

Menu December 2025



Monday 1st December

Soup

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

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

1. Optimum

Lentil dhal, basmati rice /0 **VEGETARIAN**

red lentil*chickpea*onion*garlic*curry*coriander*tomatoes*ginger*basmati rice

2. Classic

Breadcrumbs fish nuggets, mashed potatoes /1a,b,c,d,4,7,10

cod fillet*flour* butter*bread crumbs*oil* potatoes*curcumin

3. Mixit

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

chicken breast*sweet red pepper*cream*flour*pasta*onion

4. Diet/ GF, DF/

Lentil dhal, basmati rice /0 **VEGETARIAN**

red lentil*chickpea*onion*garlic*curry*coriander*tomatoes*ginger*basmati rice

Tuesday 2nd December

Soup

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

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

1. Optimum

Chicken natural pieces, mashed potatoes /1a,b,c,d

chicken breast*onion* spices*lard*potatoes*flour

2. Classic

Mexican beans with flat bread /1a,b,c,d **VEGETARIAN**

beans*corn*garlic*onion*tomato puree*red pepper*spring onion*sweet chilli sauce*flour*yeast* olive oil

3. Mixit

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

Beef and pork meat*onion*garlic*chopped tomatoes and tomato puree*carrot*celery*pasta*cheese

4. Diet/ GF, DF/

Chicken natural pieces, mashed potatoes /0

chicken breast*onion* spices*lard*potatoes*GF flour

Menu December 2025



Wednesday 3th December

Soup

Chicken broth with rice /9

chicken*onion*carrot*celery*herbs*rice

1. Optimum

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

turkey meat*eggs*potatoes*milk*red lentils*origanum*garlic*curcumin*onion*flour*white bread*butter*vegetable

2. Classic

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

pasta*chicken*parmesan*basil*onion*garlic*olive oil*cashews*parsley

3. Mixit

Spelled little sweet buns with vanilla cream /1a,b,c,d,3,7 **VEGETARIAN**

spelt flour*yeast*eggs*milk*pudding*vanilla*sugar

4. Diet/ GF, DF/

Turkey meatloaf with red lentil, mashed potatoes, salad /0

turkey meat*GF flour *potatoes *red lentils*origanum*garlic*onion*curcumin*alsan*vegetable

Thursday 4th December

Soup

Tuscany bean soup / 9

onion*carrot*celery*garlic*mashed tomatoes *tomato puree*white and red beans*herbs

1. Optimum

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

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

2. Classic

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

pork meat*onion*red paprika *tomato puree*flour*egg*milk*yeast*oil

3. Mixit

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

chicken breasts*onion*thyme*flour*potatoes*butter*milk*curcumin

4. Diet/ GF, DF/

Serbian goulash, GF pasta/0

pork meat*onion*red paprika *tomato puree*GF flour*GF pasta

Menu December 2025



Friday 5th December

Soup

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

potatoes*millet*onion*cream*celery*parsley*cream

1. Optimum

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

beef*pork bacon*flour*oil*marjoram*garlic*basmati rice

2. Classic

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

flour*milk*egg*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*GF flour*red cabbage

Monday 8th December

Soup

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

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

1. Optimum

Cod fillet in herbs butter, mashed potatoes, spring vegetable /1a,b,c,d,4,7

cod*butter*herbs*potatoes*curcumin*spring vegetable

2. Classic

Vegetable risotto, cheese, pickle / 7,9,10 **VEGETARIAN**

parboiled rice*herbs*carrot*cauliflower*pea*corn*celery*butter*pickle*cheese

3. Mixit

Curry chicken, jasmine rice /1a,b,c,d,7

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

4. Diet/ GF, DF/

Cod fillet in herbs, mashed potatoes, spring vegetable /4

cod fillet*GF flour*potatoes*alsan*curcumin*herbs*spring vegetable

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Tuesday 9th December

Soup

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

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

1. Optimum

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

chickpea*tofu*butter*flour*rice basmati*curry*pea*corn*carrot*sesame

2. Classic

Roasted chicken leg, mashed potatoes, salad /1a,b,c,d,7

chicken leg*flour*herbs*potatoes*butter*flour*curcumin*vegetable

3. Mixit

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

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

4. Diet/ GF, DF/

Butter tofu with chickpea, basmati rice /6,11 VEGETARIAN

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

Wednesday 10th December

Soup

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

beef*onion*carrot*celery*parsley*pasta – cee

1. Optimum

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

Pork meat*onion*caraway*garlic*spinach*potatoes*eggs*flour*milk

2. Classic

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

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

3. Mixit

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

Brambory*mouka*vejce*mák*krupička*máslo*cukr

4. Diet/ GF, DF/

Pork pieces, spinach, GF potato dumplings /0

Pork meat*onion*caraway*garlic*spinach*potatoes* GF flour

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Thursday 11th December

Soup

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

chickpea*green pea*onion*garlic*flour*milk*cream

1. Optimum

Chicken paella, lettuce / 0

chicken meat*rice*chopped tomatoes*oil*onion*pepper*garlic*saffron*lemon*curcumin*lettuce

2. Classic

Cauliflower stew, mashed potatoes /1a,b,c,d,3,7 VEGETARIAN

cauliflower*onion*egg*curcumin*potatoes*butter*cream*egg

3. Mixit

Potato dumplings filled with pork meat, 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*chopped tomatoes*oil*onion*pepper*garlic*saffron*lemon*curcumin*lettuce

Friday 12th December

Soup

Vegetable cream with beetroot /1a,b,c,d,9

carrot*celery*parsley*onion*garlic*beetroot*flour*milk*cream

1. Optimum

Homemade buns with plum jam, milk /1a,b,c,d,3,7 VEGETARIAN

flour*yeast*eggs*sugar*plum jam*butter*milk

2. Classic

Pork on boletes, basmati rice /1a,b,c,d,7

pork meat*boletes*flour*caraway*cream*onion*basmati rice

3. Mixit

Wholegrain crumbed fish filet, mashed potatoes /1a,b,c,d,3,4,7,11

cod filet*flour*eggs*breadcrumbs*potatoes*butter*sesame*curcumin

4. Diet/ GF, DF/

Pork on boletes, basmati rice /0

pork*boletes*caraway*onion*GF flour*basmati rice*alsan

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Monday 15th December

Soup

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

green pea*onion*oil*flour*milk*cream

1. Optimum

Beans in tomato sauce, grilled vegetables, bulgur /1a,b,c,d **VEGETARIAN**

white beans*onion*tomatoes*red pepper*garlic*herbs* flour*bulgur *vegetables

2. Classic

Cod on butter, mashed potatoes, compote /4,7

cod filet*buttermilk*herbs*potatoes*curcumin*compote

3. Mixit

Serbian pork risotto, cheese /7

rice parboiled*pork*onion *garlic*tomatoes and puree*pepper*herbs*oil*cheese

4. Diet/ GF, DF/

Fish fillet on olive oil, potatoes, compote / 4

fish fillet*olive oil*potatoes*alsan*curcumin*compote

Tuesday 16th December

Soup

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

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

1. Optimum

Chicken pieces with green beans, mashed potatoes /1a,b,c,d,7

chicken *green beans*flour*buttermilk*onion*potatoes*curcumin

2. Classic

Potato dumplings with tofu and soya, cabbage/1a,b ,c,d,3,6 **VEGETARIAN**

potatoes*tofu*soya*onion*egg*flour*semolina*red cabbage*onion

3. Mixit

Old Bohemian beef goulash, pasta /1a,b,c,d,3,7

beef meat*onion*garlic*spices*tomato puree* flour*pasta

4. Diet/ GF, DF/

Potato dumplings with tofu and soya, cabbage /6 **VEGETARIAN**

potatoes*tofu*soya*onion*GF flour*red cabbage*GF flour

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Wednesday 17th December

Soup

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

chicken*onion*carrot*celery*herbs*egg barley

1. Optimum

Baked pasta with pork, pickle /1a,b,c,d,3,7,10

pasta*pork*pasta*egg*milk*muscat flower*onion*breadcrumbs*cream*pickle

2. Classic

Turkey ragout with pepper, basmati rice /1a,b,c,d,7

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

3. Mixit

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

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

4. Diet/ GF, DF/

Turkey ragout with pepper, basmati rice /0

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

Thursday 18th December

Soup

Vegetable soup /9

carrot*parsley*celery*onion*cauliflower*peas

1. Optimum

Cauliflower tofu curry, basmati rice / 1a,b,c,d,6,7,8a,b,c,d,e **VEGETARIAN**

Cauliflower*tofu*tomatoes*masala*cream*coconut milk*turmeric*coriander*curry*flour*basmati rice

2. Classic

Swedish meatballs, mustard sauce, mashed potatoes /1a,b,c,d,3,7,10

Beef*pork*onion*breadcrumbs*eggs*broth*flour*butter*mustard*potatoes*turmeric

3. Mixit

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

Pork*flour*eggs*potatoes*butter*pickle

4. Diet/ GF, DF/

Swedish meatballs, mustard sauce, mashed potatoes /10

pork*onion*GF flour*potatoes*mustard*lactose-free cream*turmeric

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Friday 19th December

Soup

Red Lentil and Tomato Soup /1a,b,c,d

red lentils*tomatoes*onion*garlic*basil*flour

1. Optimum

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

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

2. Classic

Bread roll with apples, cottage cheese and raisins sprinkled with sugar / 1a,b,c,d, 3,7

VEGETARIAN

eggs*milk*sugar*raisins*butter*vanilla sugar*veka*breadcrumbs*cottage cheese*apples*oil

3. Mixit

Chicken Spaghetti Milanese 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*cucumber*lemon*GF pasta

Monday 22nd December

Soup

„Kulajda“ dill soup /1a,b,c,d,3,7

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

1. Optimum

Butter fish, basmati rice /4,7,11

Cod*butter*onion*garlic*tomatoes and puree*spice mix*cream*yogurt*basmati rice*sesame

2. Classic

Spaghetti Bolognese with soya meat, cheese /1a,b,c,d,3,6,7,9

VEGETARIAN

Soy meat*onion*garlic*chopped tomatoes and puree*carrot*celery*pasta*cheese

3. Mixit

Butter fish, basmati rice / 4,7,11

cod butter*onion*garlic*tomatoes and puree*spice mix*cream*basmati rice*sesame

4. Diet/ GF, DF/

Butter fish, basmati rice / 4,11

Cod butter*onion*garlic*tomatoes and puree*spice mix*vegan cream*basmati rice*sesame

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Tuesday 23rd December

Soup

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

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

1. Optimum

Old Bohemian „lepenice“, fried egg /3,7 **VEGETARIAN**

Potatoes*eggs*cabbage*oil*onion*milk

2. Classic

Shepherd's beef delicacy, basmati rice /1a,b,c,d

beef back*mushrooms*onions*tomato puree*flour*basmati rice*cumin

3. Mixit

Shepherd's beef delicacy, basmati rice /1a,b,c,d

beef back*mushrooms*onions*tomato puree*flour*basmati rice*cumin

4. Diet/ GF, DF/

Shepherd's beef delicacy, basmati rice /0

beef back*mushrooms*onions*tomato puree*GF flour*basmati rice*cumin

Wednesday 24th December

Public holiday

Thursday 25th December

Public holiday

Friday 26th December

Public holiday

Menu December 2025



Monday 29th December

Soup

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

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

1. Optimum

Soya Kung Pao, basmati rice /1a,b,c,d,5,6 **VEGETARIAN**

*soya meat*peanuts*leek*Kikkoman soy sauce*onion*red pepper*balsamico* basmati rice*

2. Classic

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

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

3. Mixit

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

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

4. Diet/ GF, DF/

Soya Kung Pao, basmati rice /5,6 **VEGETARIAN**

*soya meat*peanuts*leek*Kikkoman soy sauce*onion*red pepper*balsamico* basmati rice*

Tuesday 30th December

Soup

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

*onion*celery*carrot*potatoes*flour*cream*milk*butter*oil*

1. Optimum

Turkey Italian goulash, pasta / 1a,b,c,d,3

*onion*oil*sweet paprika *turkey meat*garlic*tomato puree* pepper- red, yellow*olives*mashed tomatoes* pasta*

2. Classic

Vegetable patties, mashed potatoes /1a,b,c,d,3,7,10 **VEGETARIAN**

egg bread crumbs* red lentil*onion*garlic*mustard*cumin*parsley*oil*potatoes*

3. Mixit

Turkey Italian goulash, pasta / 1a,b,c,d,3

*onion*oil*sweet paprika *turkey meat*garlic*tomato puree* pepper- red, yellow*olives*mashed tomatoes* pasta*

4. Diet/ GF, DF/

Turkey Italian goulash, pasta / 0

*onion*oil*sweet paprika *turkey meat*garlic*tomato puree* pepper- red, yellow*olives*mashed tomatoes* GF pasta*

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Wednesday 31st December

Soup

Goulash soup /1a,b,c,d

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

1. Optimum

Braised carrot, egg, mashed potatoes / 1a,b,c,d,3,7 **VEGETARIAN**

egg*cumin*carrot*garlic*onion*butter*flour*potatoes*curcumin

2. Classic

Chicken Tikka Masala, jasmine rice / 1a,b,c,d,6,11

chicken meat*onion*carrot*bamboo*mushrooms*soy sauce kikkoman*solamyl*jasmin rice

3. Mixit

Braised carrot, egg, mashed potatoes / 1a,b,c,d,3,7 **VEGETARIAN**

egg*cumin*carrot*garlic*onion*butter*flour*potatoes*curcumin

4. Diet/ GF, DF/

Chicken Tikka Masala, jasmine rice / 6,11

chicken meat*onion*carrot*bamboo*mushrooms*soy sauce kikkoman*solamyl*jasmin rice

Menu December 2025



**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!