



Snacks June 2026

Monday 1 June

Morning snack 1: Cornflakes 50g, milk 200 ml, fruit 50g / 1a,b,c,d,7

*Cornflakes*milk*fruit*

Morning snack 2: Cornflakes 50g, milk 200 ml, fruit 50g / 1a,b,c,d,7

*Cornflakes*milk*fruit*

Afternoon snack 1: Natura roll 60g, butter 10g, ham 20g, vegetables 50g / 1a,b,c,d,7

*roll*butter*ham*vegetables*

Afternoon snack 2: Natura roll 60g, ricotta 30g, vegetables 50g / 1a,b,c,d,7

*Roll*ricotta*vegetables*

Tuesday 2 June

Morning snack 1: Korn roll 60g, chive spread 30g, vegetables 50g / 1a,b,c,d,6,7

roll spread butter*chives*vegetables*

Morning snack 2: Korn roll 60g, sardine spread 30g, vegetables 50g / 1a,b,c,d,4,6,7

*Roll*spreadable butter*sardines*cream cheese*fruit*

Afternoon snack 1: Homemade Crumb cake 80g, milk 200 ml / 1a,b,c,d,3,7

*Sugar*flour*oil*egg*milk*cocoa*curd cheese*

Afternoon snack 2: Multigrain bread 60g, butter 10g, jam 10g, fruit 50g / 1a,b,c,d,7

*Bread*butter*jam*fruit*

Wednesday 3 June

Morning snack 1: Sourdough bread 60g, vegetable "lobster-style" spread 30g, fruit 50g / 1a,b,c,d,7,9

*bread*carrot*celery*lemon*spreadable butter*fruit*

Morning snack 2: Rice bread 2pcs, herb fresh cheese spread 30g, fruit, 50g / 1a,b,c,d,7

bread fresh cheese spread*chives*fruit*

Afternoon snack 1: Bandur roll 60g, Bulgarian spread 30g, vegetables 50g / 1a,b,c,d,6,7,10

*Roll *spreadable butter*mustard*onion*ketchup*cucumber*chicken*cream cheese*vegetables*

Afternoon snack 2: Bandur roll 60g, butter 10g, 1/2 egg, vegetables 50g / 1a,b,c,d,3,6,7

*roll*butter*egg*vegetables*



Snacks June 2026

Thursday 4 June

Morning snack 1: White toast 60g, salmon spread 30g, vegetables 50g / 1 a,b,c,d,4,6,7

*Toast*spreadable butter*salmon*cream cheese*vegetables*

Morning snack 2: White toast 60g, butter 10g, ham 20g, vegetables 50g / 1 a,b,c,d,6,7

*toast*butter*ham*vegetables*

Afternoon snack 1: Oat porridge with plums 150ml / 1a,b,c,d,7

*oat flakes*milk*sugar*plums*

Afternoon snack 2: Zalabsky roll 60g, butter 10g, mozzarella 20g, fruit 50g / 1a,b,c,d,6,7

*roll*butter*mozzarella*fruit*

Friday 5 June

Morning snack 1: Rye bread 60g, egg spread 30g, fruit 50g / 1 a,b,c,d,3,7,10

*bread*spreadable butter*egg*mustard*cream cheese*fruit*

Morning snack 2: Rye bread 60g, ham mousse 30g, fruit 50g / 1 a,b,c,d,7

*bread*ham*spreadable butter*cream cheese*fruit*

Afternoon snack 1: Corn bread 2pcs, vegan pâté 30g, vegetables 50g / 1 a,b,c,d,6,11

*bread*onion*tempeh*oil*tahini*marjoram*vegetables*

Afternoon snack 2: Caesar knot 60g, butter 10g, cheddar 20g, vegetables 50g / 1 a,b,c,d,7

*knot*butter*cheddar*vegetables*

Monday 8 June

Morning snack 1: Plain yogurt 150g, müsli with dried fruit 20g, fruit 50g / 1 a,b,c,d,7

*Yogurt*müsli*fruit*

Morning snack 2: Plain yogurt 150g, müsli with dried fruit 20g, fruit 50g / 1 a,b,c,d,7

*Yogurt*müsli*fruit*

Afternoon snack 1: Caesar knot 60g, butter 10g, ham 20g, vegetables 50g / 1 a,b,c,d,7

*knot *butter*ham*vegetables*

Afternoon snack 2: Caesar knot 60g, egg spread 30g, vegetables 50g / 1 a,b,c,d,3,7,10

*knot *spreadable butter*egg*cream cheese*mustard*vegetables*



Snacks June 2026

Tuesday 9 June

Morning snack 1: Wholegrain toast 60g, mackerel spread 30g, fruit 50g / 1 a,b,c,d,4,6,7,11,13

*toast*mackerel*spreadable butter*cream cheese*fruit*

Morning snack 2: Wholegrain toast 60g, fresh cheese 30g, fruit 50g / 1 a,b,c,d,6,7,11,13

*toast*fresh cheese*fruit*

Afternoon snack 1: Poppy seed roll 60g, milk 200ml / 1 a,b,c,d,3,7

*roll*milk*

Afternoon snack 2: Multigrain bread 60g, butter 10g, honey 15g, fruit 50g / 1a,b,c,d,7

*Bread*butter*honey*fruit*

Wednesday 10 June

Morning snack 1: Sourdough bread 60g, radish spread 30g, fruit 50g / 1a,b,c,d,7

*bread*spreadable butter*radishes*fruit*

Morning snack 2: Sourdough bread 60g, butter 10g, Eidam cheese 20g, fruit 50g / 1a,b,c,d,6,7

*bread*butter*Edam cheese*fruit*

Afternoon snack 1: Zalabsky roll 60g, butter 10g, cheddar 20g, vegetables 50g / 1 a,b,c,d,6,7

*roll*butter*cheddar*vegetables*

Afternoon snack 2: Crispbread 2pcs, carrot spread 30g, vegetables 50g / 1a,b,c,d,7

*crispbread*spreadable butter *cream cheese*carrot*vegetables*

Thursday 11 June

Morning snack 1: Corn sticks 3ks, hummus with peas and basil 30g, vegetables 50g / 1 a,b,c,d,11

*Corn sticks*chickpeas*tahini*garlic*peas*vegetables*

Morning snack 2: Rye bread 60g, tuna spread 30g, vegetables 50g / 1 a,b,c,d,4,7

*bread*spreadable butter*tuna*cream cheese*vegetables*

Afternoon snack 1: Homemade cocoa curd cream 150ml, fruit 50g / 1 a,b,c,d,7

*Curd cheese*sugar*cream*cocoa*fruit*

Afternoon snack 2: Homemade cocoa curd cream 150ml, fruit 50g / 1 a,b,c,d,7

*Curd cheese*sugar*cream*cocoa*fruit*



Snacks June 2026

Friday 12 June

Morning snack 1: Kolin bun 60g, avocado spread 30g, fruit 50g / 1 a,b,c,d,7

*bun*oil*spreadable butter*avocado*fruit*garlic*

Morning snack 2: Kolin bun 60g, butter 10g, ham 20g, fruit 50g / 1a,b,c,d,7

*bun*butter*ham*fruit*

Afternoon snack 1: Korn roll 60g, roast chicken spread 30g, vegetables 50g / 1a,b,c,d,6,7

*Roll*spreadable butter*roast chicken*ajvar*cream cheese*vegetables*

Afternoon snack 2: Korn roll 60g, spreadable butter 30g, vegetables 50g / 1 a,b,c,d,6,7

*roll*spreadable butter* vegetables*

Monday 15 June

Morning snack 1: Plain yogurt 150g, chocolate cereal balls 20g, fruit 50g / 1a,b,c,d,7,8 a,b,c,d,e

*Yogurt*chocolate balls*fruit*

Morning snack 2: Plain yogurt 150g, müsli with nuts 20g, fruit 50g / 1a,b,c,d,7,8 a,b,c,d,e

*Yogurt*müsli*nuts*fruit*

Afternoon snack 1: Natura bun 60g, herb fresh cheese spread 30g, vegetables 50g / 1a,b,c,d,7

bun fresh cheese spread*chives*vegetables*

Afternoon snack 2: Natura bun 60g, butter 10g, ham 20g, vegetables 50g / 1a,b,c,d,7

*bun*butter*ham*vegetables*

Tuesday 16 June

Morning snack 1: Zalabky roll 60g, broccoli spread 30g, fruit 50g / 1a,b,c,d,6,7

*roll*oil*spreadable butter*broccoli*fruit*garlic*

Morning snack 2: Corn bread 2pcs, ricotta 30g, fruit 50g / 1a,b,c,d,7

*bread*ricotta*fruit*

Afternoon snack 1: Homemade fruit cake 80g, milk 200 ml / 1a,b,c,d,3,7

*Flour*egg*milk*fruit*sugar*

Afternoon snack 2: Korn roll 60g, butter 10g, 1/2 egg, vegetables 50g / 1a,b,c,d,3,6,7

*roll*butter*egg*vegetables*



Snacks June 2026

Wednesday 17 June

Morning snack 1: Sourdough bread 60g, tuna spread 30g, fruit 50g / 1 a,b,c,d,4,7

bread spreadable butter*tuna*cream cheese*fruit*

Morning snack 2: Sourdough bread 60g, herb fresh cheese spread 30g, fruit 50g / 1a,b,c,d,7

*bread fresh cheese spread*chives*fruit*

Afternoon snack 1: Bandur bun 60g, roast chicken and vegetable spread 30g, vegetables 50g / 1a,b,c,d,6,7

*bun*spreadable butter*roast chicken*ajvar*cream cheese*vegetables*

Afternoon snack 2: Bandur bun 60g, ham mousse 30g, vegetables 50g / 1a,b,c,d,6,7

*bun*ham*spreadable butter*cream cheese*vegetables*

Thursday 18 June

Morning snack 1: Rye bread 60g, egg spread 30g, vegetables 50g / 1a,b,c,d,3,7,10

*bread*spreadable butter*egg*cream cheese*mustard*vegetables*

Morning snack 2: Rye bread 60g, mackerel spread 30g, vegetables 50g / 1a,b,c,d,4,7

*bread*spreadable butter*mackerel*cream cheese*vegetables*

Afternoon snack 1: Chocolate pudding 150 ml, biscuits 20g, fruit 50g / 1a,b,c,d,3,7

*Milk*biscuits*pudding*fruit*

Afternoon snack 2: Chocolate pudding 150 ml, biscuits 20g, fruit 50g / 1a,b,c,d,3,7

*Milk*biscuits*pudding*fruit*

Friday 19 June

Morning snack 1: Pumpkin toast 60g, butter 10g, ham 20g, fruit 50g / 1a,b,c,d,7,11,13

*Toast*butter*ham*fruit*

Morning snack 2: Pumpkin toast 60g, butter 10g, cheddar 20g, fruit 50g / 1a,b,c,d,7,11,13

*toast*butter*cheddar*fruit*

Afternoon snack 1: Corn sticks 3pcs, vegetable hummus 30g, vegetables 50g / 1 a,b,c,d,9,11

*Corn sticks*chickpeas*tahini*garlic*carrot*celery*vegetables*

Afternoon snack 2: Multigrain bread 60g, butter 10g, jam 10g, vegetables 50g / 1a,b,c,d,7

*Bread*butter*jam*vegetables*



Snacks June 2026

Monday 22 June

Morning snack 1: Cornflakes 50g, milk 200 ml, fruit 50g / 1a,b,c,d,7

*Cornflakes*milk*fruit*

Morning snack 2: Cornflakes 50g, milk 200 ml, fruit 50g / 1a,b,c,d,7

*Cornflakes*milk*fruit*

Afternoon snack 1: Caesar knot 60g, ricotta 30g, vegetables 50g / 1a,b,c,d,7

*knot*ricotta*vegetables*

Afternoon snack 2: Caesar knot 60g, spreadable butter 30g, vegetables 50g / 1a,b,c,d,7

*knot*spreadable butter*vegetables*

Tuesday 23 June

Morning snack 1: Korn roll 60g, sardine spread 30g, vegetables 50g / 1a,b,c,d,4,6,7

*Roll*spreadable butter*sardines*cream cheese*vegetables*

Morning snack 2: Korn roll 60g, butter 10g, mozzarella 20g, vegetables 50g / 1a,b,c,d,6,7

*roll*spreadable butter*cream cheese*carrot*vegetables*

Afternoon snack 1: Apricot-filled cake 60g, milk 200ml / 1a,b,c,d,3,7

*cake*milk*

Afternoon snack 2: Multigrain bread 60g, butter 10g, honey 15g, fruit 50g / 1a,b,c,d,7

*bread*butter*honey*fruit*

Wednesday 24 June

Morning snack 1: Sourdough bread 60g, vegan pâté 30g, fruit 50g / 1a,b,c,d,6,11

*bread*onion*tempeh*oil*tahini*marjoram*fruit*

Morning snack 2: Sourdough bread 60g, butter 10g, Eidam cheese 20g, fruit 50g / 1a,b,c,d,7

*bread*butter*Edam cheese*fruit*

Afternoon snack 1: Kolin bun 60g, butter 10g, ham 20g, vegetables 50g / 1a,b,c,d,7

*bun*butter*ham*vegetables*

Afternoon snack 2: Kolin bun 60g, carrot spread 30g, vegetables 50g / 1a,b,c,d,7

*bun*spreadable butter*cream cheese*carrot*vegetables*



Snacks June 2026

Thursday 25 June

Morning snack 1: Wholegrain toast 60g, ajvar spread 30g, vegetables 50g / 1a,b,c,d,6,7,11,13

*toast*spreadable butter*ajvar*vegetables*

Morning snack 2: Wholegrain toast 60g, salmon spread 30g, vegetables 50g / 1a,b,c,d,4,6,7,11,13

*Toast*spreadable butter*salmon*cream cheese*vegetables*

Afternoon snack 1: Vanilla pudding 150ml, biscuits 20g, fruit 50g / 1a,b,c,d,3,7

*Milk*biscuits*pudding*fruit*

Afternoon snack 2: Vanilla pudding 150ml, biscuits 20g, fruit 50g / 1a,b,c,d,3,7

*Milk*biscuits*pudding*fruit*

Friday 26 June

Morning snack 1: Corn sticks 3ks, hummus à la Shrek 30g, fruit 50g / 1a,b,c,d,11

*Corn sticks*chickpeas*tahini*garlic*spirulina*fruit*

Morning snack 2: Rye bread 60g, butter 10g, ham 20g, fruit 50g / 1a,b,c,d,7

*bread*butter*ham*fruit*

Afternoon snack 1: Korn roll 60g, spinach spread 30g, vegetables 50g / 1a,b,c,d,7

*roll*spreadable butter*cream cheese*spinach*vegetables*

Afternoon snack 2: Korn roll 60g, egg spread 30g, vegetables 50g / 1a,b,c,d,3,7,10

*roll*spreadable butter*egg*cream cheese*mustard*vegetables*

Monday 29 June

Morning snack 1: Plain yogurt 150g, müsli with nuts 20g, fruit 50g / 1a,b,c,d,7,8 a,b,c,d,e

*Yogurt*müsli*nuts*fruit*

Morning snack 2: Plain yogurt 150g, müsli with nuts 20g, fruit 50g / 1a,b,c,d,7,8 a,b,c,d,e

*Yogurt*müsli*nuts*fruit*

Afternoon snack 1: Rye bread 60g, fresh cheese 30g, vegetables 50g / 1a,b,c,d,7

*bread*fresh cheese*vegetables*

Afternoon snack 2: Rye bread 60g, butter 10g, ham 20g, vegetables 50g / 1a,b,c,d,7

*Bread*butter*ham*vegetables*



Snacks June 2026

Tuesday 30 June

**Morning snack 1: Sourdough bread 60g, "Barbie" beetroot spread 30g, vegetables 50g / 1a,b,c,d,7,8
a,b,c,d,e**

*bread*spreadable butter*beetroot*walnuts*vegetables*

Morning snack 2: Crispbread 2pcs, herb fresh cheese spread 30g, vegetables 50g / 1a,b,c,d,7

crispbread fresh cheese spread*chives*vegetables*

Afternoon snack 1: Homemade poppy seed cake 80g, milk 200 ml / 1a,b,c,d,3,7

*Flour*buttermilk*egg*sugar*poppy seeds*milk*

Afternoon snack 2: Multigrain bread 60g, butter 10g, jam 10g, fruit 50g / 1a,b,c,d,7

*Bread*buttermilk*jam*fruit*



Snacks June 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

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!