

MEALS & MENU PLANNING:

(A)ORIGIN OF MENU:-

The menu is primarily a selling aid. Originally the bill of fare (English) or menu (French) was not presented at the table. Banquets generally consisted of two courses, each made up of a variety of dishes, anything from 10 to 40 in number.

The first set of dishes were placed on the table before the dinners entered- hence the word entrée-and when consumed, these dishes were removed or relieved by another set of dishes-hence the words relive's or removes.

The word 'menu' dates back to the eighteenth century although the custom of making a list of the courses for a meal is much older. Modern menus first appeared during the early nineteenth century, in the Parisian restaurants of the palais-royal.

The menu bill of fare originally was not presented at the table. In earlier times the menu was very large and placed at the end of the table for everyone to read.

As times progressed the menu became smaller and increased in quantity allowing a number of copies for every table.

Depending on the establishment and the occasion the menu may be plain or artistic in presentation.

The menu is the most important part of the careers work and its compilation is regarded as an art achieved only through experience and study,

The menu should be compiled by a number of people in consultation with one another to name a few they are chef de cuisine, restaurant manager and maitre d hotel.

Objective of menu planning:

→A menu informs guests about available dishes and the prices charged for the whole menu or a particular dish. It enables them to select dishes of their choice.

→It guides the chef regarding the requirement of staff, material and equipment to prepare the items included in the menu.

→It enables the service personnel to do mise-en-place, take the correct order, pick up and serve the correct dishes from the kitchen according to the order, and so present the correct check to the guest.

→It helps the cashier to price each item ordered by the guest and to prepare a sales summary of the outlet.

→Menus have been labelled as working documents or blue prints, by which food service operations organised their food and beverages procurement, and service.

→It helps the management to work out the cost of the food and beverage and analyse the utility of a particular menu, to predict trends and to plan future course of action for the outlet.

→It creates and promotes an image of the restaurant in many social gatherings.

→It identifies the theme of the establishment. This is especially important for restaurant that offers special cuisines.

TYPES OF MENU:

Menu may be divided into two classes, traditionally called a'la carte and table d'hôte.

The difference being the former has a list of all dishes priced separately and the latter has a fixed price for the whole meal.

A'LA CARTE:

A'la carte means from the menu card .A true a'la carte menu has the following characteristic:

- It provides a choice of dishes within each specific course.
- Each dish is priced separately.
- It gives a full list of all dishes that may be prepared by the establishment.
- Dishes are prepared and cooked as per order.
- Guests are billed as per the order placed.
- A certain waiting time has to be allowed for preparation and serving of dishes.

TABLE D'HOTE:

The term table d'hôte means 'table of the host'. It is normally offered at a set price for a set number of dishes. It has the following characteristics.

- The menu has a fixed number of courses.
- There is a limited choice within each course.
- The selling price of the menu is fixed.
- The dishes provided will be ready at a set time.

CARTE DU JOUR:

Carte du jour or the menu of the day is mostly used in operations as an adjunct to the regular menu, whether an a 'la carte or table d'hôte.

It has the following characteristics:

- It offers a different choice to the regular customer.
- It features a special cuisine, testing the market for future menus.
- It features and tests a particular selling price range.
- It takes advantage of seasonal availability.

PLAT DU JOUR

Plat du jour means plate of the day. It is also used in operations as an adjunct to the regular menu.

- Only one special dish is promoted under plat du jour, where as a set of dishes is offered in carte du jour.
- Smaller establishment for economic reasons may offer this type of menu in combination with either a'la carte or table d'hôte for a number of weeks to take the advantage of the seasonal availability of any food.

CYCLIC MENU

These are rotating generally used for institutional and volume catering such as in hospitals, educational institution and industrial operations.

- Cyclic menu are designed for a specific period. The average cycle with most institutions is a week or a month and then the whole menu is repeated back.
- Since cyclic menu are repeated the menu structure and the choice of dishes must be carefully selected.
- Careful attention to nutritional balance and season of the year should be observed in these types of menus.

Differences between Table d'hôte and A'la carte

A'LA CARTE	TABLE D'HOTE
<ul style="list-style-type: none">*The menu is elaborate.*Each dish is priced separately.*The wide range of choice is available within each course.*It is prepared once the order is given.*It is cooked small quantities.*Silver is laid as per the order.*Large amount of tableware is needed to carry out the service.*Highly trained manpower is required to take orders and serve.*It required printed menu cards to explain the guest about the menu as it is more elaborate.	<ul style="list-style-type: none">*The menu is small.*It is priced as a whole.*A limited choice is available within each course.*It is prepared in advance.*It is cooked in large quantities.*Silver is laid in advance as the menu is known in prior.*Limited tableware is needed to execute the service.*Less trained manpower is required to do service.*It can be orally informed as it is simple.

FRENCH CLASSICAL MENU

HORS D'OEUVRE (APPETIZER):-it is the first course of the meal. This course is composed usually of tangy, salty, sour, hot-natured items which help to stimulate the appetite. This course consisted of a variety of compound salads. Hors d'oeuvre are divided into two main categories (1) Cold and (2) Hot.

Examples: - (1) Caviar: Roe of fish belonging to the sturgeon family. This roe is then sauted and packed in tins or glass jars. Caviar is made from the roe of –Beluga, Savruga.

(2) Caesar Salad:-Romaine lettuce with vinaigrette dressing along with garlic, croutons and grated parmesan cheese.

(3) Canapés:-Canapés are slices of bread approximately (6 mm) crusts removed, cut into a variety of shapes, then toasted or fried in oil or butter and garnished. Garnished can included smoked salmon, prawns, cheese, and egg.

(4) Melon (5) Smoked Salmon, Oysters, Snails

POTAGE (SOUP):-Soups are nutritional liquids which are made from the extractions of vegetables, meat bones etc. Two soups are usually provided on the menu one being a clear soup (consommé) and the other being a thick soup (crème, puree, veloute).

Usually soups are served piping hot, but many soups can also be served cold.

Examples: - (1) Consommé Julienne:-Clear soup garnished with juliennes of vegetables like carrot & turnip.

(2) Petite Marmite:-Chicken and beef flavoured consommé garnished with turnips, celery, and carrots.

(3) Gazpacho:-Thick cold international soup from Spain made from tomatoes, bell peppers, cucumber, garlic & olive oil.

(4) Minestrone

(Italian) (5) Turtle

soup (England)

OEUF (EGG):- There are a great number of egg dishes beyond the usual omelettes.all preparations of eggs are served in this.

Examples:- (1)OmeletteEspagnole:-A flat omelette with onions, peppers and tomato.

(2) Scotch Eggs:- Hardboiled egg wrapped in a layer of force meat,bread crumbed,& deep fried.

(3) OmeletteAuxChampignons:-Mushroom omelettes.

04. FARINEAUX (PASTA& RICE):-This is usually a fourth course in a French classical menu. It includes all kinds of foods that are rich in carbohydrates like rice, pasta.

Example: - (1)SpaghettiBolognaise:-Spaghetti blended with minced lean beef in rich brown sauce.

(2) Ravioli:-Noodle-type pasta filled with a variety of stuffing, such as chicken, beef, and spinach.

(3) Gnocchi Romaine:-Semolina based pasta with melted butter and gratinated.

05. POISSON (FISH):- It consists of all dishes made from fish,both hot and cold.this can be served poached,boiled or fried.fish is easily digested and helps to prepare the appetite for heavier course that follow.

Example:- (1)PoissonOrly:-Fish fillet dipped in batter and deep-fried.

(2) Homard Newburg:-Cooked lobster cut into slices,sautéed in butter and oil,moistened with brandy & Madeira wine,dressed in timbale,coated with liaison of egg yolk and cream ,glaze.

(3) SupremedeCarbillardMornay:-Poached fish flavoured with chopped shallots coated with mornay sauce and gratinated under the salamander.

06. ENTRÉE (ENTRÉE):-This is the first meat course in a French classical menu. The word entrée literally means 'entrance'. Usually a single portioned item accompanied by a rich sauce or gravy and garnished.

Various types of organ meat such as kidneys, brain, and liver are served in this course. This course was initially served before the roast course, but now it is served the main course or relevé.

Example:- (1) Steak Diane:- Minute steak shallow fried and flavoured with onion and mushroom sauce and finished with red wine sauce.

(2) Rognon d'agneau Champignon:- Lamb kidneys are cut into slices, tossed in butter, mixed with mushrooms and chopped shallots.

(3) Poulet Sauté Chasseur:- Saute chicken in rich brown sauce, flavoured with tomato and mushrooms.

07. RELEVÉ (RELEVÉ):- It is known as the main course in English. Big joints of veal, lamb, meat, poultry etc. are served with heavy accompaniments and garnish. A sauce or roast gravy, potatoes and green vegetables are always served with this course.

Example: - (1) Boeuf Stroganoff:- Russian stew with capsicum, celery, mushrooms and onions and served on a bed of pulao rice.

(2) Poulet Maryland:- Breast of chicken dipped in egg, rolled in breadcrumbs and shallow fried. Its accompaniments are:- banana fritter, grilled tomato.

(3) Lamb Shaslik:- Boneless lamb, skewered along with slice of onions, tomato and capsicum marinated with lemon juice, cooked on an open fire.

08. SORBET (SORBET):- Sorbet is refreshment or rest between the courses- relieve and roti. It helps in digestion. 10-12 minutes are allotted for the sorbet service.

Russian and Egyptian cigarettes & cigars are passed with sorbet. It is iced water flavoured with champagne or any other liqueur. It is sweetened and coloured with fruit and fruit juices.

Example: - (1) Spoom:- Iced-water flavoured with champagne to which double the quantity of meringue is added.

(2) Sorbet Alexandar:- Juices of fruits combined with desired liqueur, filled with strawberry water and served in a parfait glass.

(3) Sorbet A L’Americain:-Lemon or orange juice flavoured with champagne served chilled in a stemmed glass.

09. ROTI (ROAST):- In this course roasted game birds are served. For example chicken, pigeon, turkey, duck etc. each dish is accompanied by its own particular sauce and gravy with a green salad.

Example: - (1)Poulet Roti: -Seasoned roasted chicken finished with bread sauce.

(2) Dinde Roti:-Roasted turkey.

(3)Caneton Roti:-Roasted duckling.

10. LEGUMES (VEGETABLES):-Different types of vegetables like mushroom,artichokes,asparagus,carrot are served in this course,accompanied with sauces such as hollandaise and melted butter.

Vegetables can be served as an accompaniment to the main course also.

Example:- (1)Petit Pois au Beurre:-Green peas tossed in butter.

(2) Chou-Fleur Mornay:-Cauliflower with cheese sauce.

(3) Asperges Flamande:-Asparagus boiled coated with sauce made from butter and egg yolk.

11. SALADE (SALAD):-It often refers to a small portion of salad that is taken immediately after or along with the main course and is quiet often a green salad and dressing.

Salad can be vegetarian or non-vegetarian .Salad consists of base, dressing, and a garnish.

Example: - (1)Coleslaw Salad

(2)Greek Salad

(3) Green Salad with Vinaigrette.

12. BUFFET FROID (COLD BUFFET):-This course includes a variety of cold meats and fish, together with a range of salad leaves and dressings.

Cold items such as salmon, lobster, pates, terrines, galantines are served.

Example: - (1) Cold Boiled Chicken

(2) Lobster

(3) Smoked Salmon.

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13. ENTREMET (SWEETS):-Is a sweet course. Hot and cold puddings, mousse, pastries, cake and soufflés are served.

Example:- (1) Apple Strudel:-Thinly rolled out dough made of flour, egg, baking powder, stuffed with cooked apples, nuts and flavoured with cinnamon.

(2) Crepes Suzette:- Pancakes in fresh orange juice flambéed with brandy.

(3) Crème Caramel:-Mixture of egg, milk, sugar which is poured into a jelly mould, lined with caramelized sugar and baked in the oven on a double boiler and served cold or hot.

14. SAVOUREUX (SAVOURY):-In this course some tartlets, savoury fillings, fried cheese, savoury soufflés are served. Savoury items often coincide with items that are served as hors d'oeuvre and entrée in small quantities.

Examples: - (1) Canapé Diane:-Chicken livers rolled in bacon & grilled placed on warm toast.

(2) Welsh Rarebit:-Cheese sauce with ale on toast and gratinated.

(3) Champignons Sur Croustade:-Mushrooms on toast.

15. FROMAGE (CHESSE):-All types of cheese are offered with the appropriate accompaniments. The accompaniments are salt, pepper, mustard, bread & butter and water biscuits. Castor sugar with cream cheese.

Example: - (1)Stilton –Blue
Cheese. (2)Camembert –
Cream Cheese. (3)Cheddar
–Hard cheese.

16. DESSERT (FRUITS AND NUTS):-All forms of fresh fruits and nuts are served .Fruits are accompanied with castor sugar, Dates, Figs, Bananas, Grapes, Pistachio, Almonds etc.

Generally nuts are accompanied with salt. A nutcracker is passed on for nuts.

Example: - (1) FreshGrapes

(2)Banana

(3)Cashew Nuts.

17. BOISSONS (BEVERAGES):-Traditionally this referred to coffee but nowadays includes a much wider range of beverages being generally available.

Generally coffee is served in a demitasse cup.Browines, Biscuits and Liqueur chocolates are offered . Cognac and Liqueurs are also offered in this course.

Example: - (1)CaféNoir:- Black Coffee.

(2) The'Noir:-Black Tea.

(3) CaféauLait:-Coffee with Milk.

TYPES OF MEALS

EARLY MORNING TEA

- This is generally served on call (some times with wake-up call)
- Most of the times guest preferred to have in their room only, specific care should be taken while noting down the guest preferences.
- Because an ill service in the beginning of the day can spoil guests' day and hotel reputation.
- Served before breakfast.

BREAKFAST (PETIT DEJEUNER)

(A) CONTINENTAL BREAKFAST ORCAFÉ COMPLET ORTHE' COMPLET:

This breakfast is a European breakfast. It comprises of:

Choice of Seasonal Fresh Fruit or Vegetable Juice: Orange, Pineapple, Watermelon or Sweet lime.

BAKER'S BASKET: Served with butter and fruit preserves.

(Croissants, Danish Pastries, Doughnuts, Muffins, White & Whole wheat bread)

CHOICE OF TEA, FRESHLY BREWED COFFEE, CAPPUCINO, ESPRESSO OR HOT CHOCOLATE.

Café Simple or The Simple:-If guest orders only coffee then it is called café simple.

If the guest orders only tea it is called the simple.

(B) AMERICAN BREAKFAST

It starts with a glass of cold water.

Consists of the table d'hôte breakfast menu which one would generally find in the menu card of any 5 star hotel.

Choice of Seasonal Fresh Fruit or Vegetable Juice: Orange, Pineapple, Watermelon or Sweet lime

Choice of Cereals

(All bran, corn flakes, chocos, porridge or wheat flakes with cold or hot milk)

Eggs To Order:-Fried, Scrambled, Boiled or Omelette. (Served with choice of ham, bacon or chicken sausages) BAKER'S

BASKET: Served with butter and fruit preserves.

(Croissants, Danish Pastries, Doughnuts, Muffins, White & Whole wheat bread)

CHOICE OF TEA, FRESHLY BREWED COFFEE, CAPPUCCINO, ESPRESSO OR HOT CHOCOLATE.

(C) ENGLISH BREAKFAST

An English breakfast is a very elaborate breakfast. It comprises of ten courses.

Choice of Seasonal Fresh Fruit or Vegetable Juice: Orange, Pineapple, Watermelon or Sweet lime.

Choice of Cereals

(All bran, corn flakes, chocos, porridge or wheat flakes with cold or hot milk)

FISH:-Herring,Haddock,Sardines are served.

Eggs To Order -Fried, Scrambled, Boiled or Omelette. Pancakes with traditional condiments.

Meat: Grilled Bacon, Sausages, Ham, Salami are served.

Choice of Rolls or toast: Served with butter and jam, honey, marmalade, maple syrup etc.

(Croissants, Danish Pastries, Doughnuts, Muffins, White & Whole wheat bread)

CHOICE OF TEA, FRESHLY BREWED COFFEE, CAPPUCCINO, ESPRESSO OR HOT CHOCOLATE.

(D) INDIAN BREAKFAST

Choice of Seasonal Fresh Fruit or Vegetable Juice: Orange, Pineapple, Watermelon or Sweet lime.

Or LASSI (Sweet, Salted or Plain)
Parantha-Aloo or Paneer

(Indian flat bread with a filling of potatoes or cottage chesses served with yoghurt and mixed pickle)

Or Poori Bhaji

(Deep-fried whole wheat bread served wit potato and tomato stew) Or Dosa –Plain or Masala

(Crispy south Indian rice and lentil pancake with or without a filling of mildy spiced potatoes,flavoured with mustard seeds and turmeric served with coconut chutney and sambar)

Or Idli

(Steamed rice and lentil dumplings served with coconut chutney and sambar) Or Vada

(Lentil fritters served with coconut chutney and sambar) Or Uttapam

(Rice and lentil pancakes served with coconut chutney and sambar)

CHOICE OF TEA, FRESHLY BREWED COFFEE, SOUTH INDIAN FILTER COFFEE

BRUNCH

- It is a meal between breakfast and lunch.
- This is for those people who skip their breakfast and wants to have a heavy fusion meal together, a combination of breakfast and lunch.
- The buffet brunch usually includes fruits, soup, eggs, sausages, bacon, cold seafood like shrimp, large roasts of meat and poultry.

An Elevenses (or) Gouter is alternate name for Brunch.

Typically brunch is offered between 1100 and 1300 hours.

LUNCH (DEJEUNER)

- Lunch menus are usually smaller than dinner with more simple dishes.
- The emphasis is laid on stews, roast joints, grilled meats, cold buffets and steamed puddings.
- An ideal time for luncheon service is between 1200- 1500 hours.

AFTERNOON HIGH TEA

- This meal is suitable for the people who skipped their lunch.
- It offers a variety of sandwiches, assorted breads, choice of pastries (doughnuts and cakes) and various types of tea.
- It is served around 1500-1700 hours.

DINNER

- The dinner is more elaborate as guests have more time and leisure for eating.
- Dinner menus comprise highly garnished, classical dishes.
- A well stocked wine list is offered in addition to the food menu.
- It is generally taken between 1900 and 2300 hours

SUPPER

- Supper is the name for the evening meal in some dialects of English, the last meal of the day.
- It is taken late in the evening between 22:30 and 05:00 hours.
- It is a less formal meal for the people who missed their dinner.
- Sometimes it is also taken by those who had early dinner as a light soft meal before bedtime.
- A typical supper menu includes a soup, meat dish with vegetables and a light dessert.

FACTORS TO CONSIDER WHILE PLANNING A MENU

Many factors play a vital role when planning a menu. Some of them are:

- (1) The type of menu is an important factor that determines menu planning. Menu planning can be both meaningful only when it is confirmed beforehand whether the menu being planned is table d'hôte or a 'la carte.
- (2) The kind of meal and the nature of a function also play a crucial role in defining and determining a menu.
- (3) Menu planning must consider the type of customers that would affect the type of food served. Menu planners have to ascertain whether customers concerned are young, old, infirm, athletic and so on.
- (4) The capability of the kitchen staff and the type of kitchen also play an important part in menu compilation as this would depend on the equipment available. Methods of cooking should vary and suit the best possible use of equipment and staff available.
- (5) Style of presentation and garnish of dishes depend on a waiter's ability to present and serve the same. This in turn affects the standard of the establishment. The type of equipment and décor are also considered. Coloured or patterned china may affect the appearance of certain foods. Sizes of serving dishes are important

when garnishes are elaborate as they control the portion and consequently the cost. The amount of china and silver must suffice for the menu offered.

- (6) Foods should be chosen to conform to stipulated prices. Expensive items do not feature on low priced menus and vice versa. Food costs are generally maintained below 40 % of the selling price.
- (7) Season is important when menus are compiled in advance as climatic conditions can affect the suitability of certain dishes. Moreover seasonal availability affects prices and quality.
- (8) Supplies: Maximum use should be made of foods in season. But frozen or processed foods are also used extensively. Foods in store should be used before ordering fresh supplies as far as possible. Commodities with a rapid turnover should be easily obtained and some items may be easily recycled. Dishes that are not available should not be recommended. Besides special requests should be catered to as far as possible.
- (9) Balance: A proper balance should be struck between various features of a menu.

Basic ingredients should not be repeated. The following points must be considered to effect a fine balance in any menu:

- a. Avoid repeating words when writing the menu.
- b. Colours should not be repeated.
- c. Menus should start with light dishes, progress to more substantial items and finish with a light course.
- d. Texture should be different.
- e. Sauces should vary.
- f. Garnishes using traditional names must be correct.
- g. Ingredients must be maintained or balanced specially on table d' hote menus.
- h. Nutritional requirements of persons engaged in light or heavy work must be considered.

- i. Colour is the most important factor considered in presentation of food. Artificial colours, if used must be in moderation. Colourful garnishes improve the appearance of drab looking food.
- j. Wordings are of utmost importance in the preparation of a menu. Certain points to be considered while writing a menu include:
 - Language must be easily understood.
 - French menus must be accompanied with English translations.
 - Only one language should be used. An exception can be made here as regards national dishes, which cannot be translated and usually appear in the language of their origin.
 - French wordings must have correct spelling and accents.
 - The use of capital letters should be systematic. These are used generally for the first word in the term and for proper nouns.
 - Words used to describe dishes should agree in number and gender.
 - Dishes named after persons or places follow the food.