

Menu September 2026



Tuesday 1 September

Soup

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

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

1. Optimum

Vegetable risotto with courgette, cheese, cucumber /7,9,10

VEGETARIAN

Parboiled rice*herbs*carrot*cauliflower*peas*sweetcorn*celery*courgette*butter*cheese*cucumber

2. Classic

Chicken schnitzels, mashed potatoes /1a,b,c,d,3,7

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

3. Mixit

Vegetable risotto with courgette, cheese, cucumber /7,9,10

VEGETARIAN

Parboiled rice*herbs*carrot*cauliflower*peas*sweetcorn*celery*courgette*butter*cheese*cucumber

4. Diet/ GF, DF/

Vegetable risotto with courgette, cucumber /9,10

VEGETARIAN

Parboiled rice*herbs*carrot*cauliflower*peas*sweetcorn*celery*courgette*alsan*cucumber

Wednesday 2 September

Soup

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

Beef meat and bones*onion*carrot*celery*herbs*noodles

1. Optimum

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

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

2. Classic

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

VEGETARIAN

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

3. Mixit

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

VEGETARIAN

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

4. Diet/ GF, DF/

Milanese GF spaghetti with chicken /0

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

Menu September 2026



Thursday 3 September

Soup

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

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

1. Optimum

Natural chicken pieces, mashed potatoes, baby carrots /1a,b,c,d,7

Chicken breast*onion*olive oil*spices*potatoes*butter*baby carrots

2. Classic

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

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

3. Mixit

Natural chicken pieces, mashed potatoes, baby carrots /1a,b,c,d,7

Chicken breast*onion*olive oil*spices*potatoes*butter*baby carrots

4. Diet/ GF, DF/

Natural chicken pieces, mashed potatoes, baby carrots /0

Chicken breast*onion*olive oil*spices*potatoes*alsan*baby carrots

VEGETARIAN

Friday 4 September

Soup

Vegetable soup with tarhonya /1a,b,c,d,3,9

carrot*parsley*peas*celery*onion*garlic*cauliflower*tarhonya

1. Optimum

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

Semolina*milk*butter*granko*cocoa

2. Classic

Karlovy Vary turkey goulash, elbow pasta /1a,b,c,d,3,7

turkey*onion*ground paprika*cream*flour*elbow pasta

3. Mixit

Karlovy Vary turkey goulash, elbow pasta /1a,b,c,d,3,7

turkey*onion*ground paprika*cream*flour*elbow pasta

4. Diet/ GF, DF/

Karlovy Vary turkey goulash, GF pasta /0

turkey*onion*ground paprika*GF flour*GF pasta

VEGETARIAN

Menu September 2026



Monday 7 September

Soup

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

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

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

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

Cod fillet*flour*egg*breadcrumbs*rapeseed oil*potatoes*butter*turmeric*beetroot

3. Mixit

Chicken paprikash, pasta /1a,b,c,d,3,7

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

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

Tuesday 8 September

Soup

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

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

1. Optimum

Chicken with rosemary, mashed potatoes /1a,b,c,d,7

Onion*rosemary*chicken*flour*butter*potatoes

2. Classic

Mexican beans with bread roll /1a,b,c,d,3

beans*sweetcorn*garlic*onion*tomato purée*red pepper*spring onion*sweet chilli sauce*bread roll

VEGETARIAN

3. Mixit

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

Beef and pork*onion*garlic*chopped tomatoes and purée*carrot*celery*pasta*cheese

4. Diet/ GF, DF/

Chicken with rosemary, mashed potatoes /0

Onion*rosemary*chicken*GF flour*alsan*potatoes

Menu September 2026



Wednesday 9 September

Soup

Chicken broth with rice /9

chicken*onion*carrot*celery*herbs*rice

1. Optimum

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

Turkey*potatoes*onion*garlic*flour*spices*milk*butter*egg*breadcrumbs*vegetables*turmeric

2. Classic

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

Fusilli*chicken*basil*olive oil*cashews*parmesan*onion

3. Mixit

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

Spelt flour*yeast*egg*milk*pudding*vanilla*sugar

VEGETARIAN

4. Diet/ GF, DF/

Turkey meatloaf with red lentils and mashed potatoes, salad /0

Turkey*potatoes*onion*garlic*GF flour*spices*alsan*vegetables*turmeric

Thursday 10 September

Soup

Tuscan bean soup /1a,b,c,d,9

Onion*carrot*celery*garlic*mashed tomatoes*courgette*tomato purée*white and red beans*flour*herbs

1. Optimum

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

lasagne sheets*onion*garlic*spinach*cream*milk*flour*egg

VEGETARIAN

2. Classic

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

pork leg*onion*ground paprika*cabbage*cream*flour*egg*milk*oil

3. Mixit

Chicken schnitzels, mashed potatoes /1a,b,c,d,3,7

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

4. Diet/ GF, DF/

Szeged goulash, GF pasta /0

pork leg*onion*ground paprika*cabbage*GF flour*oil

Menu September 2026



Friday 11 September

Soup

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

potatoes*onion*celery*parsley*cream*flour

1. Optimum

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

Beef*bacon*onion*flour*oil*marjoram*garlic*spaetzle

2. Classic

American pancakes, fruit compote, sour cream /1a,b,c,d,3,7

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

VEGETARIAN

3. Mixit

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

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

4. Diet/ GF, DF/

Duck, red cabbage, GF potato dumplings /0

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

Monday 14 September

Soup

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

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

1. Optimum

Herb cod, mashed potatoes, vegetables /1a,b,c,d,4,7

cod fillet*spices*herbs*potatoes*olive oil*butter*flour*turmeric*vegetables

2. Classic

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

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

VEGETARIAN

3. Mixit

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

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

4. Diet/ GF, DF/

Herb cod, mashed potatoes, vegetables /4

cod fillet*spices*herbs*potatoes*olive oil*alsan*GF flour*turmeric*vegetables

Menu September 2026



Tuesday 15 September

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

Chickpeas*tofu*butter*flour*basmati rice*curry spices*peas*sweetcorn*carrot*sesame

VEGETARIAN

2. Classic

Roast chicken thigh, mashed potatoes, vegetables /1a,b,c,d,7

chicken thigh*spices*flour*butter*potatoes*vegetables

3. Mixit

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

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

4. Diet/ GF, DF/

Roast chicken thigh, mashed potatoes, vegetables /0

chicken thigh*spices*GF flour*alsan*potatoes*vegetables

Wednesday 16 September

Soup

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

Beef meat and bones*onion*carrot*celery*herbs*alphabet pasta

1. Optimum

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

Turkey*onion*garlic*butter*spinach*potatoes*egg*milk*flour

2. Classic

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

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

3. Mixit

Cottage cheese dumplings, fruit compote, sour cream /1a,b,c,d,3,7

Semolina*cottage cheese*egg*fruit*sour cream*sugar

VEGETARIAN

4. Diet/ GF, DF/

Roasted turkey, spinach, GF potato dumplings /0

Turkey*onion*garlic*alsan*spinach*potatoes*GF flour

Menu September 2026



Thursday 17 September

Soup

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

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

1. Optimum

Chicken paella, iceberg lettuce /0

chicken*rice*mashed tomatoes*olive oil*red onion*fresh red pepper*garlic*saffron*lemon juice*spring onion*turmeric

2. Classic

Vegetable lecsó stew, mashed potatoes /3,7

Tomatoes*pepper*egg*onion*potatoes*butter*turmeric

VEGETARIAN

3. Mixit

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

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

4. Diet/ GF, DF/

Chicken paella, iceberg lettuce /0

chicken*rice*mashed tomatoes*olive oil*red onion*fresh red pepper*garlic*saffron*lemon juice*spring onion*turmeric

Friday 18 September

Soup

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

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

1. Optimum

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

Flour*yeast*egg*sugar*plum jam*butter*milk

VEGETARIAN

2. Classic

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

Pork*porcini mushrooms*flour*caraway*cream*onion*basmati rice

3. Mixit

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

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

4. Diet/ GF, DF/

Pork with porcini mushrooms, basmati rice /0

Pork*porcini mushrooms*GF flour*caraway*onion*basmati rice

Menu September 2026



Monday 21 September

Soup

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

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

1. Optimum

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

VEGETARIAN

Red beans*onion*mashed tomatoes*tomato purée*garlic*flour*paprika*herbs*bulgur*vegetables

2. Classic

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

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

3. Mixit

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

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

4. Diet/ GF, DF/

Salmon in olive oil, potatoes, vegetables /4

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

Tuesday 22 September

Soup

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

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

1. Optimum

Chinese-style turkey strips, jasmine rice /1a,b,c,d,5,6

turkey*solamyl*kikkoman soy sauce*balsamic*sweet chilli sauce*leek*red pepper*cabbage*tomato purée*rice

2. Classic

Potato dumplings with tofu and soy, red cabbage, spring onion /1a,b,c,d,3,6,7

Potatoes*tofu*soy*onion*egg*flour*red cabbage*spring onion

VEGETARIAN

3. Mixit

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

beef*onion*garlic*spices*tomato purée*paprika*flour*oil*pasta

4. Diet/ GF, DF/

Potato dumplings with tofu and soy, red cabbage, spring onion /6

VEGETARIAN

Potatoes*tofu*soy*onion*GF flour*red cabbage*spring onion

Menu September 2026



Wednesday 23 September

Soup

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

chicken*onion*carrot*celery*herbs*tarhonya

1. Optimum

Pasta al Forno with chicken, coleslaw /1a,b,c,d,3,7

pasta*chicken breast*red onion*garlic*fresh parsley*sun-dried tomatoes*parmesan*cabbage

2. Classic

Turkey sauté with peppers, basmati rice /1a,b,c,d,7

turkey*courgette*garlic*pepper*flour*onion*cream*milk*oil*basmati rice

3. Mixit

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

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

VEGETARIAN

4. Diet/ GF, DF/

Turkey sauté with peppers, basmati rice /0

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

Thursday 24 September

Soup

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

carrot*parsley*celery*onion*cauliflower*flour*milk*potatoes

1. Optimum

Tarhonya with ratatouille, lettuce /1a,b,c,d,3

Tarhonya*pepper*onion*courgette*garlic*oil*tomatoes*tomato purée*basil*parsley*tarhonya

VEGETARIAN

2. Classic

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

pork*onion*egg*stock*flour*butter*mustard*potatoes*turmeric

3. Mixit

Chicken strips, mashed potatoes, cucumber /1a,b,c,d,3,7,10

chicken breast*flour*potatoes*butter*turmeric*cucumber

4. Diet/ GF, DF/

Swedish meatballs, mustard sauce, mashed potatoes /10

pork*onion*GF flour*potatoes*mustard*vegan cream*turmeric

Menu September 2026



Friday 25 September

Soup

Red lentil and tomato soup /1a,b,c,d

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

1. Optimum

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

Veal*onion*carrot*peas*flour*tomato purée*oil*cream*celery*pickle*milk*lemon*yeast*egg

2. Classic

Apple bread pudding with quark, raisins and sugar /1a,b,c,d,3,7

egg*milk*sugar*raisins*vanilla sugar*white bread*breadcrumbs*cottage cheese*apples*oil

VEGETARIAN

3. Mixit

Serbian pork risotto, cheese /7

parboiled rice*pork*onion*garlic*tomatoes and purée*paprika*herbs*oil*cheese

4. Diet/ GF, DF/

Bratislava veal ragout, GF pasta /9,10

Veal*onion*carrot*peas*GF flour*tomato purée*oil*celery*pickle*lemon*GF pasta

Monday 28 September

Public Holiday

Menu September 2026



Tuesday 29 September

Soup

Tomato soup with rice /1a,b,c,d,7

chopped tomatoes*tomato purée*onion*flour*butter*rice

1. Optimum

Baked cod with satay sauce, jasmine rice /1a,b,c,d,4,5,7,8a,b,c,d,e

cod*onion*garlic*ginger*oil*red curry paste*coconut milk*sugar*lemon juice*cream*flour*coriander*jasmine rice*peanuts

2. Classic

Soy Bolognese spaghetti, cheese /1a,b,c,d,3,6,7,9

VEGETARIAN

Soy mince*onion*garlic*chopped tomatoes and purée*carrot*celery*oil*flour*spices*pasta*cheese

3. Mixit

Butter chicken, basmati rice /1a,b,c,d,7,11

chicken breast*butter*onion*garlic*tomatoes and purée*spice blend*cream*basmati rice*sesame

4. Diet/ GF, DF/

Baked cod, satay sauce, jasmine rice /4,5,8a,b,c,d,e

cod*onion*garlic*ginger*oil*red curry paste*coconut milk*sugar*lemon juice*GF flour*coriander*jasmine rice*peanuts

Wednesday 30 September

Soup

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

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

1. Optimum

Vegetable chia patties, mashed potatoes /1a,b,c,d,3,7

VEGETARIAN

pumpkin*chia seeds*carrot*courgette*leek*egg*oat flakes*mace*potatoes*vegetables*turmeric*butter

2. Classic

Beef shepherd's delight, basmati rice /1a,b,c,d

beef topside*mushrooms*onion*tomato purée*flour*basmati rice*caraway

3. Mixit

Spaghetti Carbonara, stewed fruit /1a,b,c,d,3,7

spaghetti*garlic*salt*pepper*bacon*egg*cream*balsamic*parmesan*parsley

4. Diet/ GF, DF/

Beef shepherd's delight, basmati rice /0

beef topside*mushrooms*onion*tomato purée*GF flour*basmati rice*caraway

Menu September 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 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.

Kitchen Ekolandia, IČ: 2482 171, www.kuchyne.ekolandia.cz, current menu, email kuchyne.ekolandia@gmail.com , Menu subject to change