Snacks November 2026

Monday 2 November

Afternoon snack 1

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

*butter*Caesar knot roll*Cheddar cheese*seasonal vegetables*

Afternoon snack 2

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

*Caesar knot roll*ham*seasonal vegetables*

Tuesday 3 November

Morning snack 1

Bonvital bread, soft spreadable butter, fruit /1a,b,c,d,e,6,7

*soft spreadable butter*seasonal fruit*

Morning snack 2

Bonvital bread, “Barbie” beetroot spread, fruit /1a,b,c,d,e,6,7,8c

*seasonal fruit*beetroot*walnuts*cream cheese*soft spreadable butter*

Afternoon snack 1

Home-made apple strudel, milk /1a,b,c,d,3,7,8

*puff pastry*apples*egg*sponge fingers*sugar*cinnamon*fresh milk*

Afternoon snack 2

Korn roll, salmon spread, fruit /1a,b,c,d,e,4,7,11

*seasonal fruit*salmon fillet*cream cheese*soft spreadable butter*Korn roll*

Snacks November 2026

Wednesday 4 November

Morning snack 1

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

*pumpkin toast bread*butter*seasonal fruit*mozzarella*

Morning snack 2

Pumpkin toast, broccoli spread, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*seasonal fruit*broccoli*cream cheese*soft spreadable butter*garlic*

Afternoon snack 1

Kolín bun, avocado spread, fruit /1a,7

*Kolín bun*avocado*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 2

Crispbread, hummus, vegetables /1a,b,c,d,7,11

*chickpeas*tahini*onion*garlic*lemon*Knackebrot crispbread*seasonal vegetables*

Thursday 5 November

Morning snack 1

Sourdough bread, mackerel spread, vegetables /1a,b,4,7

*sourdough bread*mackerel in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Morning snack 2

Sourdough bread, egg spread, fruit /1a,b,3,7,10

*sourdough bread*seasonal fruit*egg*cream cheese*soft spreadable butter*mustard*

Afternoon snack 1

Rice pudding with pears and cardamom /7

*Chang jasmine rice*pears*milk*cream*cardamom*cinnamon*sugar*

Afternoon snack 2

Korn roll, ricotta, fruit /1a,b,c,d,e,7,11

*seasonal fruit*Korn roll*ricotta*

Snacks November 2026

Friday 6 November

Morning snack 1

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

*Lučina cream cheese*herbs*rice cake*seasonal fruit*

Morning snack 2

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

*wheat-rye bread*ham*cream cheese*soft spreadable butter*seasonal fruit*

Afternoon snack 1

Zálabský roll, spinach spread, vegetables /1a,6,7

*spinach*garlic*cream cheese*soft spreadable butter*Zálabský roll*seasonal vegetables*

Afternoon snack 2

Zálabský roll, butter, 1/2 egg, vegetables /1a,3,6,7

*butter*Zálabský roll*egg*seasonal vegetables*

Monday 9 November

Morning snack 1

Plain yoghurt, chocolate balls, fruit /1a,b,c,d,5,6,7,8

*plain yoghurt*chocolate balls*seasonal fruit*

Morning snack 2

Plain yoghurt with fruit muesli, fruit /1d,7,12

*plain yoghurt*oat flakes*cranberries*raisins*diced dried apples*dried apricots*fig and date paste*sugar*butter*seasonal fruit*

Afternoon snack 1

Natura bun, ricotta, vegetables /1a,7

*Natura bun*ricotta*seasonal vegetables*

Afternoon snack 2

Natura bun, butter, Cheddar, vegetables /1a,7

*Natura bun*butter*Cheddar cheese*seasonal vegetables*

Snacks November 2026

Tuesday 10 November

Morning snack 1

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

*wheat-rye bread*butter*seasonal fruit*ham*

Morning snack 2

Rye bread, cream cheese, fruit /1a,b,c,7

*wheat-rye bread*seasonal fruit*Žervé cream cheese*

Afternoon snack 1

Pumpkin cake, milk /1a,b,c,d,3,7

*flour*Hokkaido pumpkin*apples*gingerbread spice*pudding powder*condensed milk*butter*egg*pumpkin seeds*sugar*fresh milk*

Afternoon snack 2

Corn sticks, pea and basil hummus, vegetables /11

*chickpeas*tahini*green peas*onion*lemon*oil*corn sticks*seasonal vegetables*

Wednesday 11 November

Morning snack 1

Sourdough bread, pumpkin spread, fruit /1a,b,7

*sourdough bread*seasonal fruit*Hokkaido pumpkin*cream cheese*soft spreadable butter*

Morning snack 2

Sourdough bread, Bulgarian spread, fruit /1a,b,7,10

*sourdough bread*seasonal fruit*chicken thigh*cream cheese*soft spreadable butter*pickled cucumbers*onion*mustard*ketchup*

Afternoon snack 1

Korn roll, mackerel spread, vegetables /1a,b,c,d,e,4,7,11

*mackerel in own juice*cream cheese*soft spreadable butter*Korn roll*seasonal vegetables*

Afternoon snack 2

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

*cream cheese*soft spreadable butter*chives*Korn roll*seasonal vegetables*

Snacks November 2026

Thursday 12 November

Morning snack 1

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

*white toast bread*carrot*celery*lemon*cream cheese*soft spreadable butter*seasonal vegetables*

Morning snack 2

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

*white toast bread*tuna in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 1

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

*seasonal fruit*sponge biscuits*milk*vanilla pudding*sugar*

Afternoon snack 2

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

*butter*Caesar knot roll*Edam cheese*seasonal vegetables*

Friday 13 November

Morning snack 1

Bonvital bread, egg spread, fruit /1a,b,c,d,e,3,6,7,10

*seasonal fruit*egg*cream cheese*soft spreadable butter*mustard*

Morning snack 2

Crispbread, vegetable hummus, vegetables /1a,b,c,d,7,9,11

*chickpeas*tahini*carrot*celery*onion*lemon*oil*Knackebrot crispbread*seasonal vegetables*

Afternoon snack 1

Bandur bun, butter, ham, vegetables /1a,b,c,d,e,7,11

*Bandur bun*butter*ham*seasonal vegetables*

Afternoon snack 2

Bandur bun, butter, 1/2 egg, vegetables /1a,b,c,d,e,3,7,11

*Bandur bun*butter*egg*seasonal vegetables*

Snacks November 2026

Monday 16 November

Morning snack 1

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

*plain yoghurt*oat flakes*walnuts*raisins*sunflower seeds*chocolate*sugar*butter*seasonal fruit*

Morning snack 2

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

*cornflakes*plain yoghurt*seasonal fruit*

Afternoon snack 1

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

*Caesar knot roll*ham*seasonal vegetables*

Afternoon snack 2

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

*Caesar knot roll*ricotta*seasonal vegetables*

Tuesday 17 November

Public holiday

Snacks November 2026

Wednesday 18 November

Morning snack 1

Termix quark dessert, fruit /7
*seasonal fruit*Termix quark dessert*

Morning snack 2

Termix quark dessert, fruit /7
*seasonal fruit*Termix quark dessert*

Afternoon snack 1

Rice cake, red pepper hummus, vegetables /1a,b,c,d
*chickpeas*ajvar*sweet paprika*onion*lemon*rice cake*seasonal vegetables*

Afternoon snack 2

Korn roll, butter, mozzarella, vegetables /1a,b,c,d,e,7,11
*butter*Korn roll*mozzarella*seasonal vegetables*

Thursday 19 November

Morning snack 1

Rye bread, cream cheese, fruit /1a,b,c,7
*wheat-rye bread*seasonal fruit*Žervé cream cheese*

Morning snack 2

Rye bread, ham mousse, fruit /1a,b,c,7
*wheat-rye bread*seasonal fruit*ham*cream cheese*soft spreadable butter*

Afternoon snack 1

Oat porridge with apples and cinnamon /1d,7
*oat flakes*milk*apples*sugar*cinnamon*

Afternoon snack 2

Zálabský roll, butter, mozzarella, vegetables /1a,6,7
*butter*Zálabský roll*mozzarella*seasonal vegetables*

Snacks November 2026

Friday 20 November

Morning snack 1

Crispbread, sun-dried tomato hummus, vegetables /1a,b,c,d,7,11,12

*chickpeas*tahini*sun-dried tomatoes*onion*lemon*oil*Knackebrot crispbread*seasonal vegetables*

Morning snack 2

Wholegrain toast, cream cheese, fruit /1a,b,c,d,6,7,11,13

*wholegrain toast bread*seasonal fruit*Žervé cream cheese*

Afternoon snack 1

Bandur bun, herb Lučina cream cheese, vegetables /1a,b,c,d,e,7,11

*Bandur bun*Lučina cream cheese*herbs*seasonal vegetables*

Afternoon snack 2

Bandur bun, tuna spread, vegetables /1a,b,c,d,e,4,7,11

*Bandur bun*tuna in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Monday 23 November

Morning snack 1

Plain yoghurt, chocolate balls, fruit /1a,b,c,d,5,6,7,8

*plain yoghurt*chocolate balls*seasonal fruit*

Morning snack 2

Plain yoghurt with coconut muesli, fruit /1d,7,12

*plain yoghurt*oat flakes*desiccated coconut*raisins*diced dried apples*white chocolate*sugar*butter*seasonal fruit*

Afternoon snack 1

Natura bun, Edam cheese, vegetables /1a,7

*Natura bun*butter*Edam cheese*seasonal vegetables*

Afternoon snack 2

Natura bun, butter, ham, vegetables /1a,7

*Natura bun*butter*ham*seasonal vegetables*

Snacks November 2026

Tuesday 24 November

Morning snack 1

Sourdough bread, vegan pâté, fruit /1a,b,6,11

*sourdough bread*seasonal fruit*tempeh*onion*olive oil*tahini*Hubert seasoning*marjoram*

Morning snack 2

Sourdough bread, cream cheese, fruit /1a,b,7

*sourdough bread*seasonal fruit*Žervé cream cheese*

Afternoon snack 1

Poppy seed cake with crumble, milk /1a,b,c,d,3,7

*Flour*yeast*butter*eggs*milk*poppy seeds*sugar*fresh milk**

Afternoon snack 2

Bandur bun, butter, 1/2 egg, vegetables /1a,b,c,d,e,3,7,11

*Bandur bun*butter*egg*seasonal vegetables*

Wednesday 25 November

Morning snack 1

Pumpkin toast, butter, ham, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*butter*seasonal fruit*ham*

Morning snack 2

Pumpkin toast, pumpkin spread, fruit /1a,b,c,d,e,f,7,11,13

*pumpkin toast bread*seasonal fruit*Hokkaido pumpkin*cream cheese*soft spreadable butter*

Afternoon snack 1

Kolín bun, avocado spread, vegetables /1a,7

*Kolín bun*avocado*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 2

Kolín bun, butter, Cheddar, vegetables /1a,7

*Kolín bun*Cheddar cheese*seasonal vegetables*

Snacks November 2026

Thursday 26 November

Morning snack 1

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

*sourdough bread*sardines in own juice*cream cheese*soft spreadable butter*seasonal vegetables*

Morning snack 2

Sourdough bread, carrot spread, vegetables /1a,b,7

*sourdough bread*carrot*cream cheese*soft spreadable butter*lemon*seasonal vegetables*

Afternoon snack 1

Chocolate pudding, sponge fingers, fruit /1a,b,c,d,3,7

*seasonal fruit*sponge fingers*milk*chocolate pudding*sugar*

Afternoon snack 2

Korn roll, egg spread, vegetables /1a,b,c,d,e,3,7,10,11

*egg*cream cheese*soft spreadable butter*mustard*Korn roll*seasonal vegetables*

Friday 27 November

Morning snack 1

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

*wheat-rye bread*salad cucumbers*dill*cream cheese*soft spreadable butter*garlic*seasonal vegetables*

Morning snack 2

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

*wheat-rye bread*salmon fillet*cream cheese*soft spreadable butter*seasonal vegetables*

Afternoon snack 1

Korn roll, egg spread, vegetables /1a,b,c,d,e,3,7,10,11

*egg*cream cheese*soft spreadable butter*mustard*Korn roll*seasonal vegetables*

Afternoon snack 2

Korn roll, spinach spread, vegetables /1a,b,c,d,e,7,11

*spinach*garlic*cream cheese*soft spreadable butter*Korn roll*seasonal vegetables*

Snacks November 2026

Monday 30 November

Morning snack 1

Plain yoghurt with fruit muesli, fruit /1d,7,12

*plain yoghurt*oat flakes*cranberries*raisins*diced dried apples*dried apricots*fig and date paste*sugar*butter*seasonal fruit*

Morning snack 2

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

*cornflakes*plain yoghurt*seasonal fruit*

Afternoon snack 1

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

*Caesar knot roll*ham*seasonal vegetables*

Afternoon snack 2

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

*butter*Caesar knot roll*Cheddar cheese*seasonal vegetables*

Snacks November 2026

Enjoy your meal!
The EKOLANDIA team

Compliance with the school nutritional basket is guaranteed for each option separately, and for nursery schools when snacks are taken at the same time.

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

1 - CEREALS CONTAINING GLUTEN - contain, or may contain traces of, the following cereals – 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 - contain, or may contain traces of, the following nuts – 8a - almonds, 8b - hazelnuts, 8c - walnuts, 8d - cashew nuts, 8e - Brazil nuts, 8f - pistachio nuts, 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/kg or 10 mg/litre, expressed as SO2

13 – lupin and products thereof

14 – molluscs and products thereof

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

Drinking regime: still water, water flavoured with lemon or orange, milk.

Dishes marked with this symbol are mildly spicy and are therefore not suitable for children in nurseries and nursery schools.

The Ekolandia menu is prepared in cooperation with nutritional therapist Martina Kučerová. A trained Ekolandia member of staff is responsible for serving diet meals. More detailed information on composition is available on request at the email address above.

Menu subject to change.