Lesson 3. Meal Planning and the Menu

• The food & beverage items / courses consumed in one mealtime
  • Items should be compatible with
    • Each other
    • The person(s)
    • Event
    • Season
    • Mealtime
    • etc

Meal Planning

• Advanced planning of a mealtime
  • For different situations / times / person(s)
Meal Planning

- The group:
  - Nutritional needs
  - Budget
  - Eating habits
  - Beliefs, traditions, values and culture
  - Health factors
  - Measurements
  - Recipes
- The production:
  - Health & sanitation
  - Kitchen equipment
  - Skill
  - Service

Menu & Banquet Planning - Özay Yıldız

- The list of all the food & beverage items available for service in an F&B operation

History of the Menu

- The modern meal order took centuries to develop
- Initial meals:
  - All items served at once
- Initial menus:
  - The chef’s list of all the items to be served
  - For banquets

1500’s - Bartolomeo Scappi

- Chef for the Popes IV & V
- Wrote “The Opera”
  - 5 volumes
  - 1000+ recipes

1500’s

- Antipasto
- Primo: Gnocchi, risotto or soup
- Secondo: Meat or fish
- Contorno: Salads / vegetables
- Formaggio e frutta: Cheeses, fruits
- Dolce: Desserts
- Digestivo: Digestive aperitifs
### 1700's
- **Menu for the garden banquet of Louis the 15th:**
  - **1st course:**
    - 4 casseroles
    - 8 light soups
    - 32 fish entrees
    - 44 lighter entrees
    - 12 intermezzo / sorbets
    - 4 snacks
    - King's plate
    - 2 large portions of desserts
  - **2nd course:**
    - 32 fried meat courses
    - 2 lightly fried meat courses
    - 3 small portions of main courses
    - King's plate
    - 40 cold desserts
    - 48 desserts

### 1800's — Marie-Antoine Carême — Grande Cuisine
- A rich collection of books, detailed recipes, kitchen principles
- Elegant presentation
- Hours / days of preparation
- French sauces

### 1800's — Marie-Antoine Carême
- The classical menu:
  - Soup as the starter
  - "Consommé starts the course as an overture and gives an idea for the rest"

### 1800's — Mehmet Kamil
- Grand Vizier
- First recipe book of Turkish cuisine
- Courses:
  - Soups
  - Roast / kebab
  - Fries
  - Fried foods
  - Pastry
  - Steaks
  - Stuffed vegetables (olive & ghee)
  - Rice
  - Composite
  - Desserts
  - Coffee & other beverages

### 1900's — Georges Auguste Escoffier — Cuisine Classique
- King of the chefs
- Kitchen & hotel (Ritz) management
- Simplification of food preparations
- Modern kitchen organisation
  - Division of labour
  - Specialisation (departmentalisation)

### 1900's — Georges Auguste Escoffier
- Modern menu order
  - Guests are served sequentially
  - 1-2 plates at a time
  - Soup is an overture, setting the theme
  - Several books
    - Le Guide Culinaire
    - 200+ sauces, 500+ recipes
1912 — 10 Course Meal (Titanic 1st Class)

- First Course
  • Hors D’Oeuvres
    • Oysters

- Second Course
  • Consommé Olga
    • Cream of Barley

- Third Course
  • Poached Salmon with Mousseline Sauce, Cucumbers
    • Filets Mignon Lili
    • Saute of Chicken, Lyonnaise
    • Vegetable Marrow Farci

- Fourth Course
  • Lamb, Mint Sauce
    • Roast Duckling, Apple Sauce
    • Sirloin of Beef, Chateau Potatoes

- Fifth Course
  • Creamed Carrots
    • Boiled Rice
    • Green Peas

- Sixth Course
  • Punch Numéro
  • Lemon Tart

- Seventh Course
  • Roast Squab & Cress

- Eighth Course
  • Cold Asparagus Vinaigrette

- Ninth Course
  • Pâté de Foie Gras
  • Celery

- Tenth Course
  • Waldorf Pudding
  • Peach in Chartreuse Jelly
  • Chocolate & Vanilla Éclairs
  • French Ice Cream

1900’s — 12 Course Meal

- Aperitif (Champagne)
  • Caviar
  • Escargot amuse bouche
  • Shrimp Cocktail
  • Lobster course
  • Entrée course
  • Relevé
  • Salad course
  • Dessert course
  • Cheesecake course
  • Fruit course
  • Digestive (sherry)
  • Ceiling
  • Placecards

1900’s — Fernand Point — Cuisine Nouvelle

- Modern (new) French cuisine
- Simple recipes
- Refined and creative
- Garnitures instead of sauces

The Classical Menu Order

1. Appétizer (cold)
   • Soup
2. Appétizer (warm)
3. Main Courses
   • Entrees
   • Seafood
   • Poultry
   • Game
   • Meat
   • Grills
4. Salads
5. Cheese / Nuts
6. Desserts / Fruits
7. Coffee
8. Desserts

Everything Starts with the Menu.
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