b,c,d,3,7

*sourdough bread*seasonal fruit*Žervé cream cheese*

Afternoon snack 1

Quark cake with crumble, milk /1a,b,c,d,3,7

fresh milk

Afternoon snack 2

Bandur bun, butter, 1/2 egg, vegetables /1a,b,c,d,e,3,7,11

*Bandur bun*butter*egg*seasonal vegetables*

Wednesday 28 October

Public holiday

Snacks October 2026



Thursday 29 October

Morning snack 1

Termix quark dessert, fruit /7

*seasonal fruit*quark*cream*sugar*

Morning snack 2

Termix quark dessert, fruit /7

*seasonal fruit*quark*cream*sugar*

Afternoon snack 1

Quark dessert, sponge fingers, fruit /1a,b,c,d,3,7

*seasonal fruit*sponge fingers*quark*cream*lemon*sugar*

Afternoon snack 2

Korn roll, soft spreadable butter, vegetables /1a,b,c,d,e,3,7,11

*soft spreadable butter*Korn roll*seasonal vegetables*

Friday 30 October

Morning snack 1

Rye bread, cucumber and dill spread, vegetables /1a,b,c,7

*wheat-rye bread*salad cucumbers*dill*cream cheese*soft spreadable butter*garlic*seasonal vegetables*

Morning snack 2

Rye bread, salmon spread, vegetables /1a,b,c,4,7

*wheat-rye bread*salmon fillet*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 1

Kolín bun, egg spread, vegetables /1a,3,7,10

*Kolín bun*egg*cream cheese*soft spreadable butter*mustard*seasonal vegetables*

Afternoon snack 2

Kolín bun, avocado spread, fruit /1a,7

*Kolín bun*avocado*cream cheese*soft spreadable butter*seasonal vegetables*

Snacks October 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.