

Snacks September 2026

Tuesday 1 September

Morning snack 1

Sourdough bread, tuna spread, vegetables /1a,b,c,d,3,4,7

Morning snack 2

Sourdough bread, spreadable butter, vegetables /1a,b,c,d,3,7

Afternoon snack 1

Braided pastry with quark filling, milk /1a,b,c,d,3,7

Afternoon snack 2

Multigrain bread, butter, honey, fruit /1a,b,c,d,6,7,11

Wednesday 2 September

Morning snack 1

Crispbread, pea and mint spread, fruit /1a,b,c,d,7,11

Morning snack 2

Rice cake, butter, Edam cheese, fruit /1a,b,c,d,3,7

Afternoon snack 1

Caesar knot roll, roast chicken spread, vegetables /1a,b,c,d,7

Afternoon snack 2

Caesar knot roll, ham mousse, vegetables /1a,b,c,d,7

Thursday 3 September

Morning snack 1

White toast bread, mock lobster spread, vegetables /1a,b,c,d,6,7,9

Morning snack 2

White toast bread, tuna spread, vegetables /1a,b,c,d,4,6,7

Afternoon snack 1

Strawberry pudding, bisquits, fruit /1a,b,c,d,3,7

Afternoon snack 2

Strawberry pudding, bisquits, fruit /1a,b,c,d,3,7

Snacks September 2026

Friday 4 September

Morning snack 1

Zalabsky roll, "Smurf" spread, vegetables /1a,b,c,d,6,7

Morning snack 2

Zalabsky roll, carrot spread, fruit /1a,b,c,d,6,7

Afternoon snack 1

Rye bread, cream cheese, vegetables /1a,b,c,d,7

Afternoon snack 2

Rye bread, butter, ham, fruit /1a,b,c,d,7

Monday 7 September

Morning snack 1

Pribinacek sweet quark dessert, fruit /7

Morning snack 2

Plain yoghurt with nut muesli, fruit /1a,b,c,d,6,7,8,12

Afternoon snack 1

Natura bun, broccoli spread, vegetables /1a,b,c,d,7

Afternoon snack 2

Natura bun, butter, cheddar, vegetables /1a,b,c,d,7

Tuesday 8 September

Morning snack 1

Sourdough bread, tuna spread, vegetables /1a,b,c,d,3,4,7

Morning snack 2

Sourdough bread, ricotta, vegetables /1a,b,c,d,3,7

Afternoon snack 1

Fruit sponge cake, milk /1a,b,c,d,3,7

Afternoon snack 2

Multigrain bread, butter, jam, fruit /1a,b,c,d,6,7,11

Snacks September 2026

Wednesday 9 September

Morning snack 1

Multigrain roll, carrot spread, fruit /1a,b,c,d,7,11

Morning snack 2

Corn sticks, herb cream cheese, fruit /1a,b,c,d,3,7

Afternoon snack 1

Bandur bun, Bulgarian-style spread, vegetables /1a,b,c,d,7,10,11

Afternoon snack 2

Bandur bun, butter, ½ egg, vegetables /1a,b,c,d,3,7,11

Thursday 10 September

Morning snack 1

Corn sticks, “Shrek” hummus, fruit /1a,b,c,d,3,7,11

Morning snack 2

Wholegrain toast bread, sardine spread, vegetables /1a,b,c,d,3,4,6,7,11,13

Afternoon snack 1

Rice pudding with plums, fruit /7

Afternoon snack 2

Rice pudding with plums, fruit /7

Friday 11 September

Morning snack 1

Wholegrain toast bread, vegan pâté, vegetables /1a,b,c,d,3,6,7,11,13

Morning snack 2

Kolín bun, butter, ham, vegetables /1a,b,c,d,7

Afternoon snack 1

Rye bread, cheese spread, vegetables /1a,b,c,d,7

Afternoon snack 2

Rye bread, butter, cheddar, fruit /1a,b,c,d,7

Monday 14 September

Morning snack 1

Termix sweet quark dessert, fruit /7

Morning snack 2

Plain yoghurt, cornflakes, fruit /1a,b,c,d,7

Afternoon snack 1

Kolín bun, butter, ham, vegetables /1a,b,c,d,7

Afternoon snack 2

Kolín bun, egg spread, vegetables /1a,b,c,d,3,7,10

Tuesday 15 September

Morning snack 1

Sourdough bread, sardine spread, vegetables /1a,b,c,d,3,4,7

Morning snack 2

Sourdough bread, cream cheese, fruit /1a,b,c,d,3,7

Afternoon snack 1

Braided pastry with quark filling, milk /1a,b,c,d,3,7

Afternoon snack 2

Multigrain bread, butter, honey, fruit /1a,b,c,d,6,7,11

Wednesday 16 September

Morning snack 1

Pumpkin toast bread, carrot hummus, fruit /1a,b,c,d,3,7,11,13

Morning snack 2

Pumpkin toast bread, butter, mozzarella, fruit /1a,b,c,d,7,11,13

Afternoon snack 1

Zalabsky roll, butter, ½ egg, vegetables /1a,b,c,d,3,6,7

Afternoon snack 2

Zalabsky roll, butter, Edam cheese, vegetables /1a,b,c,d,6,7

Snacks September 2026

Thursday 17 September

Morning snack 1

Rye bread, cucumber and dill spread, vegetables /1a,b,c,d,7

Morning snack 2

Rye bread, salmon spread, vegetables /1a,b,c,d,4,7

Afternoon snack 1

Vanilla pudding, bisquits, fruit /1a,b,c,d,3,7

Afternoon snack 2

Vanilla pudding, bisquits, fruit /1a,b,c,d,3,7

Friday 18 September

Morning snack 1

Corn cake, pizza spread, vegetables /6,7,12

Morning snack 2

Multigrain roll, butter, ham, vegetables /1a,b,c,d,7,11

Afternoon snack 1

Caesar knot roll, ham mousse, vegetables /1a,b,c,d,7

Afternoon snack 2

Crispbread, carrot spread, vegetables /1a,b,c,d,3,7,11

Monday 21 September

Morning snack 1

Cornflakes, milk, fruit /1a,b,c,d,7

Morning snack 2

Cornflakes, milk, fruit /1a,b,c,d,7

Afternoon snack 1

Natura bun, butter, ham, vegetables /1a,b,c,d,3,7

Afternoon snack 2

Natura bun, ricotta, vegetables /1a,b,c,d,7

Tuesday 22 September

Morning snack 1

Multigrain roll, chive spread, vegetables /1a,b,c,d,7,11

Morning snack 2

Multigrain roll, sardine spread, vegetables /1a,b,c,d,4,7,11

Afternoon snack 1

Homemade apple strudel, milk /1a,b,c,d,3,7

Afternoon snack 2

Multigrain bread, butter, jam, fruit /1a,b,c,d,6,7,11

Wednesday 23 September

Morning snack 1

Sourdough bread, mock lobster spread, fruit /1a,b,c,d,3,7,9,11

Morning snack 2

Rice cake, herb cream cheese, fruit /1a,b,c,d,3,7

Afternoon snack 1

Bandur bun, Bulgarian-style spread, vegetables /1a,b,c,d,7,10,11

Afternoon snack 2

Bandur bun, butter, ½ egg, vegetables /1a,b,c,d,3,7,11

Thursday 24 September

Morning snack 1

White toast bread, salmon spread, vegetables /1a,b,c,d,4,6,7

Morning snack 2

White toast bread, butter, ham, vegetables /1a,b,c,d,6,7

Afternoon snack 1

Oat porridge with plums /1a,b,c,d,7

Afternoon snack 2

Zalabsky roll, butter, mozzarella, vegetables /1a,b,c,d,6,7



Snacks September 2026

Friday 25 September

Morning snack 1

Rye bread, egg spread, fruit /1a,b,c,d,3,7,10

Morning snack 2

Rye bread, ham mousse, fruit /1a,b,c,d,7

Afternoon snack 1

Corn cake, vegan pâté, vegetables /1a,b,c,d,3,6,7,11

Afternoon snack 2

Caesar knot roll, butter, cheddar, vegetables /1a,b,c,d,7

Monday 28 September

PUBLIC HOLIDAY

Snacks September 2026

Tuesday 29 September

Morning snack 1

Plain yoghurt with fruit muesli, fruit /1a,b,c,d,7,12

Morning snack 2

Plain yoghurt with fruit muesli, fruit /1a,b,c,d,7,12

Afternoon snack 1

Pastry with poppy seed filling, milk /1a,b,c,d,3,7

Afternoon snack 2

Multigrain bread, butter, honey, fruit /1a,b,c,d,6,7,11

Wednesday 30 September

Morning snack 1

Sourdough bread, radish spread, fruit /1a,b,c,d,3,7

Morning snack 2

Sourdough bread, butter, Edam cheese, fruit /1a,b,c,d,3,7

Afternoon snack 1

Zalabsky roll, butter, cheddar, vegetables /1a,b,c,d,3,6,7

Afternoon snack 2

Crispbread, cream cheese, vegetables /1a,b,c,d,7,11



Snacks September 2026

Enjoy your meal!

The EKOLANDIA team

Compliance with the school nutritional basket is guaranteed for each variant separately, and for nursery schools when morning and afternoon snacks are taken together.

Abbreviations used for variant 4: GF – (Gluten free) gluten-free variant, DF – (Dairy free) dairy-free variant. Only ingredients free of the relevant allergen (gluten, lactose) are used in preparation; for the exact composition of the dishes please use the contacts below. Dishes in variant 4 may, however, contain traces of gluten, as they are prepared in a kitchen where gluten is processed.

The detailed composition of individual dishes, portion sizes and the list of sub-allergens for each dish can be found in your Edumeal ordering system.

Allergens

Where allergen 1 – CEREALS CONTAINING GLUTEN – is stated, the dish contains the following cereals, or may contain traces of them – 1a – wheat, 1b – rye, 1c – barley, 1d – oats, 1e – spelt, 1f – kamut or their hybridised strains, 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 (soya) and products thereof

7 – milk and products thereof

8 – TREE NUTS – the dish contains the following nuts, or may contain traces of them – 8a – almonds, 8b – hazelnuts, 8c – walnuts, 8d – cashew nuts, 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, ml/kg, expressed as SO₂

13 – lupin and products thereof

14 – molluscs and products thereof

Fruit, fresh vegetables and milk are supplied separately, outside the composition stated in this menu, in accordance with the school catering decree.

Drinks provided: still water, water flavoured with lemon or orange, milk.

The Ekolandia menu is prepared in cooperation with nutrition therapist Martina Kučerová. The serving of dietary meals is the responsibility of a trained Ekolandia staff member. More detailed information on composition is available on request via the email address given. Menu subject to change.