



Menu May 2026

Friday 1st May

Public Holiday

Monday 4th May

Soup

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

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

1. Optimum

Bean ragout, basmati rice / 0

Beans*corn*caraway*tomatoes*sugar*garlic*onion*pepper*tomato paste

VEGETARIAN

2. Classic

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

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

3. Mixit

Serbian-style pork risotto, cheese /7

parboiled rice*pork meat*onion *garlic*tomatoes and tomato paste*pepper*herbs*oil*cheese

4. Diet / GE, DF /

Serbian-style pork risotto, pickle /10

parboiled rice*pork meat*onion *garlic*tomatoes and tomato paste*pepper*herbs*oil*pickle

Tuesday 5th May

Soup

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

potatoes*onion *celery*parsley*cream*flour*garlic

1. Optimum

Turkey Stroganoff, wild rice /1a,b,c,d,7,10

turkey meat*onion*butter*flour*spices*cream*mushrooms*mustard*tomato paste*rice

2. Classic

Spinach omelettes, potato puree /1a,b,c,d,3,7

spinach*eggs*cheese*breadcrumbs*oil*garlic*potatoes*milk*butter

VEGETARIAN

3. Mixit

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

chicken meat*flour*caraway*onion*cream

4. Diet / GE, DF /

Turkey Stroganoff, wild rice /10

turkey meat*onion*alsan*GF flour*spices*vegan cream*mushrooms*mustard*tomato paste*rice



Menu May 2026

Wednesday 6th May

Soup

Tom Yum Gai /1a,b,c,d,4,6,8a,b,c,d,e

coconut milk*chicken broth*curry paste*lime*spring onion*ginger*mushrooms*soy sauce* coriander *sugar* parsley*fish sauce

1. Optimum

Penne with turkey in Mediterranean sauce /1a,b,c,d,3

onion*pepper*zucchini*oil *basil*tomato paste*crushed tomatoes*flour*pepper*sugar*turkey meat*penne

2. Classic

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

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

3. Mixit

Germknodel with poppy seeds and vanilla sauce /1a,b,c,d,3,7

VEGETARIAN

flour*yeast*eggs*milk*cream*custard powder*vanilla*sugar*poppy seeds*plum jam

4. Diet / GE, DF /

GF pasta with turkey in Mediterranean sauce /0

onion*pepper*zucchini*oil *basil*tomato paste*crushed tomatoes*GF flour*pepper*sugar*turkey meat*GF pasta

Thursday 7th May

Soup

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

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

1. Optimum

Moravian-style roast pork, cabbage, potato dumplings /1a,b,c,d,3,7

pork*onion*garlic*caraway*oil*cabbage*onion*potatoes*eggs*sugar*vinegar*semolina*flour

2. Classic

Italian-style pasta, cheese /1a,b,c,d,3,7

VEGETARIAN

Pasta*onion*tomatoes*olives*thyme*basil*garlic*pepper*tomatoes*turmeric*olive oil*cheese

3. Mixit

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

chicken meat*flour*potatoes*butter*turmeric*pickle

4. Diet / GE, DF /

Moravian-style roast pork, cabbage, potato dumplings / 0

pork*onion*garlic*oil*cabbage*potatoes*caraway*sugar*vinegar*GF flour



Menu May 2026

Friday 8th May

Public Holiday

Monday 11th May

Soup

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

*Pumpkin*onion*turmeric*cream*carrot*milk*butter*flour*oil*

1. Optimum

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

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

2. Classic

Vegetable korma, bulgur /1a,b,c,d,7,8 a,b,c,d,e

VEGETARIAN

*Leek*pepper*onion*zucchini*beans*ginger*curry paste*coconut milk*coriander*cream* garlic*onion*tomatoes *oil* lemon*bulgur*

3. Mixit

Butter chicken, basmati rice /7,11

*chicken breast*butter*onion*garlic*tomatoes and tomato paste* spices*cream*basmati rice *sesame*

4. Diet / GF, DF /

Butter chicken, basmati rice /11

*Chicken meat*onion*oil*vegan cream*turmeric*coriander*garlic*tomatoes*ginger*pepper*alsan*sesame*

Tuesday 12th May

Soup

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

*potatoes*quinoa*onion*carrot*celery*parsley*garlic*caraway*marjoram*flour*

1. Optimum

Potato and carrot patties, sauerkraut salad / 1 a,b,c,d,3,7

VEGETARIAN

*potatoes*eggs*flour*cream*garlic*carrot*cabbage*vinegar*sugar*parsley*oil*onion*

2. Classic

Chicken pilaf, curry rice /7

*chicken*onion*pepper spices*oil*peas*carrot*cream*turmeric*basmati rice*

3. Mixit

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

*spaghetti*garlic*salt*pepper*bacon*eggs*cream*balsamic vinegar*parmesan*parsley*

4. Diet / GF, DF /

Potato and carrot patties, sauerkraut salad / 0

VEGETARIAN

*Potatoes*carrot*rice cream*onion*garlic*oil*linen seed*parsley*GF flour*



Menu May 2026

Wednesday 13th May

Soup

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

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

1. Optimum

Chicken saute with pumpkin and corn, basmati rice / 1a,b,c,d,7,10

Chicken meat*pumpkin*mustard*carrot*flour*corn*onion*cream*vinegar

2. Classic

French-style baked potatoes with chicken, pickle /3,7,10

potatoes*chicken meat*eggs*cream*onion *mace*pickle

3. Mixit

Pea puree with egg omelette, pickle /1a,b,c,d,3,7,10

peas*cream*garlic*onion*flour*eggs* pickle

VEGETARIAN

4. Diet / GF, DF /

Chicken saute with pumpkin and corn, basmati rice / 10

Chicken meat*pumpkin*mustard*carrot*GF flour*corn*onion*vegan cream*vinegar

Thursday 14th May

Soup

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

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

1. Optimum

Breaded cauliflower, mashed potatoes, dill dip / 1a,b,c,d,3,7

Cauliflower*breadcrumbs*flour*milk*eggs*potatoes*butter*dill*sour cream

VEGETARIAN

2. Classic

Roasted chicken leg, potato-groat puree /1a,b,c,d,7

chicken *spices*flour*butter*potatoes*barley groats*garlic*milk

3. Mixit

Beef in tomato sauce, bread dumplings /1a,b,c,d,3,7,9

beef meat* tomatoes and tomato paste*onion*carrot*celery*gingerbread*cinnamon*butter*parsley*sugar*spices*

4. Diet / GF, DF /

Beef in tomato sauce, GF pasta /9

beef meat*tomatoes and tomato paste*onion*carrot*celery*cinnamon*alsan*parsley*sugar*oil*GF pasta



Menu May 2026

Friday 15th May

Soup

Cabbage soup with potatoes /1a,b,c,d,7

cabbage*onion*potatoes*flour*sweet pepper*milk*cream*allspice

1. Optimum

Spaghetti Mafioso, cheese /1a,b,c,d,3,6,7,9,10,11,13

spaghetti*beef brisket*onion*garlic*tomatoes and tomato paste*cream*worcestershire sauce*basil*parmesan

2. Classic

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

Potatoes*flour*eggs*poppy seeds*semolina*butter*sugar

VEGETARIAN

3. Mixit

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

cod fillet*flour* butter*breadcrumbs* oil* potatoes*turmeric

4. Diet / GF, DF /

GF Spaghetti Mafioso /0

GF spaghetti*beef brisket*onion*garlic*tomatoes and tomato paste*vegan cream*basil

Monday 18th May

Soup

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

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

1. Optimum

Burgundy-style turkey, mashed potatoes /1a,b,c,d,7,9

turkey*onion*carrot*celery*tomato paste*wild spice blend*butter*oil*onion*potatoes

2. Classic

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

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

VEGETARIAN

3. Mixit

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

chicken breast*sweet pepper*cream*pasta

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



Menu May 2026

Tuesday 19th May

Soup

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

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

1. Optimum

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

Couscous*red and yellow pepper*zucchini*red onion*eggplant*olive oil

VEGETARIAN

2. Classic

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

Potatoes *eggs*flour*semolina*salmon fillet*spinach*garlic*onion*cream*milk

3. Mixit

Spaghetti Bolognese, cheese /1a,b,c,d,3,7,9

beef and pork meat*onion*garlic*sekaná tomatoes and tomato paste*carrot*celery*těstovina*cheese

4. Diet / GF, DF /

GF gnocchi with salmon and spinach sauce /4

Potatoes *GF flour*salmon fillet*spinach*garlic*onion*vegan cream

Wednesday 20th May

Soup

Chicken broth with rice /9

chicken*onion*carrot*celery*herbs*rice

1. Optimum

Turkey meatloaf with red lentils, mashed potatoes, cucumber salad /1a,b,c,d,3,7

turkey*potatoes*onion*garlic*flour*bread roll*spices*milk*butter*eggs*cucumbers

2. Classic

Chicken in cream sauce with vegetables, pasta /1a,b,c,d,3,7,9,10

chicken breast*onion*carrot*celery*parsley*flour*cream*mustard*pasta

3. Mixit

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

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

VEGETARIAN

4. Diet / GF, DF /

Turkey meatloaf with red lentils, potatoes, cucumber salad /0

turkey*potatoes*onion*garlic*GF flour*spices*alsan*eggs*cucumbers



Menu May 2026

Thursday 21st May

Soup

Tuscan bean soup /9

onion*carrot*celery*garlic*crushed tomatoes*tomato paste*white and red beans *herbs

1. Optimum

Spinach lasagne / 1a,b,c,d,3,7

VEGETARIAN

pasta lasagne*onion*garlic*spinach*cream*edam cheese*butter*milk*flour*eggs

2. Classic

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

pork *onion*red pepper*tomato paste*flour*eggs*milk*yeast*oil

3. Mixit

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

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

4. Diet / GF, DF /

Serbian goulash, GF pasta /0

pork leg*onion*ground pepper*cabbage*GF flour*oil*GF pasta

Friday 22nd May

Soup

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

potatoes*onion *celery*parsley*cream*flour*garlic

1. Optimum

Beef with marjoram, basmati rice /1a,b,c,d

Beef*pork bacon*onion*flour*oil*marjoram*garlic*basmati rice

2. Classic

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

VEGETARIAN

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

3. Mixit

Duck, red cabbage, potato dumplings /1a,b,c,d, 3,7

duck breast*onion*spices*potatoes*fine semolina*eggs*red cabbage

4. Diet / GF, DF /

Duck, red cabbage, GF potato dumplings /0

duck breast*onion*spices*potatoes*cabbage*GF flour



Menu May 2026

Monday 25th May

Soup

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

potatoes*onion *parsley*mushrooms*milk*cream*chicken broth

1. Optimum

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

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

2. Classic

Vegetable risotto, cheese /7,9

VEGETARIAN

Parboiled rice* herbs*carrot*cauliflower*peas*corn*celery*butter* cheese*cucumber

3. Mixit

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

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

4. Diet / GF, DF /

Vegetable risotto, pickle /9,10

VEGETARIAN

Parboiled rice* herbs*carrot*cauliflower*peas*corn*celery*alsan*pickle

Tuesday 26th May

Soup

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

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

1. Optimum

Butter tofu with chickpeas, basmati rice /1a,b,c,d,6,7,11

VEGETARIAN

chickpea*tofu* butter*flour*basmati rice*curry spices*peas*corn*carrot*sesame

2. Classic

Chicken pieces, mashed potatoes, salad /1a,b,c,d,7

chicken meat*spices*flour*onion*butter*potatoes*vegetables

3. Mixit

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

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

4. Diet / GF, DF /

Butter tofu with chickpeas, basmati rice /6,11

VEGETARIAN

chickpea*tofu* alsan*GF flour*basmati rice*curry spices*peas*corn*carrot*sesame



Menu May 2026

Wednesday 27th May

Soup

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

beef meat and bones*onion*carrot*celery*herbs*pasta

1. Optimum

Roast turkey pieces, spinach, potato dumplings /1a,b,c,d,3,7

Turkey meat*onion*garlic*butter*spinach*potatoes*eggs*milk*flour

2. Classic

Fusilli with basil pesto and chicken, parmesan /1a,b,c,d,3,7,8a,b,c,d,e

Fusilli*chicken meat*basil*onion*garlic*olive oil*cashews*parmesan*parsley

3. Mixit

Grilled vegetables with chickpeas, carrot-potato puree / 7

VEGETARIAN

Paprika*zucchini*onion*pepper*eggplant*chickpeas*herbs*potatoes*butter*milk*carrot

4. Diet / GF, DF /

Roast turkey pieces, spinach, GF potato dumplings /0

turkey meat*onion*garlic*alsan*spinach*potatoes*GF flour

Thursday 28th May

Soup

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

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

1. Optimum

Chicken paella, lettuce /0

chicken meat*rice*crushed tomatoes*olive oil*red onion*pepper*garlic*saffron*lemon juice*spring onion*turmeric*lettuce

2. Classic

Vegetable stew, mashed potatoes /3,7

VEGETARIAN

tomato*pepper*eggs*onion*potatoes*butter*turmeric

3. Mixit

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

potatoes*eggs*flour*pork meat*onion*cabbage*sugar*vinegar

4. Diet / GF, DF /

Chicken paella, lettuce /0

chicken meat*rice*crushed tomatoes*olive oil*red onion*červená pepper-čerstvá*garlic*saffron*lemon juice*spring onion*turmeric*lettuce



Menu May 2026

Friday 29th May

Soup

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

Potatoes*onion*carrot*celery*flour*butter*cream*milk*beetroot

1. Optimum

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

semolina*fresh cheese*eggs*fruit*sour cream*sugar

VEGETARIAN

2. Classic

Pork with porcini mushrooms, basmati rice /1a,b,c,d,7

pork meat*porcini mushrooms*flour*caraway*cream*onion*basmati rice

2. Mixit

Breaded fish balls, mashed potatoes, ajvar dip /1a,b,c,d,3,4,7

cod fillet*flour*eggs*breadcrumbs*rapeseed oil*lard*potatoes*butter*turmeric*sour cream*ajvar

4. Diet / GF, DF /

Pork with porcini mushrooms, basmati rice /0

Pork*porcini mushrooms*GF flour*caraway*vegan cream*onion*basmati 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!