

eMenu User Instructions

2023

ESPOO ► CATERING

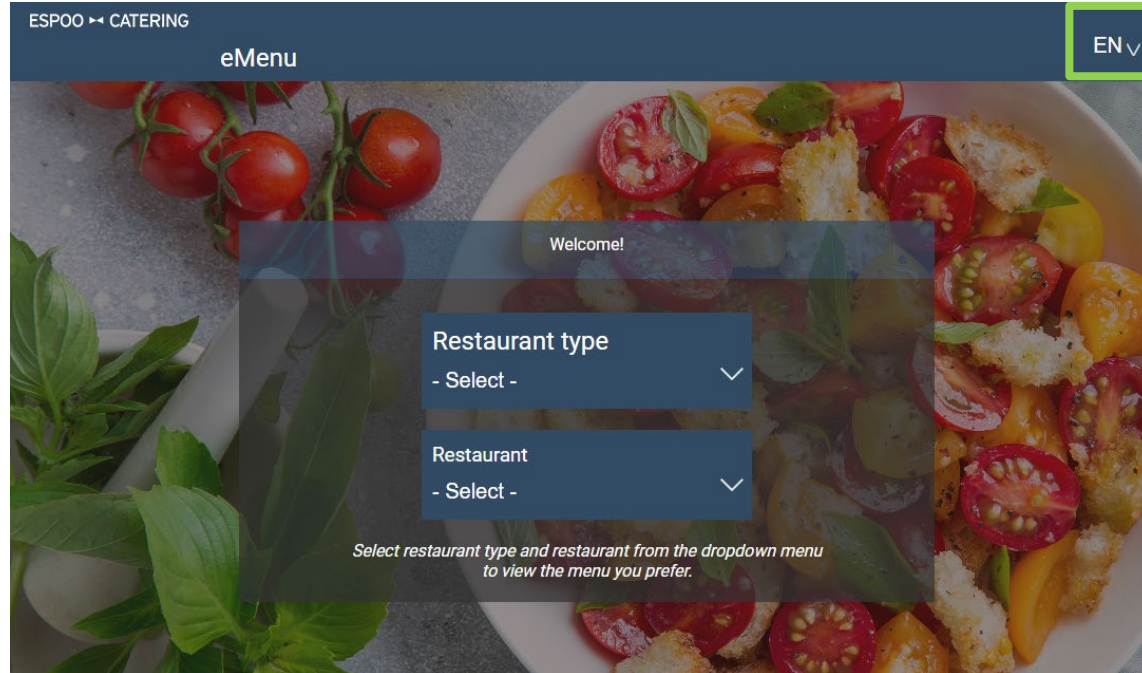


Start View

Navigate to the menu website:
[Espoo Catering eMenu](#)

First select the restaurant type (daycare, for example) in the dropdown menu and then select the restaurant.

You can select the language in the top right corner.



Menu view

The current day is shown first on the page. Use the tabs to select the desired week. In the mobile view, the weeks are in a dropdown menu.

You can display the ingredients and nutritional content of foods by clicking the “i” (info) button by a specific food.

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eMenu

< Pohjois-Tapiolan päiväkoti

Restaurant type
Daycare

TODAY CURRENT WEEK NEXT WEEK 3rd WEEK 4th WEEK - Select - ^

L G NO-MILK NO-EGG VEGETARIAN VEGAN

clear all filters

Note: Only suitable meal and dishes are shown based on selected diet filters

Thu 6/29/2023

Breakfast
Oat and wheat porridge L, NO-EGG , Banana L, G, NO-MILK, NO-EGG

Lunch2
Mediterranean oven-baked fish L, G, NO-EGG , Rice L, G, NO-MILK, NO-EGG, VEGETARIAN, VEGAN

Snack
Thin bread L, NO-MILK, NO-EGG , cold cuts L, G, NO-MILK, NO-EGG , apple L, G, NO-MILK, NO-EGG

Using filters & finding vegetarian options at daycare centres

You can use filters to display the meals for a specific diet only.

For daycare centres, you can display vegetarian food by using the VEGETARIAN filter.

Remember to clear the filters after use.

TODAY CURRENT WEEK NEXT WEEK 3rd WEEK 4th WEEK - Select - ^


L G NO-MILK NO-EGG **VEGETARIAN** VEGAN

clear all filters

Note: Only suitable meal and dishes are shown based on selected diet filter.

Mon 7/3/2023

Breakfast
Organic four grain porridge L, NO-EGG, VEGETARIAN

Lunch2
Chili con Beanit L, G, NO-MILK, NO-EGG, VEGETARIAN, VEGAN  , Rice L, G, NO-MILK, NO-EGG, VEGETARIAN, VEGAN

Saving and printing a menu

1. Weekly menu

First select the desired week. Then save the menu for the week in PDF format by clicking the PDF option. Open the file and print.

2. Daily menu

Clicking the printer icon opens a page on which you can save the list of ingredients and nutritional details of the desired day's menu.

For daycare centres, you cannot print the list of ingredients for the vegetarian meal of the day. You can view the food details through the info button on the menu page.

TODAY CURRENT WEEK NEXT WEEK 3rd WEEK 4th WEEK - Select - ^

☐ L ☐ G ☐ NO-MILK ☐ NO-EGG ☐ VEGETARIAN ☐ VEGAN

[clear all filters](#)



Note: Only suitable meal and dishes are shown based on selected diet filters

Mon 6/26/2023

Breakfast

Wheat porridge L, NO-EGG , Pear purée L, G, NO-MILK, NO-EGG

Lunch2

Minced meat patty L, G, NO-MILK, NO-EGG   , Cream sauce L, G, NO-EGG, VEGETARIAN , Potatoes L, G, NO-MILK, NO-EGG, VEGETARIAN, VEGAN 