

Unit 1

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MENU

Introduction

A menu is a list of dishes that are available for sale in a food service outlet or that can be served at a meal. In English, it is also termed as “bill of fare”. It is believed that the term “menu” was first used in 1541, when Duke Henry of Brunswick was seen referring to a sheet of paper during a feast.

In olden times, the size of a bill of fare was very large and only one copy was placed at one end of the banquet table so that every person at the banquet knew that dishes were being served and in which order. The guest could reserve their appetite accordingly. Originally it was used during banquets. The size of the card gradually became smaller, which made it possible to have more copies placed on the table.

Every sector of the food and beverage industry, whether operating for commercial or welfare purpose, larger or small, uses a menu. It not inform the gests what the available are, but also help the operator know that he/she is going to prepare. The menu is the basis upon which all managerial and operational activities of the food and beverage operations depend.

Functions of Menu

- A menu informs guest as to what dishes are available and the prices charged for the whole menu or a particular dish. It enables 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.
- It identifies the theme of the establishment. This is especially important for

restaurants that offer special cuisines.

Types of Menu

Broadly menus are divided into two branches which may have various subsections more popularly the French word A la Carte and Table d' hôte are in vogue. The first one means list of items offered individually priced. A la Carte menu has elaborate number of items giving a wide choice to the guests whereas the table d' hôte or table of the host precisely translated into English is a list of small number with few courses without any substantial choices this is a package deal for a budget customer.

À la Carte menu: The term à la carte may be translated as 'from the card'. This type of menu may be defined by the following points:

- It gives a full list of all the dishes that may be prepared by the establishment
- Each dish is priced separately
- A certain waiting time has to be allowed for many of the dishes
- Some dishes are cooked to order



This type of menu may be offered on its own in a first-class establishment, or in conjunction with a form of table d'hôte or carte du jour menu in a smaller catering establishment. The dishes may be changed according to season- oysters, melon, asparagus, game- but each item will remain individually priced.

Table d'hôte: The definition of table d'hôte menu is covered by the following points:

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



Plat du Jour: It means specialty of the day. Chefs make a few special dishes which are normally the main course; however, other courses, such as fish, sweets, and so on, may also be included depending on the geographical location of the restaurant. These special dishes can be introduced for every meal, every day, every week according to catering policy of the restaurant. Pricing of these dishes is higher than prices quoted for other dishes of the same category in an *a la carte* menu. This is because it is the chef's special. Special dishes are communicated to guest in many ways- in the form of inserts, tent cards, display on boards, and so on.



Advantages

- It acts as an effective sales tool.
- It adds up to the image of the restaurant.

- It reflects the skill of the chef and motivates him and his staff to introduce new recipes.
- It gives an edge over the competitor since this menu introduces very special dishes that are exclusive to the restaurant.

Carte du jour: Carte du jour or Menu of the day is mostly used in operations as an adjunct to the regular menu, whether an À la Carte or Table d'hôte.

- It offers a different choice to regular customer.
- Features a special cuisine.
- Testing the market for future menus.
- Features & tests a particular selling price range.
- Takes advantage of seasonal availability.



Cyclic menus: It is a series of table d' hote menus for a set period of time, say for four weeks, which are repeated for a particular period, say for six months. After six months, a new set of menus will be prepared. The length of the cyclic menu depends on season of year, availability of ingredients, and catering policy of the establishment. After a certain period, a new set of menu is prepared. The consumers pay for the meals wither in advance or at the end of the month

Advantages

- Effective cost control
- Stocking of unnecessary goods is avoided
- Does not need more of storage area for perishables as the can be procured daily.
- Food wastage is almost nil
- Easy to plan the production schedule
- Labour requirement can be well planned
- Fewer cooking equipment required.

	WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water					
MORNING TEA	Food	Fresh fruit platter (apple, nectarines, grapes, banana) with pineapple and yoghurt dip	Rainbow platter (banana, rockmelon, plum, beans, cucumber, red capsicum) Cheese cubes	Fruit smoothie small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with pineapple and yoghurt dip	Yoghurt, summer sunshine salad (peach, nectarine, passionfruit, mint) and (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	Chicken curry (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	Beef lasagne with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	Beef and vegetable rissoles with pita bread and salad (Main ingredients: lean beef mince, potato, carrot, zucchini, capsicum, egg, pita bread, salad vegetables)	Creamy tuna pasta bake (Main ingredients: canned tuna, pasta, broccoli, corn, carrot, evaporated milk)	Vegetarian fried rice (Main ingredients: egg brown rice, carrot, capsicum, spring onion, peas, corn, reduced salt soy sauce,)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Toasted wholemeal English muffins with sliced tomato and cheese Rockmelon wedges	Fruity crumble (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	Rice cakes and toppings (cottage cheese, sliced tomato, cucumber) Watermelon and friends platter (watermelon triangles, grapes, strawberries)	Make your own pizza faces (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks (beans, celery, carrot) with creamy corn and tuna dip and wholemeal crackers Watermelon and friends platter (watermelon triangles, grape, strawberries)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, served with water					
Water	Water is freely available throughout the day					
Infants (eating solids)	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).					
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs					

Factors to consider while planning Menu

Menu planning is one of the important managerial activities of food and beverages operations executed by a team comprising the entrepreneur/proprietor, the restaurant manager, and the executive chef. In a large hotel, the general manager and the food and beverage (F&B) manager will also be members of the team. In welfare catering operations, the head of the institution, the catering manager, and the finance manager will be involved. Menu planning calls for careful thought on many factors that would determine the success of the F&B operation. Menu forms the basis or acts as a guide upon which all other managerial and operational activities of F&B operations rest on. The following are points to consider while planning menus.

- **Type of Establishment:** The type of operation is the first consideration in planning menus. The objective or purpose of a hospital will differ from that of a hotel or restaurant, while neither of these will be the same to that of fast-food establishment or university residence hall. For those persons who receive all their meals in a hospital, retirement home etc, and the menus must be planned to meet the total nutritional requirements of the groups to be served.
- **Type of customer:** Customers can affect the type of food served because of the following factors: age, sex, religion, climate and health considerations etc. The young boys will need substantial meals, while the young girls would prefer dainty and smaller portions. A group of labor force, who work in an industry like mines, will need a good quantity of food, and the emphasis will be on palatability and wholesome food.
- **Nutritional Principles:** Nutritional principles, as applied to menu planning, are different throughout the life cycle. The activity level and the metabolic processes vary with individuals depending on age, sex, and activity and therefore calorific requirements differ. Persons with physical illness may even require a modified diet.
- **Ingredients Availability:** Ingredients required to prepare dishes should be available in the market. One should not consider including asparagus, artichoke, brussels sprouts and kholrabi in the menu if they are not easily available in the market. Most restaurants have lengthy menus, but many of the dishes are not served to guests as the raw materials are not available in the market. It ruins the brand image of the restaurant and leads to repeated losses. Seasonal foods are, besides being economical, also better in quality.
- **Budget:** The budget will forecast the projected income and the amount of income that can be used for the purchase of food. Food sales, the major source of the income must cover food cost, labor cost and operation costs.
- **Personnel:** The skill and size of the kitchen staff would affect the number of selections that can be offered on the menu. A wise menu planner will always

avoid overloading an individual or a department with a large number of menu items that require time-consuming tasks and last-minute preparations. Even the skills of the food service staff are taken into consideration here, while planning a menu. Flambé dishes like Crêpe Suzette, Banana Flambé require the service staff that is highly skilled and well trained to perform the service in front of the guest. If the waiters are untrained, the selection of the dishes should be simple such that, pre-plated service can be offered in the restaurant.

- **Physical Facilities:** The facilities available will influence the menu pattern. The amount of space available, the type and the capacity of the equipment will determine the variety of products that can be prepared and the number of persons that can be served.
- **Type of Service:** Menu should be planned in relation to type of service for example, Cafeteria or buffet service etc. When a food service operation offers fork buffet service for a cocktail party, the menu should be composed of dishes that can be easily eaten with the help of a fork rather using a knife.
- **Food Habits of the Customer:** The life-styles of the customers must be considered. The methods of preparation and the seasonings must be harmonized to suit their tastes. Food habits are sometimes the result of family culture, ethnic backgrounds, regional preferences, religious traditions and restrictions.
- **Meal Period:** The menu should be designed according to the meal that to be served for the customers. So it is necessary to know whether the meal is required for breakfast, lunch, and dinner or for supper. The breakfast menu must supply instant energy through simple carbohydrates. It should consists of soft and light food items like fruit juice, fresh fruit, cereal with milk, and egg etc., whereas the lunch menu should be heavy with food items such as pasta, chicken, pork, veal and beef, that supplement balanced diet to the diner.
- **Supplier and Storage Facilities:** The supplier network, frequency of supply, quantity and quality of materials supplied should also become the criterion to be considered while plan a menu. The size and type of the storage space in the organization should not be forgotten before taking a decision.

French Classical Menu

The French Classical menu consists of seventeen courses. Each course of the menu has a different name and a defined place. The name of the course and the place in the menu is very important.

S.No	Name of the Course	
	French	English
01	Hors-d' oeuvre	Appetizer
02	Potage	Soup

03	Oeufs	Egg
04	Farineaux	Pasta and Rice
05	Poisson	Fish
06	Entrée	Entrée
07	Relevé	Releve
08	Sorbet	Sorbet
09	Rôti	Roast
10	Légumes	Vegetables
11	Salade	Salad
12	Buffet Froid	Cold Buffet
13	Entremet	Sweets
14	Savoureux	Savoury
15	Fromage	Cheese
16	Dessert	Fruits and Nuts
17	Boissons	Beverages

1. **Hors-d oeuvre / Appetizer:** These are of spicy and salty in nature in order to stimulate the appetite for the dishes that are to follow in the course. Generally they are served cold. The cutlery required is AP Knife and AP fork and served in a cold half plate.

Examples:

- Salads - Beetroot Salad, Potato Salad, Tomato Salad.
- Caviar – Roe of Sturgeon fish
- Shellfish Cocktail - Prawns or shrimps on a bed of shredded lettuce covered with mayonnaise.
- Melon Frappe - Chilled Melon
- Saumon Fume - Smoked Salmon
- Pate Maison - Goose or chicken liver, cooked, sieved and well seasoned.

2. **Potage / Soup:** Soups like clear soup(consommé) and the other a thick soup (crème, veloute, puree) are served during this course. Soup also act as an appetizer for the further courses to come. Bread rolls and other international breads are served as accompaniments to the soup. Soups are always served piping hot. Soups are served in a soup bowl / soup plate with a soup spoon.

Examples:

- Consommé Julienne – clear soup garnished with strips of vegetables
- Consommé Celestine -clear soup garnished with strips of savoury pancakes.
- Soup a l' Oignon- clear onion soup.
- Bisque d' Homard – rich, unpassed soup made from shellfish typically lobster.

3. **Oeuf / Egg:** Oeufs are the dishes made from egg. There are many styles of cooking and preparation of eggs such as boiled, en cocotte, poached or scrambled. Usually eggs are not included in the dinner menu. Egg course is served in a hot half plate along with AP Knife and AP Fork.

Examples -

- Omelette Espagnole – flat omelet with onions, peppers and tomatoes.
- Omelette aux Tomates - tomato omelette.
- Omlette aux Champignons – mushroom omelette.
- Oeuf Florentine - poached egg on a bed of spinach coated with cheese sauce &

gratinated.

4. **Farinaceous / Farineaux / Pasta or Rice:** This course includes different kinds of rice and pasta like spaghetti, lasagne and gnocchi. There are more than 200 varieties of pasta. The ingredients, size, shape and colour determine the type of pasta. The accompaniments for farinaceous is grated parmesan cheese. It is served in a hot half plate with dessert spoon and joint fork. In case of long pasta such as Spaghetti and noodles, the joint fork is kept on the right side and spoon is kept on the left

Examples:

- Spaghetti Napolitaine - spaghetti in a tomato and garlic flavored sauce.
- Ravioli - pasta filled with a variety of stuffing, such as chicken, beef, and spinach.
- Fettuccine Alfredo: Strips of flat pasta tossed in rich cream sauce, seasoned and drizzle with parmesan cheese.
- Spaghetti Bolognaise - spaghetti blended with minced lean beef with rich brown sauce.

5. **Poisson / Fish:** Poisson are the dishes made from fish. Fish, being soft-fibred, prepares the palate for the heavier meats that follow. Ideal fish for dinner menu compilation are: Sole, Salmon, Halibut, Escallops etc. The course is served in a half plate with fish knife and fish fork.

Examples:

- Sole Meuniere - Sole shallow fried in butter.
- Sole Colbert - Sole fish dipped in flour, egg and bread crumbs and deep fried. (fillets).
- Sole Cubat - fillet of sole poached, dressed on a mushrooms puree and coated with a cheese sauce.
- Homard Newburg - Lobster served with thickened sauce of fish stock and cream flavoured with brandy and finished with butter.

6. **Entrée / Entrée:** This is the first in the meat course of French Classical Menu. Entrées are generally small, well garnished dishes which come from the kitchen ready for service. They are light meat dishes, appropriately accompanied by very rich gravy or sauce. Various organ meats such as kidneys, brain and liver are served in this course. This course is served in a half plate with AP knife and AP Fork.

Examples:

- Poulet saute chasseur – saute chicken in a rich brown sauce flavoured with tomatoes and mushroom.
- Supreme de volaille sur cloche – breast and wing of chicken cooked under a cover in oven.
- Steak Daine – minute steak shallow fried and flavoured with onions and mushrooms finished with red wine or cream.
- Chateaubriand – double fillet steak grilled.

7. **Releve / Joints:** This is the main meat course on the menu, Releves are normally larger than entrees and take the form of butcher's joints which have to be carved. These joints are normally roasted. A sauce or roast gravy with potatoes and green vegetables are always served with this course. Releves are served in a full plate

with Joint knife and Joint fork.

Examples :

- Contrefilet de boeuf roti a l anglaise – Boned and roasted sirloin of beef.
- Carre d agneau roti – Roast best end of lamb
- Cuissot de porc roti – Roast leg of pork with apple sauce.
- Gigot d agneau roti avec sauce menthe – Roast leg of lamb with mint sauce

8. **Sorbet / Sorbet:** Because of the length of the French classical menu, this course is considered to be the rest between courses. It counteracts the previous dishes, and rejuvenates the appetite for those that are to follow. It is water and crushed ice slush flavoured as a rule with champagne and served in a glass. Approximately 10-12 minutes are allotted for this course. Russian cigars are passed with this course.

Examples:

- Lemon Sorbet
- Calvados Sorbet
- Peach Sorbet
- Raspberry Sorbet

9. **Roti / Roast:** At this stage the balance of the courses is gradually returning from heavy to light. Roast always contain roast of game or poultry- chicken, turkey, duck, pheasant, and quail. Each dish is accompanied by its own particular sauce and gravy, with a green salad served separately. It is served in a Joint plate with joint knife and joint fork.

Examples:

- Roast Chicken served with bread sauce
- Roast Turkey served with cranberry sauce

10. **Legumes / Vegetables:** These are vegetable dishes that can be served separately as an individual course or may be included along – with the entrée, relevé or roast courses. For the vegetarian customers, legumes in rich sauces can be served as main course.

Examples:

- Pommes au four – baked jacket potato
- Champignons grilles – grilled mushrooms
- Choufleur Mornay – cauliflower with a cheese sauce.
- Haricots verts au beurre – French beans tossed in butter

11. **Salades / Salad:** Various types of salads are served in this course. Salads can be served as an accompaniment to the main course or served separately. If it served along with main course, it is a simply plate header. If it is served separately, it is offered in nappy bowl or ramekins with dressings.

Examples:

- Salade Francaise – lettuce, tomato, egg, & vinaigrette dressings.
- Salade Vert – lettuce, watercress, cucumber and green pepper.

12. **Buffet Froid / Cold Buffet:** In this course cold meat items are served with a range of salad leaves and dressings. Cold meats such as salmon, pickled eel, game, pate, terrines, galantines, roasted beef are served in this course. Now a days, it is substituting the main course.

Examples:

- Poulet Roti – Roast chicken
- Ham in Parsley Aspic (Jambon Persillé)
- Caneton Roti – Roast Duck
- Mayonnaise d' Homard – Lobster mayonnaise

13. **Entremets / Sweets:** Entremets on a menu refers to desserts. This could include hot or cold sweets, gateaux, soufflés or ice-cream. Entremets are served in a half plate with dessert spoon and dessert fork.

Examples :

- Crepe Suzette – pancakes in a rich fresh orange juice and flamed with brandy.
- Ananas Flambes au Kirsch – pineapple flamed with cherry flavored liquor.
- Peche Melba – vanilla ice cream topped with a peach coated with a raspberry jam sauce and decorated with cream.
- Bombes – various ice cream sweets.

14. **Savoureux / Savory:** Tartlets, savoury fillings, fondues, fried cheeses, savoury soufflés, canapés and different tid bits are served in this course. Generally Cayenne pepper and peppermill are offered. Served in a half plate with AP knife and AP fork.

Examples are

- Welsh rarebit – Cheese sauce flavoured with ale on toast gratinated.
- Canape Diane - Chicken livers rolled in bacon and grilled, placed on a warm toast.
- Champignons sur croute– mushrooms on toast.

15. **Fromage / Cheese:** Fromage is an alternative to the outdated savory course and may be served before or after the sweet course. It is usually served with butter, crackers, celery, radish, ryvita and water biscuits. All type of cheese may be offered together with appropriate accompaniments, the ideal cheese board will combine hard, semi-hard, soft or cream, blue and fresh cheese. It is served in half plate with AP Knife and AP fork.

Cheese	Type	County
Cheddar	Hard	England
Edam	Hard	Holland
Brie	Soft	France
Demi-Sel	Soft	France
Ricotta	Fresh	Italy

16. **Dessert / Cut Fruits & Nuts:** Dessert is a course that typically comes at the end of a meal. All forms of fresh fruits and nuts may be served in this course. Fruits are accompanied with castor sugar, where as salt is offered with nuts. Fruits are served in a half plate with fruit knife and fruit fork. Nuts are offered with nut crackers.

Examples:

- Fresh grapes
- Mango
- Banana
- Wall nuts
- Almonds

17. **Boissons / Beverages:** Traditionally café noir is served at the end of meal. Now it

is more common to offer tea, tisanes and milk based beverages. Generally black coffee is offered in demitasse cup with a coffee spoon.

Examples:

- Coffee - Cafetiere, Iced, Filter, Speciality, Decaffeinated.
- Tea - Indian, Ceylon, Earl Grey, Darjeeling, Orange Pekoe.

Classic Accompaniments

Some of the classic accompaniments are listed below in a tabular form for easy understanding. Along with the accompaniments a basic cover requirement also given for each dish.

Dish	Accompaniments	Cover
Asparagus	<p>Served hot : Hollandaise sauce Beurre fondue</p> <p>Served cold : Sauce vinaigrette</p>	<p>Asparagus rack Asparagus tongs – right side Joint fork down the plate Full plate – hot / cold Finger bowl with lukewarm water Doily on under liner Spare serviette</p>
Avocado	Brown bread and butter	<p>Tea spoon Cold half plate</p>
Caviar	<p>Hot breakfast toast Butter Segments of lemon Finely chopped shallots Sieved hardboiled egg Blinis – buckwheat pancake</p>	<p>Caviar knife on right side Cold half plate</p>
Corn on the cob	Beurre fondue – melted butter	<p>Corn on the cob holder Hot half plate</p>
Fruit juices	Castor sugar if needed	<p>5 oz juice glass Doily on an under liner Tea spoon</p>
Grapefruit Cocktail	Castor sugar	<p>Coupe Doily on an under liner Grape fruit spoon or Tea spoon</p>
Oysters	<p>Cayenne pepper Peppermill</p>	<p>Soup plate with crushed ice on an under plate</p>

	Chilli vinegar Tabasco sauce Half a lemon Brown bread and butter	Oyster fork Finger bowl filled with lukewarm water Spare serviette
Prawns Cocktail (Cocktail de Crevettes)	Brown bread and butter Mayonnaise sauce	Coupe Doily on an under liner
Smoked Salmon (Saumon fumé)	Cayenne Pepper Peppermill Segments of lemon Brown bread and butter	Fish Knife Fish Fork Cold Half Plate
Snails	Brown bread and butter	Snail tongs – left of cover Snail fork – right of cover Snail dish – round dish with 6 – 12 indentations to hold the snail shells Doily on under liner
Tomato Juice	Worcestershire sauce	5 oz juice glass Doily on an under liner Tea spoon
Consommé	Depending on the garnish	Dessert spoon Consommé cup Doily on an under liner
French Onion Soup	Grated parmesan cheese Grilled flutes / Baguette	Soup spoon Soup bowl or soup plate Doily on an under liner
Minestrone	Grated parmesan cheese Grilled flutes / Baguette	Soup spoon Soup bowl or soup plate Doily on an under liner
Spaghetti	Grated parmesan cheese	Joint fork – right side Dessert spoon – left side Soup plate Doily on an under liner
Poached Fish	Served cold Tartare / remoulade / gribiche Served Hot Hollandaise / beurre fondue / mousseline Segments of lemon	Fish knife Fish fork Hot fish plate

Grilled Fish	Served cold Tartare / remoulade / gribiche Served Hot Bearnaise / tyrolienne Segments of lemon	Fish knife Fish fork Fish plate – hot / cold
Fried Fish	Tartare / remoulade / gribiche	Fish knife Fish fork Cold fish plate
Roast Lamb	Mint sauce Roast gravy Red currant jelly	Joint knife Joint fork Hot joint plate
Roast Beef	French and English mustard Horseradish sauce Yorkshire pudding Roast gravy	Joint knife Joint fork Hot joint plate
Roast Pork	Sage and onion stuffing Apple sauce Roast gravy	Joint knife Joint fork Hot joint plate
Roast Chicken	Bread sauce Roast gravy Parsley and thyme stuffing Bacon rolls	Joint knife Joint fork Hot joint plate
Roast Duck	Sage and onion stuffing Apple sauce Roast gravy	Joint knife Joint fork Hot joint plate
Roast Turkey	Cranberry sauce Bread sauce Chestnut stuffing Watercress Roast gravy	Joint knife Joint fork Hot joint plate
Cheese (Fromage)	Cruet set Butter dish Celery – in a glass partly filled with crushed ice on an under liner Radish in a bowl with teaspoon on an under liner Assorted cheese biscuits – ryvita, water biscuits	Side plate Side knife (fork is optional)
Fruits	Castor sugar	Fruit knife

		Fruit fork Half plate Finger bowl with lukewarm water on an under liner Spare plate for peels
Nuts	Salt	Half plate Nut cracker