

Unit II

Contents

- **Types of Meals**
- **Breakfast – Introduction**
- **Types of Breakfast – Continental, American, English and Indian**
- **Afternoon Tea**
- **High Tea**

Types of Meals

From time immemorial people have been trying to set a schedule for meals and besides most appropriate dishes according to the time. There had been several changing concepts on time and nature of meals, due to advent of science mingled with culture and religion. On an average, human body requires consuming a substantial meal for every four hours.

Early Morning Tea [EMT]: Most often these orders are placed with the room service and it consists of a choice of tea and coffee served with cookies or biscuits. Service is expected to be fast and timing of this meal is from 4.am to 6.am in the morning.

Breakfast: The word Breakfast means to break the fast after a long time. It is originally started in England where they used to have a lot of courses. Nutritional experts have referred breakfast as the most important meal of the day.

Brunch: This is for those who skip their breakfast want to have heavy fusion meal together, may take combined breakfast and lunch called brunch. It is taken between 10:00-12:00hours. Today brunch has become very popular in coffee shops and multi-cuisine restaurants. It is especially marketed extensively on these days. Brunch consists of all breakfast items such as juices, cereals, eggs and special dishes like baked beans and toast, sausages, hamburgers, fresh fruits, along with some lunch choices like noodles, pasta with sauces, fried meats and few desserts.

Elevenes are the British version of American brunch. However, it is lighter in nature, had around 11am, usually offered in coffee shop and contains tea, coffee, cookies, cakes and breakfast rolls like muffins, donuts, Danish pastries, tarts and tartlets.

Lunch: Ideal time for lunch is between 12.00-1500hours. The menu is similar to dinner menu, but not identical for e.g. Appetizer is preferred to soup, more cold items, a beer or soft drink to wet the gullet, fish to heavy roast or braised items, less accompaniments. An item with rice is avoidable as it induces sleep or drowsiness. A cold sweet to hot sweet, prefer tea to coffee

Afternoon tea: The English have made the late afternoon meal into a fine art. This meal is suitable for the people who skipped their lunch. It offers a variety of sandwiches, assorted breads and various types of tea. It is served around 1500-1700 hours.

High tea: A regular lunch is difficult in parties and groups. An elaborate snacks display with plenty of sweets like cookies, tea fancies, pastries can be incorporated to satiate hunger of those who had light lunch or skipped their lunch. It is served after 1700. It is a good time for high tea.

Dinner: Early dinner is customary in British Culture. However, there is a compromise by all; the dinner time starts at 7.00 Pm. Earliest and 10.00 Pm latest.

Supper: Super can be divided into two those who miss their dinner or those who take early dinner. Super is nothing but dinner for those who miss their dinner, but a light soft meal before bedtime for those who had early dinner. Though this meal is not popular in Indian food habits, it is fast picking up with younger generation. It offers limited dishes at high prices. Dishes like spaghetti bolognese, beef stroganoff, grilled mushrooms, steaks, pulav with chicken butter masala and a variety of salads and desserts may be offered.

Breakfast

Breakfast is the first meal of the day. As the time gap between the breakfast and dinner remains very large, in the morning one is deficient of all the important nutrients, specially which are water soluble in nature and cannot be stored in the body. Therefore the breakfast must supply instant energy through simple carbohydrates. It should be soft and light, preferably liquid or semisolid as the digestive system is not ready to take solid, which is difficult to digest. There are mainly three types of breakfasts. They are

- Continental Breakfast
- American Breakfast
- English Breakfast
- Indian Breakfast

Continental Breakfast: It is a very simple and has got only three courses:

- **Choice of fruit juice:** Canned or fresh fruit juices are offered in this course. Fresh juice is served in a pony tumbler with an under liner and a teaspoon. Accompaniments for all juices are castor sugar, while for tomato juice, the accompaniment is Worcestershire sauce.
- **Choice of breakfast rolls:** Breakfast rolls include croissants, muffins, Danish pastry, doughnuts, Vienna rolls and brioche. Slice of bread or wheat bread is also offered. Rolls are accompanied with preserves such as jam, honey, marmalade and butter.
- **Choice of Beverages:** tea/ coffee or hot beverage like Bournvita, Milo, horlicks, ovaltine, cocoa etc. can be served.

<p style="text-align: center;">Grapefruit Juice *** Plain / Toast Bread with Jam/Butter *** Coffee</p>

American Breakfast: It starts with a glass of cold water. This breakfast is neither too heavy like English nor like continental breakfast. Consists of table d' hot1e breakfast menu which one would generally find in the menu card of any five star hotel.

- **Choice of fruit juice:** Mango juice, Pineapple juice, Tomato juice, Orange juice, or Grape fruit juice etc.
- **Choice of Cereals:** choice of cornflakes, oatmeal, porridge, rich crispies, wheat flakes served with cold or hot milk.
- **Choice of Eggs :** Scrambled, poached, boiled, omelette, served with bacon, Ham or sausages.
American pancakes or waffles : Pancakes and waffles are served with melted butter, honey and maple syrup
- **Choice of breakfast rolls:** Breakfast toast, rolls, brioche, croissant with preserves like batter, jam, marmalade and honey.
- **Choice of Beverages:** tea/ coffee or hot beverage like Bournvita, Milo, horlicks, ovaltine, cocoa etc. can be served.

<p style="text-align: center;">Grapefruit Juice *** Wheat flakes with cold milk *** Scrambled egg with grilled tomatoes or Pancakes with maple syrup *** Plain / Toast Bread with Jam/Butter *** Coffee</p>

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

- **Choice of fruit juice:** Mango juice, Pineapple juice, Tomato juice, Orange juice, or Grape fruit juice etc.
- **Choice of Stewed Fruits:** Apples, Prunes, Figs, Pears etc. are cut into small pieces and cooked in sugar syrup flavored with clove and cinnamon. It is served in a cocktail cup with a quarter plates as under liner and the cutlery provided is a teaspoon.

- **Choice of Cereals:** oatmeal (meal), cornflakes, wheat flakes, rice crispies, porridge are served with cold or hot milk in a soup bowl with a quarter plate as under liner and a dessert spoon is provided as cutlery.
- **Choice of Fish:** Herring, Haddock, Kedgres, sardines, are served.
- **Choice of Eggs:** Omelette, boiled eggs, scrambled egg, poached or fried eggs.
- **Choice of Meat:** Grilled bacon, sausages, ham, salami, kidney or liver, are served.
- **Choice of breakfast rolls:** Toast white or brown or rolls- like croissant, muffins, brioche, doughnuts, Danish pastry are served.
- **Choice of Beverages:** tea/ coffee or hot beverage like Bournvita, Milo, horlicks, ovaltine, cocoa etc. can be served.

Grapefruit Juice ***
Stewed fruits ***
Wheat flakes with cold milk ***
Smoked Eel ***
Scrambled egg with Baked beans ***
Calf's tongue with sausages ***
Plain / Toast Bread with Jam/Butter ***
Tea

Indian Breakfast: The Indian breakfast consists some amount of fats and carbohydrate. The commonly used food items are Tea simple/Coffee, Puree Bhajee, Choice of Juice, Samosa etc. Some of the examples of Indian breakfast are spring onion paratha, oats uttapam, paneer bread roll, etc.

Afternoon Tea: The afternoon tea menu usually consists of some or all of the following items, which are generally served in the order, in which they are listed.

- Beverages
- Hot toasted items like hot buttered toast, teacake and crumpets
- Assorted afternoon sandwiches like cucumber, smoked salmon, tomato
- Warmed scones (with butter or clotted cream)
- Bread and butter along with preserves
- Gateaux and pastries

High Tea: Traditionally, High Tea was a working class meal served on a high table at the end of the workday, shortly after 1700hrs. It was a heavy meal of meat dishes, fish dishes, vegetables

and other heavy foods such as baked beans and cheese casseroles. The High Tea menu usually consists of some or all of the following items;

- Beverages
- Hot snacks like grilled fish and meat – steak and shepherds pie etc
- Hot toasted items like hot buttered toast, teacake and crumpets
- Assorted afternoon sandwiches like cucumber, smoked salmon, tomato
- Warmed scones (with butter or clotted cream)
- Bread and butter along with preserves
- Gateaux and pastries
- Ice creams and cold sweets