

Menu January 2026



Friday 2nd January

Soup

Vegetable soup /9

carrot*parsley*celery*onion*cauliflower*potatoes

1. Optimum

Couscous with dried tomatoes and olives /1 a,b,c,d **VEGETARIAN**

Couscous*oil*onion*zucchini*carrot*olives*garlic *coriander*dried tomatoes

2. Classics

Chicken pieces, grain-potato puree /1a,b,c,d,7

chicken*herbs*flour*onion*butter*potatoes*grain*milk*marjoram*garlic

3. Mixit

Couscous with dried tomatoes and olives /1 a,b,c,d **VEGETARIAN**

Couscous*oil*onion*zucchini*carrot*olives*garlic *coriander*dried tomatoes

4. Diet/ GF, DF/

Chicken pieces, potatoes /0

chicken*herbs*GF flour*onion*alsan*potatoes*marjoram*garlic

Monday 5th January

Soup

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

onion*spinach*milk*cream*garlic*flour*butter*mace

1. Optimum

Fish filet on cumin, mashed potatoes, vegetable /4,7

cod filet*spices*butter*cumin*potatoes*olive oil *flour*curcumin*vegetable

2. Classics

Penne Puttanesca, parmesan /1 a,b,c,d,3,7 **VEGETARIAN**

penne*onion*tomato puree*oil*basil*chopped tomatoes*garlic*olives*parmesan

3. Mixit

Fish filet on cumin, mashed potatoes, vegetable /4,7

cod filet*spices*butter*cumin*potatoes*olive oil *flour*curcumin*vegetable

4. Diet/ GF, DF/

GF pasta Puttanesca /0 **VEGETARIAN**

GF pasta*onion*tomato puree*oil*basil*chopped tomatoes *garlic*olives

Menu January 2026



Tuesday 6th January

Soup

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

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

1. Optimum

Bread crumbed cauliflower, potatoes, dill dip /1a,b,c,d,3,7 **VEGETARIAN**

Cauliflower*breadcrumbs*egg*flour*potatoes*yoghurt*milk*dill*butter

2. Classics

Hungarian turkey perkelt, jasmine rice /1a,b,c,d,7

turkey meat*onion*flour*cumin*tomato puree*garlic*paprika *cream*rice jasmine

3. Mixit

Bread crumbed cauliflower, potatoes, dill dip /1a,b,c,d,3,7 **VEGETARIAN**

Cauliflower*breadcrumbs*egg*flour*potatoes*yoghurt*milk*dill*butter

4. Diet/ GF, DF/

Hungarian turkey perkelt, jasmine rice/0

turkey meat*onion*GF flour*paprika *tomato puree*garlic*vegan cream*jasmine rice

Wednesday 7th January

Soup

Chicken broth with millet /9

chicken*onion*carrot*celery*herbs*millet

1. Optimum

Baked cheese pasta with chicken, lettuce /1a,b,c,d,3,7

Pasta*cheese gouda*parmesan*egg*leek*dried tomatoes*garlic*cream*lettuce

2. Classics

Beef with dill sauce, buckwheat dumplings /1a,b,c,d,3,7

beef*milk*cream*dill*flour*buckwheat*eggs*yeast*milk

3. Mixit

Mango sticky rice / 7,8 a,b,c,d,e, 11 **VEGETARIAN**

Rice*coconut milk*milk*mango*sesam*sugar

4. Diet/ GF, DF/

Mango sticky rice / 8 a,b,c,d,e, 11 **VEGETARIAN**

Rice*coconut milk*mango*sesam*sugar

Menu January 2026



Thursday 8th January

Soup

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

*onion*garlic*brown and red lentils*carrot*celery*beans*peas*flour*

1. Optimum

Indian chickpea curry, basmati rice /1 a,b,c,d,7,8 a,b,c,d,e VEGETARIAN

*chickpea*chopped tomatoes*coconut milk*onion*garlic*curry*ginger*coriander*basmati rice*

2. Classics

Meatloaf with dried tomatoes and red lentil, potatoes /1a,b,c,d,3,7

*pork*onion*flour*breadcrumbs*oil*egg*red lentil*dried tomatoes*potatoes*butter*

3. Mixit

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

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

4. Diet/ GF, DF/

Meatloaf with dried tomatoes and red lentil, potatoes /0

*pork*onion*GF flour*oil*red lentil*dried tomatoes*potatoes*

Friday 9th January

Soup

“Kulajda” - dill soup /1a,b,c,d,3,7

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

1. Optimum

Karlsbad turkey goulash, pasta /1a,b,c,d,3,7

*turkey*onion*milled red pepper*cream*flour*pasta*

2. Classics

Sweet patties, sour cream, sugar, mint and cinnamon / 1a,b,c,d,3,7 VEGETARIAN

*flour*fresh cheese*egg*raisins*semolina*oil*sour cream*sugar*cinnamon*mint*

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/

Turkey goulash, GF GF pasta /0

*turkey*onion*milled red paprika*GF pasta*GF flour*

Menu January 2026



Monday 12th January

Soup

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

broccoli*potatoes*onion*flour*cream*milk*garlic

1. Optimum

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

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

2. Classics

Cod fillet with curcumin in butter, mashed potatoes, vegetable /4,7

cod*butter*herbs*potatoes *curcumin *olive oil*vegetable*curcumin

3. Mixit

Serbian pork risotto, cheese, pickle /7,10

rice parboiled*pork*onion *garlic*tomato puree*paprika*herbs*oil*cheese*pickle

4. Diet/ GF, DF/

Cod fillet with curcumin on olive oil, mashed potatoes, vegetable /4

cod*herbs*potatoes *curcumin *olive oil*vegetable*curcumin

Tuesday 13th January

Soup

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

potatoes*garlic*onion*cream*milk*flour*chicken broth

1. Optimum

Znojmia beef, parboiled rice /1a,b,c,d,7,10

beef*mustard*onion*butter*flour*parboiled rice*pickle

2. Classics

Sour lentil, egg, pickle /1a,b,c,d,3,10 **VEGETARIAN**

lentil*vinegar*sugar*egg*pickle*onion*flour

3. Mixit

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

spaghetti*chicken meat*tomato puree*onion*garlic*herbs*cheese

4. Diet/ GF, DF/

Znojmia beef, parboiled rice /10

beef*mustard*onion*alsan*GF flour*parboiled rice

Menu January 2026



Wednesday 14th January

Soup

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

beef*pork liver*onion*carrot*celery*herbs*breadcrumbs*eggs*garlic*noodles

1. Optimum

Turkey pieces, polenta puree, spring vegetable / 1a,b,c,d,7

turkey*butter*carrot*onion*corn polenta*milk* spring vegetable

2. Classics

Pork goulash with red pepper, gnocchi /1a,b,c,d,3,7

pork*onion*garlic*spice*tomato puree*oil*fleur*red pepper*sweet pepper*potatoes*egg

3. Mixit

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

flour*milk*egg*milk*sugar*cinnamon*sour cream

4. Diet/ GF, DF/

Pork goulash with red pepper, GF gnocchi /0

pork*onion*garlic*spice*tomato puree*oil*GF flour*red pepper*sweet pepper*potatoes

Thursday 15th January

Soup

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

red lentils*tomatoes*onion*garlic*origanum* flour

1. Optimum

Hamburger pork leg, bread dumpling /1a,b,c,d,3,7,9,10

pork*butter*milk*onion*cream*celery*parsley*mustard*pickles*vinegar*flour*yeast*eggs

2. Classics

Pumpkin cous cous, edamame beans, sesame /1a,b,c,d,6,7,11 VEGETARIAN

Couscous*pumpkin*oil*corn*green beans*onion*sesame*butter*carrot

3. Mixit

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

pork*onion*flour*breadcrumbs*oil*egg* potatoes*butter*pickle

4. Diet/ GF, DF/

Hamburger pork leg, GF pasta /9,10

pork*alsan*onion*cream*celery*parsley*mustard*pickles*vinegar*GF pasta*vegan cream

Menu January 2026



Friday 16th January

Soup

Vegetarian goulash soup with soya /1a,b,c,d,6

potatoes*onion*soya*oil*garlic*sweet pepper*flour

1. Optimum

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

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

2. Classics

Chicken korma, basmati rice /1a,b,c,d,7,8a,b,c,d,e

chicken*leek*pepper*onion*zucchini*ginger*kari *coconut milk*coriander*cream*garlic* onion* tomatoes*oil*lemon*basmati rice

3. Mixit

Chicken schnitzel, potato puree, pickle / 1a,b,c,d,3,7,10

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

4. Diet/ GF, DF/

Chicken korma, basmati rýže /8a,b,c,d,e

kuřecí prsa*pórek*paprika*cibule*cuketa*zázvor*kari pasta*kokosové mléko*koriandr*česnek* cibule* rajčata*olej*lemon*basmati rýže

Monday 19th January

Soup

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

chopped tomatoes*tomato puree*onion*butter*flour*pasta

1. Optimum

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

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

2. Classics

Spaghetti aglio olio e peperoncino, parmesan /1a,b,c,d,3,7

pasta*garlic*olive oil*parmesan*pepper*chilli



VEGETARIAN

3. Mixit

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

chicken breast*butter*onion*garlic*tomatoes and tomato puree*herbs*cream* basmati rice*sesame

4. Diet/ GF, DF/

Butter chicken, basmati rice /11

chicken breast*alsan*onion*garlic*tomatoes and tomato puree*herbs*vegan cream* basmati rice*sesame

Ekolandia, IČ: 2482 171, www.kuchyne.ekolandia.cz, actual menu, email kuchyne.ekolandia@gmail.com , Diet is subject to change.

Menu January 2026



Tuesday 20th. January

Soup

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

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

1. Optimum

Gnocchi with tomato sauce with oyster / 1 a,b,c,d,3,7

VEGETARIAN

potatoes *egg*flour*semolina*chopped tomatoes*onion*pepper red*oyster*oil*coriander*parmesan

2. Classics

Turkey on mushrooms, basmati rice /1a,b,c,d

turkey*mushrooms*onion*flour*bollets herbs*cumin*basmati rice

3. Mixit

Chicken roll, mashed potatoes /1a,b,c,d,3,6,7,10

chicken*pork*spinach*milk*garlic*egg*breadcrumbs*flour*spicy*potatoes*butter

4. Diet/ GF, DF/

Turkey on mushrooms, basmati rice /0

turkey*mushrooms*onion*GF flour*bolletes spicy*cumin*basmati rice

Wednesday 21st January

Soup

Borsch /1a,b,c,d,9

potatoes*celery*onion*carrot*tomato*beetroot*cabbage*beef meat*beans*tomato puree*spices*flour

1. Optimum

Turkey meatloaf with quinoa, potato puree, pickle /1a,b,c,d,3,7,10

Turkey meat*egg*potatoes*milk *marjoram*garlic *curcumin*quinoa*pickle

2. Classics

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

pork*cabbage*flour*potato*onion*egg

3. Mixit

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

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

4. Diet/ GF, DF/

Turkey meatloaf with quinoa, potatoes, pickle /10

turkey*potatoes*marjoram*garlic *curcumin*quinoa*pickle

Menu January 2026



Thursday 22nd January

Soup

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

yellow pea*onion*garlic*origanum*milk*flour

1. Optimum

Rice noodles, satay sauce with chicken, sesame /1a,b,c,d,5,7,8a,b,c,d,e,11

chicken*onion*garlic*ginger*oil*red curry pasta*coconut milk*sugar*lemon *cream*flour*coriander*rice
noodles*peanuts*sesame

2. Classics

Creamy green beans, egg, potatoes /1a,b,c,d,3,7 **VEGETARIAN**

green beans*cream*flour*milk *egg* potatoes*butter*curcumin

3. Mixit

Beef with tomato sauce, bread dumpling /1a,b,c,d,3,7,9

beef*tomatoes and tomato puree*onion*carrot*celery*spices*flour*yeast*eggs*milk

4. Diet/ GF, DF/

Rice noodles, satay sauce with chicken, sesame /5,8a,b,c,d,e,11

chicken*onion*garlic*ginger*oil*red curry pasta*coconut milk*sugar*lemon *vegan cream*GF flour*coriander*rice
noodles*peanuts*sesame

Friday 23rd January

Soup

Garlic soup with potatoes /3

Garlic*onion*potatoes*cumin*egg*chicken broth*marjoram

1. Optimum

Soya ragout with vegetable and pepper, jasmine rice /1a,b,c,d,6,7 **VEGETARIAN**

soya*zucchini *garlic*pepper*flour*onion*cream*milk*oil*jasmine rice

2. Classics

Dutch schnitzel, potato puree, pickle/ 1a,b,c,d,3,7,10

pork*cheese*breadcrumbs*potatoes* butter*egg*milk*pickle

3. Mixit

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

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

4. Diet/ GF, DF/

Soya ragout with vegetable and pepper, jasmine rice /6 **VEGETARIAN**

soya*zucchini *garlic*pepper*GF flour*onion*vegan cream*oil*jasmine rice

Menu January 2026



Monday 26th January

Soup

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

carrot*celery*onion*ginger*flour*milk*cream*ginger*butter*oi

1. Optimum

Milanese soy meat spaghetti with cheese / 1a,b,c,d,3,6,7 **VEGETARIAN**

spaghetti*soy sauce*tomato puree*onion*garlic*herbs*oil*flour*cheese

2. Classics

Indian fish KORMA, basmati rice/4,7,8 a,b,c,d,e

cod filet*onion*garlic*coconut milk*cream*yoghurt*indian spices* ginger*curry*coriander*tomatoes and puree*basmati rice

3. Mixit

Chicken risotto, cheese, pickle / 7,9,10

Rice parboiled*chicken meat*carrot*corn*pea*celery*onion*cheese*oil*pickle

4. Diet/ GF, DF/

Chicken risotto, pickle / 9,10

Rice parboiled*chicken meat*carrot*corn*pea*celery*onion*pickle

Tuesday 27th January

Soup

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

potatoes*oat flakes*onion*carrot*garlic*marjoram*cumin*flour*celery*parsley

1. Optimum

Chicken pieces with leek and red pepper, jasmine rice / 1a,b,c,d,7

leek*garlic*cream*onion*oil*flour*paprika*milk*chicken meat*jasmin rice

2. Classics

Fusilli with basil pesto, grilled vegetable /1a,b,c,d,3,7,8a,b,c,d,e **VEGETARIAN**

pasta*basil*cashew nuts*olive oil*parsley*onion *cheese*garlic*vegetable

3. Mixit

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

pork*onion*cumin*garlic *spinach*potatoes *flour*egg*oil

4. Diet/ GF, DF/

Chicken pieces with leek and red pepper, jasmine rice / 0

Leek*garlic*veganská cream*onion*oil*GF flour*paprika*chicken meat*jasmin rice

Menu January 2026



Wednesday 28th January

Soup

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

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

1. Optimum

Turkey balls, potato puree, pickle /1a,b,c,d,3,7,10

turkey*potatoes*onion*garlic*flour*spicy*milk*butter*egg*curcumin*oil*pickle

2. Classics

Greek moussaka /1a,b,c,d,3,7

Beef a pork meat*aubergine*onion*garlic*basil*tomatoes and puree*oil*butter*cheese*potatoes*zucchini*egg

3. Mixit

Spaghetti POMODORO, mozzarella /1a,b,c,d,3,7 **VEGETARIAN**

spaghetti*tomatoes*onion*garlic*sugar*oil*basil*mozzarella

4. Diet/ GF, DF/

Turkey balls, potato puree, pickle /10

turkey*potatoes*onion*garlic*GF flour*spicy*alsan*curcumin*oil*pickle

Thursday 29th January

Soup

Lentil Soup /1a,b,c,d

lentil*onion*vinegar*sugar*flour*garlic

1. Optimum

Beef on marjoram, gnocchi / 1a,b,c,d,3,7

Beef meat*pork ham*flour*oil*marjoram*onion*garlic*egg*potatoes

2. Classics

Pasta with cheese sauce /1a,b,c,d,3,7 **VEGETARIAN**

pasta*eidam*cheddar*niva*butter*flour*milk*cream

3. Mixit

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

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

4. Diet/ GF, DF/

Beef on marjoram, GF gnocchi / 0

Beef meat*pork ham*GF flour*oil*marjoram*garlic*onion*potatoes

Menu January 2026



Friday 30th January

Soup

Farmer´s cabbage soup /1a,b,c,d,7

onion*potatoes*cabbage*cream *sweet paprika *flour*pork meat*oil

1. Optimum

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

semolina*milk*butter*granko*cocoa*sugar

2. Classics

Beef vegetable creamy sauce, cranberries, bread dumplings /1a,b,c,d,3,7,9,10

beef*onion*carrot*celery*mustard*cream*flour*yeast*egg*milk*cranberries

3. Mixit

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

chicken*paprika sweet*cream*flour*oil*onion*pasta

4. Diet/ GF, DF/

Chicken in paprika sauce, GF pasta /0

chicken*paprika sweet*vegan cream*GF flour*oil*onion*GF pasta

Menu January 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 - pistacchios, 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!

Ekolandia, IČ: 2482 171, www.kuchyne.ekolandia.cz, actual menu, email kuchyne.ekolandia@gmail.com , **Diet is subject to change.**