

# Menu October 2026



Thursday 1 October

## Soup

### Minestrone with beans /9

potatoes\*zucchini\*red beans\*tomatoes\*tomato purée\*carrot\*celery\*onion\*parsley leaves\*Italian herbs\*oil\*sugar

## 1. Optimum

### Pork pieces, stewed carrots, mashed potatoes /1a,7

potatoes\*butter\*carrot\*flour\*lemon\*pork leg\*onion\*oil\*caraway

## 2. Klasik

### Cauliflower and chickpea curry, basmati rice /1a

VEGETARIAN

chickpeas\*cauliflower\*onion\*garlic\*coconut milk\*flour\*chopped tomatoes\*oil\*turmeric\*fresh coriander\*garam masala\*curry\*basmati rice

## 3. Mixit

### Beef sirloin in cream sauce, bread dumplings, cranberries /1a,b,c,d,3,7,9,10

cranberries\*flour\*milk\*egg\*yeast\*croutons\*oil\*sous-vide beef\*carrot\*celery\*parsley root\*onion\*cream\*lemon\*sugar\*mustard\*vinegar\*bacon

## 4. Diet/ GF, DF/

### Pork pieces, stewed carrots, mashed potatoes /13

potatoes\*olive oil\*carrot\*lemon\*Alsan plant butter\*pork leg\*onion\*gluten-free flour blend Jizerka\*oil\*caraway

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Friday 2 October

## Soup

### Krkonoše onion soup with beef /3,9

potatoes\*celery\*carrot\*egg\*parsley leaves\*garlic\*onion\*beef\*caraway

## 1. Optimum

### Germknödel with poppy seeds and vanilla sauce /1a,b,c,d,3,7

VEGETARIAN

flour\*egg\*plum butter\*yeast\*milk\*sugar\*poppy seeds

## 2. Klasik

### Sweet and sour chicken, basmati rice /11

basmati rice\*oil\*chicken breast\*red and yellow pepper\*carrot\*bamboo shoots\*garlic\*tomato purée\*sesame seeds\*potato starch\*sweet and sour sauce\*ginger\*sugar

## 3. Mixit

### Breaded cod, mashed potatoes, dip /1a,b,c,d,3,4,7,11

potatoes\*butter\*fresh dill\*cream\*sour cream\*olive oil\*sugar\*cod fillet\*flour\*egg\*breadcrumbs\*sesame\*mixed seeds

## 4. Diet/ GF, DF/

### Sweet and sour chicken, basmati rice /11

basmati rice\*oil\*chicken breast\*red and yellow pepper\*carrot\*bamboo shoots\*garlic\*tomato purée\*sesame seeds\*potato starch\*sweet and sour sauce\*ginger\*sugar

# Menu October 2026



Monday 5 October

## Soup

**Cream of celery soup with leek /1a,7,9**

### 1. Optimum

**Soy Kung Pao, basmati rice /1a,b,c,d,5,6,12**

**VEGETARIAN**

*soy strips\*pepper\*leek\*peanuts\*tomato purée\*soy sauce Kikkoman\*sweet chilli sauce\*potato starch\*dark balsamic\*oil\*sugar\*basmati rice*

### 2. Klasik

**Greek-style cod, mashed potatoes /1a,7**

*potatoes\*butter\*zucchini\*red pepper\*tomatoes\*tomato purée\*onion\*garlic\*black olives\*plain flour\*lemon\*oil\*sugar*

### 3. Mixit

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

*chicken breast\*onion\*sweet paprika\*cream\*flour\*oil\*elbow pasta*

### 4. Diet/ GF, DF/

**Soy Kung Pao, basmati rice /1a,b,c,d,5,6,12**

*soy strips\*pepper\*leek\*peanuts\*tomato purée\*soy sauce Kikkoman\*sweet chilli sauce\*potato starch\*dark balsamic\*oil\*sugar\*basmati rice*

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Tuesday 6 October

## Soup

**Potato soup with pearl barley /1a,c,9**

*potatoes\*pearl barley\*carrot\*celery\*onion\*garlic\*flour\*marjoram\*ground caraway*

### 1. Optimum

**Italian-style turkey goulash, pasta /1a,b,c,d,3**

*turkey breast\*olives\*tomatoes\*tomato purée\*pepper\*sweet paprika\*onion\*garlic\*flour\*caraway\*caraway-seasoned pork neck\*Italian herbs\*olive oil\*fusilli*

### 2. Klasik

**Gnocchi with red pesto, side salad /1a,b,3,12**

**VEGETARIAN**

*potatoes\*egg\*garlic\*fine semolina\*flour\*tomatoes\*sun-dried tomatoes\*sunflower seeds\*flat-leaf parsley\*olive oil\*red onion\*spring onion\*sugar\*vinegar\*oil*

### 3. Mixit

**Roast pork, spinach, potatoes /1a,7**

*potatoes\*butter\*spinach\*onion\*garlic\*flour\*caraway-seasoned pork neck\*oil\*pork leg\*caraway*

### 4. Diet/ GF, DF/

**GF gnocchi with red pesto, side salad /12,13**

*potatoes\*garlic\*gluten-free flour blend Jizerka\*tomatoes\*sun-dried tomatoes\*sunflower seeds\*flat-leaf parsley\*olive oil\*red onion\*spring onion\*sugar\*vinegar\*oil*

# Menu October 2026



Wednesday 7 October

## Soup

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

beef\*carrot\*celery\*onion\*tarhonya\*parsley leaves

## 1. Optimum

### Chicken pieces, potato and barley mash, side salad /1a,c,7

potatoes\*pearl barley\*butter\*milk\*garlic\*marjoram\*chicken breast\*onion\*flour

## 2. Klasik

### Szechuan pork, jasmine rice /1a,b,c,d,6,12

jasmine rice\*oil\*pork leg\*button mushrooms\*carrot\*bamboo shoots\*tomato purée\*soy sauce Kikkoman\*dark balsamic\*garlic\*chilli\*potato starch\*ginger\*sugar

## 3. Mixit

### Mango sticky rice /7

VEGETARIAN

## 4. Diet/ GF, DF/

### Chicken pieces, potato and barley mash, side salad /13

potatoes\*buckwheat\*Alsan plant butter\*lactose-free cream\*garlic\*marjoram\*chicken breast\*onion\*gluten-free flour blend Jizerka\*oil\*caraway

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Thursday 8 October

## Soup

### Lentil soup /1a,b,c,d,3,7

lentils\*onion\*garlic\*marjoram\*flour\*vinegar\*oil\*sugar

## 1. Optimum

### Buckwheat and barley risotto with French vegetables, salad /1c,7,9

VEGETARIAN

pearl barley\*buckwheat\*carrot\*celery\*green bean pods\*onion\*garlic\*butter\*oil\*thyme

## 2. Klasik

### Meatballs, tomato sauce, pasta /1a,b,c,d,3,7,9

beef chuck\*pork belly\*egg\*onion\*breadcrumbs\*carrot\*celery\*parsley root\*tomato purée\*gingerbread\*butter\*flour\*lemon\*allspice\*bay leaf\*cinnamon\*oil\*bacon\*sugar\*fusilli

## 3. Mixit

### Breaded chicken schnitzel with mashed potatoes /1a,b,c,d,3,7

potatoes\*butter\*milk\*chicken breast\*flour\*egg\*breadcrumbs\*seasonal vegetables and fruit

## 4. Diet/ GF, DF/

### Meatballs, tomato sauce, GF pasta /9,13

beef chuck\*pork belly\*onion\*buckwheat\*gluten-free flour blend Jizerka\*carrot\*celery\*parsley root\*tomato purée\*gingerbread spice\*lemon\*allspice\*bay leaf\*cinnamon\*oil\*bacon\*sugar\*gluten-free pasta

# Menu October 2026



Friday 9 October

## Soup

### Vegetable soup /9

cauliflower\*green peas\*carrot\*celery\*onion\*parsley leaves\*oil

## 1. Optimum

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

potatoes\*butter\*milk\*pork shoulder\*onion\*garlic\*egg\*white loaf\*marjoram

## 2. Klasik

### Potato gnocchi with plum sauce and poppy seeds /1a,b,c,d,3

VEGETARIAN

potatoes\*flour\*egg\*plums\*plum butter\*potato starch\*sugar

## 3. Mixit

### Lasagne Bolognese /1a,b,c,d,3,7,9

lasagne sheets\*beef chuck\*pork shoulder\*carrot\*celery\*tomatoes\*tomato purée\*milk\*cream\*Edam cheese\*onion\*garlic\*basil\*butter\*plain flour\*oil\*sugar

## 4. Diet/ GF, DF/

### Pork meatloaf, potatoes, salad /13

potatoes\*olive oil\*cucumber\*vinegar\*sugar\*pork shoulder\*onion\*garlic\*gluten-free flour blend Jizerka\*marjoram\*oil

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Monday 12 October

## Soup

### Cream of spinach soup /1a,7

spinach\*onion\*milk\*cream\*mace\*flour\*oil

## 1. Optimum

### Caraway cod, boiled potatoes, Sombrero vegetables /4,7

potatoes\*onion\*spring onion\*lard\*green peas\*sweetcorn\*carrot\*pepper\*green beans\*beans\*butter\*cod fillet\*caraway

## 2. Klasik

### Penne Puttanesca, Parmesan /1a,b,c,d,3,7

VEGETARIAN

chopped tomatoes\*tomato purée\*basil\*black olives\*garlic\*onion\*sugar\*flour\*oil\*Parmesan\*penne

## 3. Mixit

### Chicken curry, jasmine rice /1a,7

chicken breast\*onion\*butter\*milk\*cream\*flour\*oil\*curry\*turmeric\*jasmine rice\*seasonal vegetables and fruit

## 4. Diet/ GF, DF/

### GF pasta Puttanesca /13

chopped tomatoes\*tomato purée\*basil\*black olives\*garlic\*onion\*sugar\*gluten-free flour blend Jizerka\*oil\*gluten-free pasta

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# Menu October 2026



Tuesday 13 October

## Soup

### **Vegetable soup with potato /9**

potatoes\*carrot\*celery\*onion\*green peas\*cauliflower\*oil\*parsley leaves

## 1. Optimum

### **Spinach omelettes, mashed potatoes /1a,b,c,d,3,7**

**VEGETARIAN**

potatoes\*butter\*milk\*leaf spinach\*egg\*Edam cheese\*breadcrumbs\*garlic

## 2. Klasik

### **Hungarian chicken paprikash, spätzle /1a,b,c,d,3,7**

chicken breast\*cream\*tomato purée\*pepper\*sweet paprika\*onion\*garlic\*flour\*caraway\*oil\*egg\*milk

## 3. Mixit

### **Spaghetti Alfredo with chicken /1a,b,c,d,3,7**

chicken breast\*garlic\*butter\*cream\*Parmesan\*flat-leaf parsley\*seasonal vegetables and fruit\*spaghetti

## 4. Diet/ GF, DF/

### **Hungarian chicken paprikash, GF pasta /13**

chicken breast\*tomato purée\*pepper\*sweet paprika\*onion\*garlic\*gluten-free flour blend Jizerka\*caraway\*oil\*gluten-free pasta

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Wednesday 14 October

## Soup

### **Chicken broth with millet /1a,b,c,d,3,7,9**

whole chicken\*millet\*carrot\*celery\*onion\*chives

## 1. Optimum

### **Baked cheesy pasta with chicken, iceberg lettuce /1a,b,c,d,3,7,12**

fusilli\*chicken thigh\*red onion\*garlic\*flat-leaf parsley\*Parmesan\*sun-dried tomatoes\*olive oil

## 2. Klasik

### **Dill sauce with beef, buckwheat dumplings /1a,b,c,d,3,7**

flour\*milk\*egg\*yeast\*croutons\*buckwheat\*oil\*sous-vide beef\*cream\*butter\*dill\*onion\*vinegar\*sugar

## 3. Mixit

### **Grilled vegetables with chickpeas, tarhonya with ajvar /1a,b,c,d,3**

**VEGETARIAN**

tarhonya\*ajvar\*oil

## 4. Diet/ GF, DF/

### **Grilled vegetables with chickpeas, GF pasta /0**

gluten-free pasta\*oil

# Menu October 2026



Thursday 15 October

## Soup

### Pea soup /1a,7

yellow peas\*onion\*garlic\*milk\*cream\*flour\*oil\*marjoram

## 1. Optimum

### Indian chickpea curry, basmati rice /7,13

VEGETARIAN

chickpeas\*tomatoes\*onion\*coconut milk\*cream\*garam masala\*fresh coriander\*turmeric\*curry\*oil\*sugar\*basmati rice

## 2. Klasik

### Turkey meatloaf, potatoes, home-made tartare sauce /1a,b,c,d,3,7,10

potatoes\*butter\*mayonnaise\*yoghurt\*cucumbers\*mustard\*turkey thigh\*onion\*garlic\*egg\*white loaf\*milk\*marjoram\*oil

## 3. Mixit

### Potato dumplings with pork, white cabbage /1a,b,c,d,3,7,10

pork\*onion\*potatoes\*semolina\*egg\*caraway\*flour\*oil\*white cabbage\*vinegar\*sugar

## 4. Diet/ GF, DF/

### Turkey meatloaf, potatoes, salad /13

potatoes\*olive oil\*tomatoes\*red onion\*spring onion\*sugar\*vinegar\*oil\*turkey thigh\*onion\*garlic\*gluten-free flour blend Jizerka\*marjoram

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Friday 16 October

## Soup

### Kulajda (creamy dill soup) /1a,3,7

potatoes\*onion\*button mushrooms\*egg\*butter\*milk\*ground caraway\*dill\*sugar

## 1. Optimum

### Karlovy Vary turkey goulash, elbow pasta /1a,b,c,d,3,7

turkey breast\*onion\*garlic\*sweet paprika\*cream\*flour\*oil\*seasonal vegetables and fruit\*elbow pasta

## 2. Klasik

### Quark dumplings, strawberry sauce, sour cream /1a,b,3,7

VEGETARIAN

strawberries\*sugar\*cream\*quark\*egg\*fine semolina\*flour\*sour cream

## 3. Mixit

### Wholegrain-breaded fish fillet, mashed potatoes, ajvar dip /1a,b,c,d,3,4,7,11

potatoes\*butter\*ajvar\*sour cream\*sugar\*cod fillet\*flour\*egg\*breadcrumbs\*sesame\*mixed seeds

## 4. Diet/ GF, DF/

### Karlovy Vary turkey goulash, GF pasta /13

turkey breast\*onion\*garlic\*sweet paprika\*lactose-free cream\*gluten-free flour blend Jizerka\*oil\*seasonal vegetables and fruit\*gluten-free pasta

# Menu October 2026



Monday 19 October

## Soup

### **Cream of broccoli soup /1a,7**

broccoli\*onion\*butter\*milk\*cream\*flour\*mace\*oil

## 1. Optimum

### **Fusilli with pumpkin sauce, Parmesan /1a,b,c,d,3,7,9**

**VEGETARIAN**

Hokkaido pumpkin\*carrot\*celery\*onion\*butter\*milk\*cream\*turmeric\*flour\*oil\*sugar\*Parmesan\*fusilli

## 2. Klasik

### **Breaded cod, mashed potatoes, dip /1a,b,c,d,3,4,7,11**

potatoes\*butter\*fresh dill\*cream\*sour cream\*olive oil\*sugar\*cod fillet\*flour\*egg\*breadcrumbs\*sesame\*mixed seeds

## 3. Mixit

### **Chicken with button mushrooms, jasmine rice /1a,7**

chicken breast\*button mushrooms\*porcini seasoning\*onion\*butter\*milk\*cream\*flour\*oil\*jasmine rice

## 4. Diet/ GF, DF/

### **Plain cod, potatoes, spring vegetables /4**

potatoes\*olive oil\*seasonal vegetables and fruit\*baby carrots\*green peas\*sweetcorn\*Alsan plant butter\*cod fillet\*herbs

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Tuesday 20 October

## Soup

### **Potato soup with buckwheat /1a,b,c,d,3,7,9**

potatoes\*buckwheat\*carrot\*celery\*parsley root\*garlic\*onion\*caraway\*marjoram\*flour

## 1. Optimum

### **Znojmo-style beef with pickled cucumber, parboiled rice /0**

## 2. Klasik

### **Yellow pea purée, fried egg, pickled cucumber /3,7,10**

**VEGETARIAN**

yellow peas\*onion\*garlic\*cream\*oil\*marjoram\*pickled cucumber\*egg

## 3. Mixit

### **Farfalle with pork tenderloin and sun-dried tomatoes /1a,b,c,d,3,7,12**

pork tenderloin\*sun-dried tomatoes\*cream\*milk\*basil\*onion\*flour\*oil

## 4. Diet/ GF, DF/

### **Znojmo-style beef with pickled cucumber, parboiled rice /0**

# Menu October 2026



Wednesday 21 October

## Soup

### Beef broth with liver drops and noodles /1a,b,c,d,3,7,9

beef chuck\*carrot\*celery\*onion\*garlic\*flour\*egg\*pork liver\*noodles\*marjoram\*parsley leaves

## 1. Optimum

### Turkey strips, creamy polenta, spring vegetables /1a,7

polenta\*butter\*milk\*cream\*garlic\*turkey breast\*onion\*flour\*baby carrots\*green peas\*sweetcorn

## 2. Klasik

### Pork goulash with red pepper, gnocchi /1a,b,3

potatoes\*egg\*flour\*pork leg\*tomato purée\*pepper\*sweet paprika\*onion\*garlic\*caraway\*oil

## 3. Mixit

### American pancakes with home-made plum butter, sour cream /

1a,b,c,d,3,7

VEGETARIAN

plums\*sugar\*flour\*egg\*milk\*baking powder\*sour cream

## 4. Diet/ GF, DF/

### Pork goulash with red pepper, GF gnocchi /13

potatoes\*gluten-free flour blend Jizerka\*pork leg\*tomato purée\*pepper\*sweet paprika\*onion\*garlic\*caraway\*oil

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Thursday 22 October

## Soup

### Red lentil and tomato soup /1a

red lentils\*tomatoes\*tomato purée\*onion\*garlic\*oil\*flour\*basil\*sugar

## 1. Optimum

### Hamburg-style pork leg, bread dumplings /1a,b,c,d,3,7,9,10

pork leg\*ham\*mustard\*pickled cucumbers\*carrot\*celery\*parsley root\*onion\*cream\*bacon\*plain flour\*vinegar\*sugar\*flour\*milk\*egg\*yeast\*croutons\*oil

## 2. Klasik

### Pumpkin couscous with edamame beans and sesame, salad /1a,b,c,d, 6,7,11

VEGETARIAN

couscous\*Hokkaido pumpkin\*edamame beans\*carrot\*green peas\*sweetcorn\*red onion\*black sesame\*butter\*turmeric\*sesame oil

## 3. Mixit

### Breaded chicken schnitzel with mashed potatoes /1a,b,c,d,3,7

potatoes\*butter\*milk\*chicken breast\*flour\*egg\*breadcrumbs\*seasonal vegetables and fruit

## 4. Diet/ GF, DF/

### Hamburg-style pork leg, GF pasta /9,10,13

pork leg\*ham\*mustard\*pickled cucumbers\*carrot\*celery\*parsley root\*onion\*lactose-free cream\*bacon\*gluten-free flour blend Jizerka\*vinegar\*sugar\*gluten-free pasta\*oil

# Menu October 2026



Friday 23 October

## Soup

### **Cream of pumpkin soup /1a,7**

*Hokkaido pumpkin\*carrot\*onion\*butter\*milk\*cream\*turmeric\*flour\*oil*

## 1. Optimum

### **Spelt sweet buns with vanilla custard sauce /1a,b,c,d,e,3,7**

**VEGETARIAN**

*flour\*egg\*milk\*yeast\*sugar\*oil*

## 2. Klasik

### **Chicken tikka masala, basmati rice /1a,7**

*basmati rice\*oil\*chicken breast\*tomato purée\*cream\*onion\*garlic\*fresh coriander\*turmeric\*tandoori masala\*ginger\*flour*

## 3. Mixit

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

*chicken breast\*onion\*garlic\*chopped tomatoes\*tomato purée\*basil\*Italian herbs\*marjoram\*flour\*oil\*sugar\*Edam cheese\*spaghetti*

## 4. Diet/ GF, DF/

### **Chicken tikka masala, basmati rice /13**

*basmati rice\*oil\*chicken breast\*tomato purée\*lactose-free cream\*onion\*garlic\*fresh coriander\*turmeric\*tandoori masala\*ginger\*gluten-free flour blend Jizerka*

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Monday 26 October

## Soup

### **Cream of garlic soup /0**

## 1. Optimum

### **Herb-baked cod, potatoes, green beans /1a,4,7**

*potatoes\*butter\*seasonal vegetables and fruit\*cod fillet\*herbs\*green beans\*oil*

## 2. Klasik

### **Spaghetti Pomodoro, mozzarella /1a,b,c,d,3,7**

**VEGETARIAN**

*tomatoes\*onion\*garlic\*basil\*flour\*sugar\*mozzarella\*spaghetti*

## 3. Mixit

### **Butter chicken, basmati rice /1a,7**

*chicken breast\*butter\*sweet paprika\*chopped tomatoes\*cream\*ginger\*turmeric\*tandoori masala\*fresh coriander\*onion\*garlic\*flour\*oil\*sugar\*basmati rice*

## 4. Diet/ GF, DF/

### **Plain cod, potatoes, spring vegetables /4**

*potatoes\*olive oil\*seasonal vegetables and fruit\*baby carrots\*green peas\*sweetcorn\*Alsan plant butter\*cod fillet\*herbs*

# Menu October 2026



Tuesday 27 October

## Soup

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

chopped tomatoes\*tomato purée\*tarhonya\*onion\*sweet paprika\*oil\*sugar

## 1. Optimum

### Gnocchi with oyster mushrooms and grilled vegetables /1a,b,c,d,3,7,12 **VEGETARIAN**

potatoes\*flour\*egg\*oyster mushrooms\*red onion\*garlic\*sun-dried tomatoes\*leaf spinach\*Gouda and Cheddar cheese

## 2. Klasik

### Chicken "pheasant style", rice /1a,b,c,d,3,7

chicken breast\*onion\*bacon\*flour\*oil\*basmati rice

## 3. Mixit

### Spaghetti alla Carbonara /1a,b,c,d,3,7,12

streaky bacon\*white balsamic\*butter\*cream\*milk\*garlic\*turmeric\*flour\*oil\*spaghetti

## 4. Diet/ GF, DF/

### Chicken "pheasant style", rice /13

chicken breast\*onion\*bacon\*gluten-free flour blend Jizerka\*oil\*basmati rice

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Wednesday 28 October

**Public holiday**

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# Menu October 2026



Thursday 29 October

## Soup

### Mixed pulse soup /1a,9

lentils\*yellow peas\*quinoa\*green peas\*sweetcorn\*potatoes\*carrot\*celery\*onion\*garlic\*flour\*oil

#### 1. Optimum

### Turkey in tomato and gingerbread sauce, elbow pasta /1a,b,c,d,3,7,9

turkey breast\*gingerbread\*carrot\*celery\*parsley root\*tomato purée\*cinnamon\*bacon\*plain flour\*lemon\*allspice\*onion\*bay leaf\*sugar\*butter\*oil\*elbow pasta

#### 2. Klasik

### Creamed green beans, egg, potatoes /1a,3,7

VEGETARIAN

potatoes\*butter\*egg\*green bean pods\*onion\*cream\*milk\*oil\*flour\*sugar\*vinegar

#### 3. Mixit

### Breaded fish strips, potatoes, dip /1a,b,c,d,4,7,10

potatoes\*butter\*fresh dill\*cream\*sour cream\*olive oil\*sugar\*fish fillet\*flour\*breadcrumbs\*mustard\*oil

#### 4. Diet/ GF, DF/

### Turkey in tomato and gingerbread sauce, GF pasta /9,13

turkey breast\*gingerbread spice\*carrot\*celery\*parsley root\*tomato purée\*cinnamon\*bacon\*gluten-free flour blend Jizerka\*lemon\*allspice\*onion\*bay leaf\*sugar\*oil\*gluten-free pasta

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Friday 30 October

## Soup

### Borscht /1a,9

beetroot\*white cabbage\*carrot\*celery\*potatoes\*beans\*tomatoes\*tomato purée\*sweet paprika\*allspice\*bay leaf\*flour\*vinegar

#### 1. Optimum

### Pumpkin cubes with chickpeas, jasmine rice /1a,7

VEGETARIAN

chickpeas\*pumpkin\*onion\*milk\*cream\*sweet paprika\*flour\*oil\*sugar\*jasmine rice

#### 2. Klasik

### Mini pork schnitzels, mashed potatoes /1a,b,c,d,3,7

potatoes\*butter\*milk\*pork\*flour\*egg\*breadcrumbs

#### 3. Mixit

### Tomato sauce with beef, bread dumplings /1a,b,c,d,3,7,9

flour\*milk\*egg\*yeast\*croutons\*oil\*sous-vide beef\*carrot\*celery\*parsley root\*onion\*tomato purée\*gingerbread\*butter\*lemon\*allspice\*bay leaf\*cinnamon\*bacon\*sugar

#### 4. Diet/ GF, DF/

### Pumpkin cubes with chickpeas, jasmine rice /13

chickpeas\*pumpkin\*onion\*coconut milk\*sweet paprika\*gluten-free flour blend Jizerka\*oil\*sugar\*jasmine rice

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# Menu October 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 SO<sub>2</sub>*

*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.**