

Holiday Flavours on the Plate – Seasonal Produce

Tomatoes

Tomatoes are among the most popular summer vegetables. They are juicy, beautifully colourful, and contain vitamin C, potassium, and the antioxidant lycopene, which is very beneficial for the body.

Children often like them for their gently sweet taste, freshness, and also because they can be eaten raw or as part of warm meals.

Bell Pepper

Bell pepper is one of the colourful queens of summer vegetables. It can be red, yellow, orange, or green, and each colour brings a slightly different flavour. It contains vitamin C and beautifully brightens salads, sauces, vegetable dishes, and baked meals.

Bell pepper will shine in salads, but also as part of warm dishes.

Interesting Highlight from the August Kitchen

August in the kitchen continues the popular summer flavours that had already proved successful on the plate in July. Dishes full of vegetables, herbs, and lighter combinations that naturally belong to summer are returning. Sometimes there is no need to look for something new — it is enough to come back to what children enjoy, what works well, and what carries the scent of the holidays.

We wish you a good appetite and a lovely August holiday season!

Monday August 3rd

Soup

Cauliflower soup with peas /1a,b,c,d,7

cauliflower*peas*milk*cream*onion*flour*butter*herbs*oil

1. Optimum

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

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

2. Classic

Serbian-style pork, basmati rice /1a,b,c,d,7,9

pork*bell pepper*tomatoes*onion*celery*sugar*wild and parboiled rice

3. Mixit

Tomato risotto, salad /1a,b,c,d,7

rice*tomatoes*onion*garlic*sun-dried tomatoes*oil*parmesan*basil

VEGETARIAN

4. Diet / GF, DF/

Serbian-style pork, basmati rice /9

pork*bell pepper*tomatoes*onion*celery*sugar*wild and parboiled rice

Tuesday August 4th

Soup

Potato soup with oat flakes /1a,b,c,d,9

potatoes*oat flakes*onion*carrot*celery*parsley*flour

1. Optimum

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

potatoes*egg*flour*semolina*smoked salmon*spinach*garlic*onion*cream*milk

2. Classic

Braised carrots, egg, potatoes /3,7

carrot*butter*onion*potatoes*egg*milk*garlic

VEGETARIAN

3. Mixit

Italian pasta salad with chicken /1a,b,c,d,3

pasta*chicken*bell pepper*olives*cucumber*tomatoes*olive oil

4. Diet / GF, DF/

GF pasta with chicken and spinach /0

GF pasta*chicken*spinach*garlic*onion*vegan cream



Menu August 2026

Wednesday August 5th

Soup

Chicken broth with rice /9

chicken*onion*carrot*celery*herbs*rice

1. Optimum

Couscous with grilled vegetables, lettuce /1a,b,c,d

couscous*red and yellow bell pepper*courgette*red onion*aubergine*olive oil*lettuce

VEGETARIAN

2. Classic

Pheasant-style chicken, rice /1a,b,c,d

chicken thigh*bacon*onion*garlic*bell pepper*flour*rice

3. Mixit

Vinaigrette potato salad with beetroot and chicken pieces /10

potatoes*beetroot*chicken*carrot*pickles*sauerkraut*onion*peas

4. Diet / GF, DF/

Pheasant-style chicken, rice /0

chicken thigh*bacon*onion*garlic*bell pepper*vegan cream*GF flour*rice

Thursday August 6th

Soup

Lentil soup /1a,b,c,d

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

1. Optimum

Roast pork drippings, cabbage, potato dumpling /1a,b,c,d,3,7

pork*onion*caraway*egg*garlic*spinach*potatoes*cabbage

2. Classic

Falafel with mashed potatoes, tzatziki /1a,b,c,d,7,10,11

chickpeas*garlic*parsley*cumin*coriander*lemon*potatoes*butter*yogurt*cucumber*garlic

VEGETARIAN

3. Mixit

Pasta salad with tuna and egg /1a,b,c,d,3,4

pasta*tuna*egg*bell pepper*spring onion*olive oil*corn*olives

4. Diet / GF, DF/

Roast pork drippings, cabbage, potatoes/0

pork*onion*caraway*garlic*potatoes*cabbage*GF flour

Friday August 7th

Soup

Borscht /1a,b,c,d,9

potatoes*celery*onion*carrot*tomatoes*beetroot*cabbage*beef*beans*tomato paste*spices*flour

1. Optimum

Spelt sweet buns with vanilla sauce /1a,b,c,d,3,7

Spelt flour*yeast*eggs*milk*custard powder*vanilla*sugar

VEGETARIAN

2. Classic

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

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

3. Mixit

Lentil salad, bread roll /1a,b,c,d,3,10

Lentil*egg*onion*pickle*red pepper*vinegar*spring onion*bread roll

VEGETARIAN

4. Diet / GF, DF/

Milanese chicken GF spaghetti /0

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

Monday August 10th

Soup

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

carrot*celery*parsley*onion*ginger*flour*milk*cream

1. Optimum

Salmon in butter, mashed potatoes, vegetables /4,7

salmon fillet*butter*herbs*potatoes*turmeric*vegetables

2. Classic

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

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

3. Mixit

Spaghetti Puttanesca, cheese /1a,b,c,d,3,7

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

VEGETARIAN

4. Diet / GF, DF/

Salmon in olive oil, potatoes, vegetables /4

salmon fillet*olive oil*herbs*potatoes*turmeric*vegetables

Tuesday August 11th

Soup

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

potatoes*bulgur*onion*carrot*celery*parsley*flour

1. Optimum

Chickpea ragout, basmati rice /1a,b,c,d

chickpeas*tomatoes*onion*garlic*bell pepper*basmati rice*spices

VEGETARIAN

2. Classic

Pork with caraway, mashed potatoes /1a,b,c,d,7

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

3. Mixit

Greek salad with pasta, olives, chicken and red onion /1a,b,c,d,7

pasta*olives*cucumber*tomatoes*red onion*olive oil*oregano*cheese

4. Diet / GF, DF/

Chickpea ragout, basmati rice /0

chickpeas*tomatoes*onion*garlic*bell pepper*basmati rice*spices

VEGETARIAN

Wednesday August 12th

Soup

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

beef*onion*carrot*celery*herbs*pasta - tarhonya

1. Optimum

Pork meatloaf with red lentils, potatoes, salad /1a,b,c,d,3,7

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

2. Classic

Gnocchi with tomato sauce and mozzarella /1a,b,c,d,3,7

potatoes*egg*flour*chopped tomatoes*onion*garlic*basil*mozzarella*olive oil

VEGETARIAN

3. Mixit

Austrian Potato Salad, chicken strips /1a,b,c,d,3,7,10

potatoes*spring onion*parsley*broth*vinegar*oil*chicken breast*flour*breadcrumbs

4. Diet / GF, DF/

Pork meatloaf with red lentils, potatoes, salad /0

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



Menu August 2026

Thursday August 13th

Soup

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

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

1. Optimum

Poke bowl with tofu /1a,b,c,d,6,11

tofu*rice*carrot*iceberg lettuce*cucumbers*tomatoes*sesame*edamame beans*hoisin sauce

VEGETARIAN

2. Classic

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

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

3. Mixit

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

pasta*chicken*bell pepper*tomatoes*corn*olive oil

4. Diet / GF, DF/

GF pasta salad with chicken /0

GF pasta*chicken*bell pepper*tomatoes*corn*olive oil*lemon

Friday August 14th

Soup

Krkonoše onion soup with meat /3,9

beef*potatoes*onion*carrot*garlic*egg

1. Optimum

Rosemary chicken, potato-carrot purée /1a,b,c,d,7

chicken breast*rosemary*garlic*oil*potatoes*carrot*butter*milk

2. Classic

Pasta with poppy seeds and butter /1a,b,c,d,3,7

pasta*poppy seeds*butter*sugar*milk

VEGETARIAN

3. Mixit

Tarhonya salad with ajvar and turkey /1a,b,c,d,3,7,8a,b,c,d,e

tarhonya pasta*ajvar*turkey *olive oil*lamb's lettuce*basil pesto*cheese - parmesan

4. Diet / GF, DF/

Rosemary chicken, potatoes /0

chicken breast*rosemary*garlic*oil*potatoes*carrot*alsan

Monday August 17th

Soup

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

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

1. Optimum

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

cream*milk*garlic*oil*turmeric*pork bacon*flour*butter*pasta*balsamic vinegar

2. Classic

Cod fillet with herbs, mashed potatoes /4,7

cod*herbs*potatoes*butter

3. Mixit

Spinach risotto, salad /1a,b,c,d,7

rice*spinach*onion*garlic*parmesan*balsamic vinegar*cream*vegetables

VEGETARIAN

4. Diet / GF, DF/

Cod fillet with herbs, mashed potatoes /4

cod*herbs*potatoes*alsan

Tuesday August 18th

Soup

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

potatoes*buckwheat*onion*carrot*celery*garlic*marjoram*flour

1. Optimum

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

potatoes*egg*flour*chicken*sun-dried tomatoes*onion*garlic*cream*olive oil

2. Classic

Creamed green beans, egg, potatoes /3,7

green beans*egg*potatoes*butter*cream*milk*garlic*salt

VEGETARIAN

3. Mixit

Caprese pasta salad with basil pesto /1a,b,c,d,3,7,8a,b,c,d,e

pasta*mozzarella*tomatoes*basil*olive oil*balsamic vinegar*basil pesto

VEGETARIAN

4. Diet / GF, DF/

GF pasta with chicken and sun-dried tomatoes /0

GF pasta*chicken*sun-dried tomatoes*onion*garlic*vegan cream*olive oil



Menu August 2026

Wednesday August 19th

Soup

Chicken broth with millet /9

chicken*onion*carrot*celery*chives*millet

1. Optimum

Buckwheat vegetable risotto, tomato salad /1a,b,c,d,9

buckwheat*rice*carrot*peas*corn*bell pepper*onion*garlic*oil*tomatoes*celery

VEGETARIAN

2. Classic

Beef with marjoram, spätzle /1a,b,c,d,7

beef*pork bacon*onion*flour*oil*marjoram*garlic*spätzle

3. Mixit

Pasta salad with chicken, radishes and cream /1a,b,c,d,3,7

pasta*radishes*cucumber*egg*potatoes*chicken*olive oil*sour cream

4. Diet / GF, DF/

Buckwheat vegetable risotto, tomato salad /9

buckwheat*rice*carrot*peas*corn*celery*bell pepper*onion*garlic*oil*tomatoes

VEGETARIAN

Thursday August 20th

Soup

White bean soup /1a,b,c,d,7

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

1. Optimum

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

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

2. Classic

Sour lentils, egg, pickle /1a,b,c,d,3,10

lentils*vinegar*sugar*egg*pickle*spring onion*flour

VEGETARIAN

3. Mixit

Pasta salad with salmon and egg /1a,b,c,d,3,4,7

pasta*salmon*spring onion*Jadel' cheese*mayonnaise*carrot*radishes*corn

4. Diet / GF, DF/

Sour lentils, pickle /10

lentils*vinegar*sugar*pickle*spring onion*GF flour

VEGETARIAN

Friday August 21st

Soup

Leek soup with egg /1a,b,c,d,3,7

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

1. Optimum

Semolina porridge with Granko and butter /1a,b,c,d,7

semolina*milk*butter*granko*cocoa*sugar

VEGETARIAN

2. Classic

Sichuan-style pork, basmati rice /1a,b,c,d,6

pork leg*mushrooms*balsamic*tomato paste*bamboo shoots*carrot*garlic*ginger*oil*sugar*soya sauce*corn starch*basmati rice

3. Mixit

Bean salad, bread roll /1a,b,c,d,3,10

beans*spring onion*iceberg lettuce*mustard*tomatoes*bell pepper*olive oil*lemon*bread roll

VEGETARIAN

4. Diet / GF, DF/

Sichuan-style pork, basmati rice /6

pork leg*mushrooms*balsamic*tomato paste*bamboo shoots*carrot*garlic*ginger*oil*sugar*soy sauce*solamyl*basmati rice

Monday August 24th

Soup

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

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

1. Optimum

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

pasta*butter*garlic*cream*parmesan*chicken*oil

2. Classic

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

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

3. Mixit

Vegetable risotto, cheese /7,9

parboiled rice*herbs*baby carrot*cauliflower*peas*corn*celery*butter*cheese

VEGETARIAN

4. Diet / GF, DF/

Vegetable risotto /9

parboiled rice*herbs*baby carrot*cauliflower*peas*corn*celery

VEGETARIAN

Tuesday August 25th

Soup

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

potatoes*millet*onion*carrot*celery*garlic*marjoram*flour

1. Optimum

Lentil dhal, basmati rice /8a,b,c,d,e

red lentils*chickpeas*onion*garlic*curry*coriander*tomatoes*coconut milk*rice

VEGETARIAN

2. Classic

Pork with mushrooms, mashed potatoes /1a,b,c,d,7

pork*mushrooms*onion*flour*cream*caraway*potatoes*butter

3. Mixit

Mediterranean salad with grilled vegetables and chicken /7

bell pepper*courgette*tomatoes*aubergine*olive oil*olives*romaine lettuce*iceberg lettuce*herbs*chicken

4. Diet / GF, DF/

Lentil dhal, basmati rice /8a,b,c,d,e

red lentils*chickpeas*onion*garlic*curry*coriander*tomatoes*coconut milk*rice

VEGETARIAN

Wednesday August 26th

Soup

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

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

1. Optimum

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

pork*onion*breadcrumbs*egg*garlic*spices*potatoes*butter*vegetables

2. Classic

Gnocchi with oyster mushrooms, grilled vegetables /1a,b,c,d,3,7

potatoes*egg*flour*oyster mushrooms*bell pepper*courgette*garlic*olive oil

VEGETARIAN

3. Mixit

Potato salad with Greek yogurt and chicken /7,9,10

potatoes*egg*mustard*peas*carrot*celery*cucumbers*yogurt*chicken

4. Diet / GF, DF/

Pork patties, mashed potatoes, salad /0

pork*onion*garlic*spices*potatoes*alsan*vegetables

Thursday August 27th

Soup

Beef broth with liver drops and noodles /1a,b,c,d,3,9

beef bones*pork liver*onion*carrot*celery*herbs*breadcrumbs*egg*garlic*noodles

1. Optimum

Poke bowl with tofu /1a,b,c,d,6,11

tofu*rice*carrot*iceberg lettuce*cucumbers*tomatoes*sesame*edamame beans*hoisin sauce

VEGETARIAN

2. Classic

Hungarian beef goulash with red pepper, bread dumpling /1a,b,c,d,3,7

beef*onion*garlic*spices*tomato paste*bell pepper*oil*flour*yeast*egg*milk

3. Mixit

Pasta salad with chicken, vegetables and ajvar /1a,b,c,d,3,7

pasta*chicken*bell pepper*corn*ajvar*olive oil

4. Diet / GF, DF/

GF pasta salad with chicken, vegetable and ajvar /0

GF pasta*chicken*bell pepper*cucumber*tomatoes*olive oil*garlic*ajvar

Friday August 28th

Soup

Garlic soup with egg and potato /3

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

1. Optimum

Thyme chicken, potato-pumpkin purée /1a,b,c,d,7

chicken breast*thyme*garlic*oil*potatoes*pumpkin*butter*milk

2. Classic

American pancakes, cinnamon sugar, sour cream /1a,b,c,d,3,7

flour*milk*egg*baking powder*sugar*cinnamon*sour cream*milk

VEGETARIAN

3. Mixit

Beluga lentil salad, sun-dried tomatoes, Balkan cheese, chicken /7

beluga lentils*sun-dried tomatoes*Balkan cheese*chicken*olive oil*lemon*parsley

4. Diet / GF, DF/

Thyme chicken, potatoes /0

chicken breast*thyme*garlic*oil*potatoes

Monday August 31st

Soup

Tomato soup with tarhonya pasta / 1a,b,c,d,3,7

*chopped tomatoes*tomato paste*onion*butter*flour*pasta - tarhonya*

1. Optimum

Mac and Cheese pasta /1a,b,c,d,3,7,11

*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. Mixit

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*

Enjoy your meal!
The EKOLANDIA Team

Compliance with the recommended nutritional intake for schools is guaranteed for each menu option individually, and for nursery schools when snacks are ordered at the same time.

Abbreviations used for option 4: GF – (Gluten Free) gluten-free option, DF – (Dairy Free) lactose-free option. Only allergen-free ingredients (gluten, lactose) are used in preparation; for precise meal composition please use the contacts below. However, traces of gluten may be present in option 4 dishes, as they are prepared in a kitchen where gluten is processed. In the event of an allergen being listed

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

7 – milk and products thereof

8 – TREE NUTS – contain the following nuts, or may contain traces – 8a – almonds, 8b – hazelnuts, 8c – walnuts, 8d – cashews, 8e – Brazil nuts, 8f – pistachios, 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 ml/l expressed as SO₂

13 – lupin and products thereof

14 – molluscs and products thereof

Fruit, fresh vegetables and milk are delivered separately, outside the listed menu composition, in accordance with the school catering regulations.

Drinks: plain water, water flavoured with lemon or orange, milk.

Dishes marked with this symbol are mildly spicy and therefore not suitable for children from nurseries and kindergartens.

The Ekolandia menu has been developed in cooperation with nutritional therapist Martina Kučerová. Responsibility for the issue of diet meals lies with a trained Ekolandia employee. More detailed information on composition is available upon request via the email address provided.

Menu subject to change.