

Menu February 2026



Monday 2nd February

Soup

Cauliflower soup with pea /1a,b,c,d,7

cauliflower*pea* milk*cream*onion*flour*buttermilk*herbs*oil

1. Optimum

Fillet on red fish spices, potatoes, vegetable /4,7

Fish fillet*buttermilk*herbs*paprika*potatoes*lard*onion*curcumin*oil*vegetable

2. Classic

Tofu sweet and sour, rice noodles/6,9,11



tofu*carrot*ginger*pepper*bamboo*sesame*sweet and sour sauce*sugar*solamyl*tomato puree*rice noodles

3. Mixit

Chicken on curry, jasmin rice /1a,b,c,d,7

chicken breasts*onion*curry*curcumin*flour*milk*cream*garlic*oil*buttermilk*jasmin rice

4. Diet/ GF, DF/

Fillet on red fish spices, potatoes, vegetable /4

Fish fillet*olive oil*herbs*potatoes*curcumin*vegetable

Tuesday 3rd February

Soup

Sauerkraut soup with potatoes /1a,b,c,d,7

cabbage*onion*potatoes*garlic*cream*flour*oil

1. Optimum

Broccoli patties with red lentil, potato puree /1a,b,c,d,3,7 **VEGETARIAN**

broccoli*egg*red lentil*cream *potatoes*milk*herbs*oat flakes chia seeds *butter

2. Classic

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

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

3. Mixit

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

Pasta*buttermilk*garlic*cream*parmesan*chicken meat* oil

4. Diet/ GF, DF/

Pork risotto, pickle / 9,10

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

Menu February 2026



Wednesday 4th February

Soup

Beef broth with rice / 9

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

1. Optimum

Turkey v coconut omáče s coriander, basmati rice /1a,b,c,d,7,8a,b,c,d,e

turkey breasts*onion*garlic*ginger*oil*red curry pasta*coconut milk*carrot*broccoli*sugar*zucchini*lemon *cream*flour*coriander*pepper*basmati rice

2. Classic

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

Pork meat*onion*milled paprika*cabbage*cream*flour*egg*milk*yeast*oil

3. Mixit

Chickpea with grilled vegetable, carrot-potato puree / 1a,b,c,d,3,7 **VEGETARIAN**

chickpea*pepper*zucchini*onion*aubergine*carrot*potatoes*butter*milk

4. Diet/ GF, DF/

Turkey in coconut sauce with coriander, basmati rice /8a,b,c,d,e

turkey breasts*onion*garlic*ginger*oil*red curry pasta*coconut milk*carrot*broccoli*sugar*zucchini*lemon * GF flour*coriander* basmati rice *vegan cream*pepper

Thursday 5th February

Soup

Tomato and red lentil soup /1a,b,c,d

red lentil*tomatoes and puree*onion*garlic*basil*flour*sugar*oil*

1. Optimum

Vegetable paella, lettuce /0

VEGETARIAN

rice*chopped tomatoes*olive oil*red onion*red pepper*garlic*safron*onion*lemon*curcumin*lettuce

2. Classic

Greek style turkey, penne /1a,b,c,d,3

turkey meat*herbs*olives*onion*garlic*pepper*zucchini*tomatoes and puree*flour*lemon*pasta penne

3. Mixit

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

potatoes*egg*flour*semolina*pork meat*onion*cabbage*sugar*vinegar*oil

4. Diet/ GF, DF/

Greek style turkey, GF pasta /0

turkey meat*herbs*olives*onion*garlic*pepper*zucchini*tomatoes and puree*lemon*GF pasta

Menu February 2026



Friday 6th February

Soup

Krkonoše onion soup with meat/3,9

Onion*potatoes*carrot*celery*garlic*cumin*egg*parsley*beef meat

1. Optimum

Pork tenderloin with dried tomatoes, farfalle /1a,b,c,d,3,7

pork tenderloin*onion*dried tomatoes*flour*milk*cream*oil*basil*pasta farfalle

2. Classic

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

flour*yeast*egg*milk* bun s cream*cream*sugar*oil

3. Mixit

Wholegrain breadcrumbed fish fillet, mashed potatoes, dill dip /1a,b,c,d,3,4,7,11

cod fillet*flour*egg*breadcrumbs* potatoes*butter*sesam*curcumin*dill*yoghurt

4. Diet/ GF, DF/

Pork tenderloin with dried tomatoes, GF pasta /0

pork tenderloin*onion*garlic*dried tomatoes*GF flour *oil*vegan cream*GF pasta

Monday 9th February

Soup

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

Chopped tomato and puree* onion*butter*flour*pasta – egg barley

1. Optimum

Lentil dhal, basmati rice /8a,b,c,d,e **VEGETARIAN**

red lentil*chickpea*onion*garlic*curry*coriander*tomato*coconut milk*rice

2. Classic

Fish schnitzel, mashed potatoes, dip /1a,b,c,d,4,7,10

cod*flour*mustard*butter*potatoes*yoghurt*ajvar

3. Mixit

Serbian pork risotto, cheese, pickle /7,10

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

4. Diet/ GF, DF/

Lentil dhal, basmati rice /8a,b,c,d,e **VEGETARIAN**

red lentil*chickpea*onion*garlic*curry*coriander*tomato*coconut milk*rice

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Tuesday 10th February

Soup

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

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

1. Optimum

Turkey Stroganoff, wild rice /1a,b,c,d,7,10

turkey meat*onion*butter*flour*spices*cream*mushrooms*mustard*tomato puree*rice

2. Classics

Vegetable chia patties, potato puree /1a,b,c,d,3,7 **VEGETARIAN**

pumpkin*chia seeds*carrot*zucchini*leek*egg*oat flakes*nutmeg *potatoes *butter

3. Mixit

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

chicken*flour*cumin*onion*cream

4. Diet/ GF, DF/

Turkey Stroganoff, wild rice /10

turkey meat*onion*alsan*GF flour*spices*mushrooms*mustard* tomato puree*rice

Wednesday 11th February

Soup

Tom Yum Gai /1a,b,c,d,4,6

Chicken meat and bones*coconut milk*chicken broth*curry pasta*lime*spring onion*ginger*mushrooms*soya, fish sauce*coriander*sugar*parsley

1. Optimum

Turkey in Mediterranean sauce, penne / 1a,b,c,d,3

onion*paprika*zucchini*oil *basil*tomato puree*chopped tomatoes*flour*pepper*sugar*turkey meat*penne

2. Classic

Chicken chilli con carne, basmati rýže /0

Chicken*bean*corn*caraway*tomatoes*sugar*garlic*onion*pepper*tomato puree



3. Mixit

Pancakes, homemade strawberry jam, sugar /1a,b,c,d,3,7 **VEGETARIAN** delivered separately necessary to spread

Flour*oil*egg*milk*sugar*strawberries*sugar

4. Diet/ GF, DF/

Turkey in Mediterranean sauce, GF pasta / 0

onion*paprika*zucchini*oil *basil*tomato puree*chopped tomatoes*GF flour*pepper*sugar*turkey meat*GF pasta

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Thursday 12th February

Soup

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

onion*milk*cream*beans*garlic*flour*oil

1. Optimum

Moravian pork, sauerkraut, potato dumplings / 1a,b,c,d,3,7

Pork meat*onion*garlic*caraway*oil*sauerkraut*onion*potatoes*egg*milk*flour

2. Classic

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

VEGETARIAN

Pasta – fusilli*onion*tomatoes*olives*thyme*basil*garlic*paper*tomatoes*curcumin*sugar*vinegar*semolina

3. Mixit

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

chicken breasts*flour*potatoes*butter*curcumin*pickle*olive oil

4. Diet/ GF, DF/

Moravian pork, sauerkraut, GF potato dumplings / 0

pork*onion*garlic*oil*sauerkraut*potatoes*GF flour*caraway*sugar*vinegar

Friday 13th February

Soup

Garlic soup with eggs and potatoes /3

garlic*onion*potatoes*caraway*egg*chicken broth *marjoram

1. Optimum

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

VEGETARIAN

rice*coconut milk*milk*mango*sesam*sugar

2. Classic

Natural meat balls, gravy, mashed potatoes /1a,b,c,d

Beef and pork meat* onion*oil*potatoes*butter*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/

Natural meat balls, gravy, mashed potatoes /0

Beef and pork meat* onion*oil*potatoes*butter*GF flour

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Monday 16th February

Soup

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

pumpkin*onion*curcumin*cream*carrot*milk*butter*flour*oil

1. Optimum

Cod on caraway, mashed potatoes, vegetable /1a,b,c,d,4,7

cod fillet*butter*potatoes*curcumin*caraway*vegetable

2. Classic

Vegetable KORMA, bulgur /1a,b,c,d,7,8 a,b,c,d,e

VEGETARIAN

Leek*pepper*onion*zucchini*beans*ginger*curry pasta*coconut milk*coriander*cream*garlic*onion*tomatoes*oil*lemon*bulgur

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

Tuesday 17th February

Soup

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

potatoes*quinoa*onion*carrot*celery*parsley*garlic*caraway*flour*marjoram

1. Optimum

Potato patties, red sauerkraut /1a,b,c,d,3,7

VEGETARIAN

potatoes*egg*garlic*marjoram*cabbage*flour*vinegar*sugar

2. Classic

Chicken pilaf, curry rice /7

Chicken breasts*onion*curry*oil*sweet paprika*pea*carrot*pepper*cream*marjoram*curcumin*basmati rice

3. Mixit

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

Cream*milk*garlic*oil*curcumin*pork ham*flour*butter*pasta*balsamico

4. Diet/ GF, DF/

GF Potato patties, red sauerkraut /0

VEGETARIAN

potatoes*linen seeds*garlic*marjoram*cabbage*GF flour*vinegar*sugar

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Wednesday 18th February

Soup

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

beef*onion*carrot*celery*herbs*pasta - pasta – egg barley

1. Optimum

Chicken sauteed with pumpkin and corn, basmati rice /1a,b,c,d,7,10

Chicken meat*pumpkin*mustard*carrot*flour*onion*cream*vinegar*corn*rice basmati

2. Classic

French gratin potatoes with chicken, pickle /3,7,10

potatoes*chicken meat*egg*cream*onion *mace*oil*pickle

3. Mixit

Sauer lentil, egg omelette, pickle /1a,b,c,d,3,10

VEGETARIAN

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

4. Diet/ GF, DF/

Chicken sautee with pumpkin and corn,, basmati rice /10

Chicken meat*pumpkin*mustard*carrot*GF flour*onion*vegan cream*vinegar*corn*rice basmati

Thursday 19th February

Soup

Pea soup /7

pea*onion*garlic*marjoram*milk

1. Optimum

Scrambled cauliflower, mashed potatoes, salad /1a,b,c,d,3,7

VEGETARIAN

cauliflower*onion*eggs*curcumin*potatoes*butter*cream*vegetable

2. Classic

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

chicken meat*spices*flour*onion*butter*potatoes*grains*milk*marjoram*garlic

3. Mixit

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

beef meat* tomatoes and puree*onion*carrot*celery*gingerbread*cinnamon*butter*parsley*sugar*spices* yeast*flour *egg *milk*oil

4. Diet/ GF, DF/

Beef, tomato sauce, GF pasta /9

beef meat* tomatoes and puree*onion*carrot*celery*gingerbread*cinnamon*alsan*parsley*sugar*spices*GF pasta*oil

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Friday 20th February

Soup

Sauerkraut soup with potatoes /1a,b,c,d,7

sauerkraut*onion*potatoes*flour*sweet paprika*milk*cream*caraway*oil

1. Optimum

Spaghetti Mafiosi with parmesan /1a,b,c,d,3,6,7,9,10,11,13

Spaghetti*beef meat*onion*garlic*tomatoes and puree*cream*worchester*basil*parmesan*oil

2. Classic

Homemade potato rolls with plum sauce and poppy seeds / 1a,b,c,d,3,7 **VEGETARIAN**

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

3. Mixit

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

Cod fillet*flour* butter*breadcrumbs* oil* potatoes*curcumin*yoghurt*dill

4. Diet/ GF, DF/

GF Spaghetti Mafiosi /0

GF Spaghetti*beef *onion*garlic*tomatoes and puree*vegan cream*basil

Monday 23rd February

Soup

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

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

1. Optimum

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

chicken*spices*onion*flour *potatoes

2. Classic

Cous cous with grilled vegetable /1a,b,c,d **VEGETARIAN**

Couscous*red and yellow pepper*zucchini*red onion*aubergine*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

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Tuesday 24th February

Soup

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

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

1. Optimum

Beans ala chilli con carne, basmati rice /1a,b,c,d

VEGETARIAN



bean*corn*caraway*tomatoes*sugar*garlic*onion*pepper*tomato puree*basmati rice

2. Classic

Gnocchi with sauce with salmon and spinach / 1 a,b,c,d,3,4,7

potatoes *egg*flour*semolina*salmon*spinach*garlic*onion*cream*milk

3. Mixit

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

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

4. Diet/ GF, DF/

Beans ala chili con carne, basmati rice /0

VEGETARIAN



bean*corn*caraway*tomatoes*sugar*garlic*onion*pepper*tomato puree*basmati rice

Wednesday 25th February

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

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Thursday 26th February

Soup

Tuscany bean soup / 9

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

1. Optimum

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

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

2. Classic

Spanish potato cake /1a,b,c,d,3,7

VEGETARIAN

potatoes*onion*eidam cheese*cream*egg*garlic*rosemary

3. Mixit

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

chicken breasts*flour*potatoes*butter*curcumin*olive oil

4. Diet/ GF, DF/

Serbian goulash, GF pasta /0

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

Friday 27th February

Soup

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

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

1. Optimum

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

VEGETARIAN

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

2. Classic

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

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

3. Mixit

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

duck breast*onion*spices*potatoes*fine semolina*eggs*sauerkraut

4. Diet/ GF, DF/

Duck, sauerkraut, GF potato dumplings /0

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

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**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!