

Bakery and Pastry Production Level I

Based on December, 2022, Curriculum Version 2



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Acronym

MNU -----Menu

PP -----Per Person

DOSM----- Director of Sales and Marketi

PMS -----Property Management System

MD -----Menu Definition

MM -----Menu Management

MI -----Menu Item

ITI -----information Technology

Introduction to the module

In Bakery and pastry production; apply basic menu helps to identify several menu items and utilize the basic principles of menu to compose and develop appropriate breakfast, lunch and dinner menu items for established enterprise systems.

This module is designed to meet the industry requirement under the Bakery and pastry production occupational standard, particularly for the unit of competency: apply basic menu

- Types of menus
- Compose menu items for breakfast, lunch and dinner
- Menu Evaluation

Learning Objective of the Module

- Identify types of Menus
- Compose menu items for breakfast, lunch and dinner
- Evaluate menu

Module Instruction

For effective use this modules trainees are expected to follow the following module instruction:

1. Read the information written in each unit
2. Accomplish the Self-checks at the end of each unit
3. Perform Operation Sheets which were provided at the end of units
4. Do the “LAP test” giver at the end of each unit and
5. Read the identified reference book for Examples and exercise



Unit one: Types of menus

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Menu requirements
- Menu Factors
- Menu Selection

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics , you will be able to:

- Identify Menu requirements
- Consider Menu Factors
- Select Menu

1.1 Menus requirements

1.1.1. Menu

Menu is the statement of food and beverage items available or provided by food establishments primarily based on consumer demand and designed to achieve organizational objectives. In a restaurant, the **menu** is a list of food and beverages offered to customers and the prices. Table Menus may be printed on paper sheets provided to the diners, put on a large poster or display board inside the establishment, displayed outside the restaurant, or put on a digital screen. Since the late 1990s, some restaurants have put their menus online.

Menus are also often a feature of very formal meals other than in restaurants, for example at weddings. In the 19th and 20th centuries printed menus were often used for society dinner-parties in homes; indeed this was their original use in Europe.

Communication: by advertising exactly what an establishment can offer its customers, as well as assisting the staff preparing the food

Selling: by enticing a customer to buy a particular dish

Advertising: through the development of a reputation for culinary specialties and/or quality

Public Relations: creating a focus on the establishment as well as awareness in the minds of customers, example a customer may encourage his/her friends to visit a particular establishment because he/she has heard that “the seafood is always fresh”.



Fig.1.1. menu

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1.1.2. Types of menus

Overall, it could be argued that menus are reasonably similar in that they offer the diner a choice of different dishes to eat. From a structural point of view, however, they differ slightly, and can include the following types and the specific types of menus offered in establishments will depend on:

A. Table d'hôte Menu

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

French term used to describe what is more commonly known as **a set menu**. One or more dishes can be offered per course. It can also feature an all-inclusive price per person. This type of menu also allows for some dishes to be pre-prepared, and is therefore appropriate in an environment where cost of labour and food is an issue.

Table d'hôte menus can be presented in the following ways:

- ✓ Verbally
- ✓ Menu card
- ✓ Board (chalk, illuminated, printed, etc.)
- ✓ Illustrations/Drawing



Fig. 1.2. Table d'hôte Menu

B. A La Carte menu

To serve a true a la carte menu means that the kitchen should be preparing all dishes when ordered specifically by the customer. In other words, cooking for a particular dish should not begin until the order is placed in the kitchen.

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

The concept is also expanded to suggest that the diner will create his/her own meal from the card. As a la carte menus generally require more well-trained staff, the number of establishments offering this type of service has fallen dramatically.

A la carte menus are usually presented in a printed or written form to the diner.



Fig. 1.3. A La Carte menu

Banquet

Banquet menus, also known as function menus, are similar in structure to table d'hôte menus in that they are usually menus with limited choices and fixed prices.

They are ideal for larger groups of people who intend to dine at the same time.

These functions may be celebratory, i.e.:

- ✓ Wedding
- ✓ Birthday
- ✓ Business-based conferences
- ✓ Seminars.
- ✓ Café - all day menu
- ✓ 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.



Fig. 1.4. Banquet

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C. Static menu

Separated into categories like appetizers, pastas, sandwiches, sides etc. The dishes are served all year-round and are mostly prevalent in fast casual and fast food restaurants.



Fig. 1.5. Static menu

D. Beverage

A beverage menu is any menu or section of a menu that sells alcoholic and non-alcoholic drinks. A list of a restaurant's drinks are often cocktails, wine, beer, and other alcoholic drinks sold , or the menu can be displayed on the wall at coffee shops or juice bars with their list of options.



Fig. 1.6. Beverage menu

E. Dessert

A list of desserts, like a beverage menu it is often separate from the regular menu and sold a la carte. It is usually presented along with the beverage menu again for after dinner drinks at the end of the main meal.



Fig. 1.7. Dessert menu

F. Children's:

This menu often has more limited choices and incorporates bright colors and activities. It is often disposable for easy clean up.



Fig. 1.8. Children's

G. **Buffet** is a self-service system of dining in restaurant or parties. Buffet is a very popular system Buffet is a style of food service in which the varieties of ready food dishes are displayed according to the sequence on the table either hot or cold and Guest's serve those foods themselves" m of food service in any party or restaurant.



Fig. 1.9 Buffet

H. **Cyclical menu**- A cycle menu is a series of menus that is repeated over a specific period of time, such as 4 weeks. The menu is different each day during the cycle. And at the end of the cycle, using cycle menus in school nutrition has many advantages Cycle menus save time and allow menu planners to offer a variety of menu selections. Cycle menus can control food costs in a number of ways the menu is repeated. Cafeterias often use weekly or monthly cycle menus, because they cook different items on the same equipment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Corndog	Pizza	Calzone	Turkey	Hamburger	Soup	Chicken

Advantage of cyclic menu

- ✓ save time
- ✓ allow menu planners to
- ✓ offer a variety of menu
- ✓ Selections
- ✓ control food costs



Fig. 1.10. Cyclic menu

- The most commonly types of menu used are:
 - ✓ A la carte menus
 - ✓ static menus
 - ✓ Du jour menus
 - ✓ Cycle menus
 - ✓ Fixed menus.
- **During Plan and write menus must be we consider the following:**
 - ✓ Establish the enterprise and/or clients requirements for menu/s
 - ✓ Write menus for enterprise operations
 - ✓ Write menu ensuring menu balance
 - ✓ Prepare menu costing
 - ✓ Produce finished/final menu
- **The Menu planning team should have:**

- ✓ Have a thorough knowledge of dishes of various meals and cuisines.
- ✓ Know the food cost of different dishes.
- ✓ Be aware of the time taken for producing those dishes.

Menus are planned for commercial and welfare catering of New outlets or Existing outlets. Dishes selected for banquet or function menus are specifically geared to satisfy the greatest number of people, and avoid (as a general rule) using exotic ingredients, or dishes that may be inappropriate from a medical or religious perspective. Banquet menus are normally pre-organized, although menu cards are sometimes placed on the tables to indicate the menu to the diners.

There are different elements that might be found on a plate during the presentation.

- ✓ Meat
- ✓ Vegetable
- ✓ Farinaceous
- ✓ Sauce
- ✓ Garnish
- ✓ Salad
- ✓ Condiment

- **Basic principles of organizing a menu**

- ✓ Cold and warm dishes are listed separately.
- ✓ Appetizers, soups, seafood and main courses are listed in separate groups.
- ✓ In every group the lighter dishes are listed before the richer ones.
- ✓ Salads should be highlighted.
- ✓ If offered, low-calorie foods should be specially indicated, and
- ✓ the number of calories should be stated.
- ✓ If foods are prepared with organically grown ingredients, this fact should be highlighted to the discriminating customer.
- ✓ Every dish should be described clearly and simply, in an appetizing way, without being too flowery
- ✓ House specialties and seasonal items should correspond to the season and should change accordingly. Use a clip-on menu or special insert to attract attention to them.
- ✓ The dessert selection should be listed on a separate attractive card. The menu should inform the guests that such a card is available.

1.2. Menu Factors

1.2.1. Main Factors to Consider While Menu Planning

Whether it is for new outlets or existing outlets, points related to the following aspects should be considered by the F&B team and Executive Chef while planning the menu:

- **Operations Hour**
 - ✓ The menu planning committee must consider a policy on operation hours of the business while planning the menu. If it is operating throughout the day from morning 7 AM to midnight then all dishes required during breakfast, mid-morning, lunch, evening snacks, dinner, and so on, should be included.
 - ✓ If it is going to be operational only during lunch and dinner, then the menu should be planned accordingly. During lunch hour operations, guests expect quick service or business/executive lunch, which should be also taken into account.

- What To Serve
 - ✓ The policy of the management may not permit the inclusion of pork, beef or any of the non-vegetarian dishes, genetically modified food, and so on. Dishes included in the menu should be in line with the framework or theme of the restaurant's establishment's policy.
- **Production Process**
 - ✓ The type of food production process the business is going to implement, such as traditional party system centralized production, cook-chill, cook-freeze, and sous-vide, and so on, should be taken into account while planning the menu.
- **Use of Convenience Products**
 - ✓ Convenience products of many categories, from ones requiring some amount of final preparation in the kitchen to ready-to-eat forms, are available in the market etc. must also be considered.
- **Style Of Service**
 - ✓ The menu should be planned to take into account the style of service to be implemented. For example, buffet, silver, American, tray service, takeaway etc. Read more about the different types of service.
- **Type Of Menu**
 - ✓ The type of menu to be implemented in operations should be borne in mind while planning the menu. The A la Carte menu will offer extensive choice under each category and table d'hôte menu will have a set number of courses with a limited choice at a set price. Read about different types of menu.
- The Following points are should be considered when you plan menu:
 - ✓ The policy of the establishment
 - ✓ Competition
 - ✓ Customer
 - ✓ Operational aspect
 - ✓ Gastronomic standpoint
 - ✓ Nutritional aspect
 - ✓ Government regulations

- The factor that affect menu when select and composed menu may include:

- ✓ Equipment available
- ✓ Time for preparation and service
- ✓ Availability of ingredients
- ✓ Type of outlet
- ✓ Appeal of dish
- ✓ Cost
- ✓ Skill of kitchen staff
- ✓ Customer needs such as age, religion, ethics and dietary requirements
- ✓ balance such as colors, tastes and textures
- ✓ cooking methods
- ✓ nutritional values
- ✓ Adverse health factors

- **Food Cost Factors**

Food cost factor is the cost of the food ingredients compared to the selling price of the menu item. It does not include the cost of wages for the making of the menu items. The issue with buying food for a menu is that it usually has a limited shelf life. Coupled with the fact that it can also be expensive, this places significant emphasis on the purchaser to make sure he/she orders exactly what is needed, as well as scheduling where and when it is required.

- Factors which will affect purchasing include:
 - ✓ Regular menu changes
 - ✓ Slow moving dishes
 - ✓ Diner's fluctuating choices; how many customers will come to the establishment today?
 - ✓ Staff not adhering to standard recipes
 - ✓ Food wastage and theft.
- **Factors to be consider when planning a menu:**
 - ✓ Quality standard-flavor
 - ✓ Texture

- ✓ Color
- ✓ Shape
- ✓ Consistency
- ✓ Palatability
- ✓ Visual appearance

- ✓ Aromatic apparel
- ✓ Temperature

- Nutritional concerns
 - ✓ Low fat
 - ✓ High fiber diet
 - ✓ Vegetarian

1.2.1. Standard Recipes

A standard recipe is a precise record of ingredients, method, serving instructions and cost of any food item on a menu.

A standard recipe needs to include:

- ✓ Summary of ingredients
- ✓ Required quantities or each item
- ✓ Specific preparation guidelines
- ✓ Garnish and service details
- ✓ Portion sizes
- ✓ Accurate costs

- **Portion Control**

Portion control is to control the quantity of food served to each customer.

- ✓ To know how much food to order
- ✓ To know what yield is obtained from each food item
- ✓ Helps to calculate the cost of each dish on a menu therefore its selling price
- ✓ To ensure each customer receives a meal that is uniform in quantity and standard.

- **Portion sizes to be determine:**

- ✓ Number of courses to be served
- ✓ Size and design of crockery
- ✓ Type of customer
- ✓ Menu pricing structure.

- **Portion sizes to be control:**

- ✓ Buying food of specific portion size
- ✓ Training staff on how to control portions and why it is important
- ✓ Using appropriate utensils, equipment and measures to serve food
- ✓ Supervising staff during service.



Fig. 1.9. Portion sizes

1.3. Menu Selection

The better restaurants will have a manageable menu comparable to the number of staff in the Kitchen.

When you select menu the following points should be considered:

-

- **Main course**
or two of each of the main foods:

- ✓ beef
- ✓ Lamb
- ✓ Chicken
- ✓ Fish
- ✓ Seafood.
- ✓ Vegetarian options.

(Entrée) One



Fig. 1.10rosted chicken thigh

- **Side orders**

- ✓ Potato dish (hot)
- ✓ Green vegetable (hot)
- ✓ Salad (cold).

- **Desserts**

- ✓ Chocolate flavoured
- ✓ Citrus flavoured
- ✓ Hot dessert
- ✓ Cold dessert (ice cream).



Figure 1.11 desserts

- **Cheese plate**

- ✓ Cheddar
- ✓ Brie
- ✓ Blue cheese.

- **Coffee Selection**

Italian style predominately but many local offered.

or regional styles may also be



Figure 1.12 coffee

In the other ways modern menu include the following:

- first courses Appetizer
 - ✓ Soup Menu (Fish)
 - ✓ Salad
- Main dish
 - ✓ Meat,
 - ✓ poultry, or fish
 - ✓ Vegetable accompaniment
- dessert dishes Salad
 - ✓ Fruits and cheese

1.3.1. Importance of Menu Planning in Hotel Industry

- Good Health

When you plan a menu, you can make choices for your personal health and fitness needs. Menu planning plans exist simply to provide how a single person meal plans based on their own preferences and needs.

- Saving Money

When you cook and plan your own meals, you are most likely saving money when purchasing the same type of meal in a restaurant. So lastly, planning your meals can help reduce food waste. Simply eating leftovers or planning a day to eat leftovers is a good practice to reduce food waste.

- No wastage of Time

Everyone is different, and everyone's needs are different. Always plan your meals to save yourself the time you want. Pick your busy days, and make those meals the most simple or prepared ahead to help you.

Self-Check – 1	Written test
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Part I: Choose the best answer (each 2 point)

- When Planning and writing the menus should be considered the following except one
 - Clients requirements for menu
 - Ensuring menu balance
 - finished/final menu
 - registration of guest
- ___menu are repeated the menu structure and the choice of dishes must be carefully selected.
 - Banquet
 - Cyclic menu
 - Children's
 - Static menu
- Menu costs refers to_____
 - price adjustments
 - costs that come with changing prices
 - describe the cost incurred
 - All
- From the following one is not describe the characteristics of the menu
 - It reprint
 - update price lists
 - prepared by unskilled person
 - None

5. from the following formula which is correct one?

- A. Cost of ingredients - Sales = gross profit
- B. Sales - cost of ingredients = gross profit**
- C. Gross profit- Sales =cost of ingredients
- D. all

Part II fill the blank space

1. What is a menu?

2. Name 4 (four) elements that might be found on a plate during the presentation (4%)

- 1. _____
- 2. _____
- 3. _____
- 4. _____

3. Write the concept of the menu(4)

4. Write at list four point that should be considered when menu planning?

- a. _____
- b. _____
- c. _____
- d. _____

5. Write at list two class of food?

Part III. Matching

“A”

- _____ 1. Menu
- _____ 2. Table d’hote menu
- _____ 3. A La carte menu
- _____ 4. Main course
- _____ 5. Side order

“B”

- A. Salad and potato dish
- B. It is a list of food and beverage
- C. It is a limited choice within each course
- D. It is ordered specifically by the customer
- E. Beef, lamb and see food

Unit Two- Compose menu items for breakfast, lunch and dinner

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics

- Table d’hote menu
- A la carte menu

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics , you will be able to:

- Compose Table d’ ho’tel menu
- Compose A la carte menu

2.1. TABLE D' HOTE MENU

A table d'hôte (French pronunciation: menu is a menu where multi-course meals with only a few choices are charged at a fixed total price. Such a menu may be called "fixed price". The terms set meal and set menu are also used. The cutlery on the table may also already be set for all of the courses

2.1.1. Advantages of Table d'hôte Menu

- Doesn't need a lot of kitchen region.
- Needs limited kitchen and service equipment. Mise en place work to be done is less.
- Doesn't need quite a bit of work as the number of dishes to be arranged is limited.
- Doesn't need a lot of food stockpiling region.
- Food wastage is nearly nothing in government assistance cooking where the volume of business is known, though there might be a little wastage in business activities where volume estimating is difficult.
- It is similarly more straightforward to contain the food cost.

2.1.2. Limitations of Table d'hôte Menu

- The menu doesn't address the needs of kids, matured, and convalescents in business cafés
- What's more cooks just to the overall market of differing age gatherings and sense of taste.
- Clients don't have a broad decision to browse the dishes.
- Clients need to pay a fixed sum whether or not they consume every one of the courses or get dishes they enjoy.

For instance, if a visitor needs to pick a tidbit from any two dishes, the primary course from any three dishes, and desserts from any two dishes at a decent value, he/she will have a blend decision of the greatest 12 ($2 \times 3 \times 2 = 12$) dishes at the cost he/she has to pay and the decision offered may exclude dishes of his/her enjoying.

2.1.3. Composing table d'hôtel menu items

It is a meal divided into a set number of courses with limited or no choice with in these. The selling price is fixed and all dishes are usually ready at a set time. Menus are changed daily and have the price mentioned in bottom right hand side corner.

EXAMPLE

1st course or Appetizer Or Soup, starters and salad

2nd course or Main dish:-Meat Dish Or Vegetable Dish

3rd course or Dessert: Tea/ Coffee

2.2. A la carte-

Definition: An à la carte menu in a restaurant offers you a choice of individually priced dishes for each course. You could choose as much or as little as you wanted from an à la carte menu. you choose each dish from a separate list instead of eating a fixed combination of dishes at a fixed price:

This type of menu in the hotel is generally used in banquets.

2.2.1. Advantages of A la Carte Menu

- ✓ Clients have a broad selection of dishes to browse.
- ✓ Allow us to expect that an individual menu has 15 classes of dishes, each offering 10 decisions, and the client needs to choose any three categories.
- ✓ He or She will have a mixed decision of a limit of 1000.
- ✓ Simply contrast this and the prior feast menu, where he/she just had a limit of 12 mixes of decisions.
- ✓ Clients pay for the dishes they request for.
- ✓ It addresses the needs of necessities of visitors of changing age gatherings and palates.
- ✓ Visitors get newly cooked dishes.

2.2.2 Limitations of A la Carte Menu

- However the individual menu offers broad decisions to fulfill visitors, it experiences functional constraints as portrayed here:
 - ✓ Needs more kitchen region and kitchen equipment.
 - ✓ Needs high volume of mise-en-place work to be completed.
 - ✓ Requires more kitchen staff.
 - ✓ Calls for an assortment of administration hardware.
 - ✓ Since food orders are ready as and when they are gotten, the work weight on kitchen staff is very high during top periods, which may bring about a low-quality result.
 - ✓ Responsibility isn't equitably dispersed.
 - ✓ It is nearly difficult to contain food costs as one can't foresee clients' inclinations also, menu blend.
 - ✓ More food is squandered in this style of activity.

- **Breakfast menu-**

Breakfast is the first meal of the day usually eaten in the morning. The word in English refers to breaking the fasting period of the previous night. Various "typical" or "traditional" breakfast menus exist, with food choices varying by regions and traditions worldwide

- **Luncheon menu-**

A luncheon is any formal meal served between noon and 2pm. The meal served at a luncheon is typically rather simple and includes sandwiches, salads, soups, fresh fruit and cut vegetables and sweets or baked goods. Tea, coffee, water, lemonade, iced tea or other light drinks are commonly served at a luncheon.

- **Dinner menu-**

Dinner usually refers to what is in many Western cultures the largest and most formal meal of the day, which is eaten in the evening. Historically, the largest meal used to be eaten around midday, and called dinner.

-

- **Ethnic menu-**

Broadly speaking, ethnic foods are defined by others outside of the respective ethnic groups as cuisines originating from the heritage and culture of specific ethnic groups. For example, Chinese food, Mexican food, Italian food, etc., are only considered to be ethnic foods outside of their respective countries

- **Specialty menu-**

A specialty menu is a amalgamation of both à la carte and semi à la carte items

- **Room service menu-**

Room service or in-room dining is a hotel service enabling guests to choose items of food and drink for delivery to their hotel room for consumption.

- **Lounge menu-**

Lounge Menu: A LOUNGE menu is **offered either in à la carte or semi à la carte style**. Lounge menus are generally served in hotels, inns, and spas where customers can order selective item that require easy preparation and less costly in the dining room

- **Other menu types**

A. Static menu-

The larger menu of an establishment that doesn't usually change in terms of its food and beverage items is called a static menu. In the trend of menus today, it is the most popular. Normally, when you think of a regular menu in the current setting, it is apt to be a static menu.

B. Du jour menu-

Du jour menus change daily, depending on what's available or what the chef prepared. So, “chicken du jour” means the chicken that's available today. Likewise, “soup du jour” is the soup that's available today

C. Wine menu-

A wine list is a menu of wine selections for purchase, typically in a restaurant setting. A restaurant may include a list of available wines on its main menu, but usually provides a separate menu just for wines. Wine lists in the form of tasting menus and wines for purchase are also offered by wineries and wine store

D. Desert menu-

In a restaurant or café, the dessert menu is a list of the desserts that are available. The dessert menu includes sorbets and ice creams. Choose your favorite dessert from the dessert menu

E. Beer menu-

Create a beer menu template to present your drafts, domestics, and bottled beer offerings. Set apart your beer collection with a professionally designed Beer menu. Our beer menu templates can be easily updated using the Menu Editor, our online menu software



Figure 2.3 A la carte

F. Cocktail menu-

A cocktail is an alcoholic drink which contains several ingredients. A cocktail is a mixture of a number of different things, especially ones that do not go together well

liquor menu-

G. **Drink menu** can be used to sell your nonalcoholic offerings as well, like fresh juice blends, virgin cocktails or even flavored sodas

2.3. Composing a al carte menu items

A menu in hich each food item is separately priced to give the guest choice to suite his or her tastes and budgets. Each course has a number of choices.

Example

Menu: Starters: Soups : Seafood Meats: Poultry : Vegetables : Breads : Deserts : Beverages

An à la carte menu - is one in which each individual item is listed separately, with its own price.

The customer makes selections from the various courses and side dishes to make up a meal.

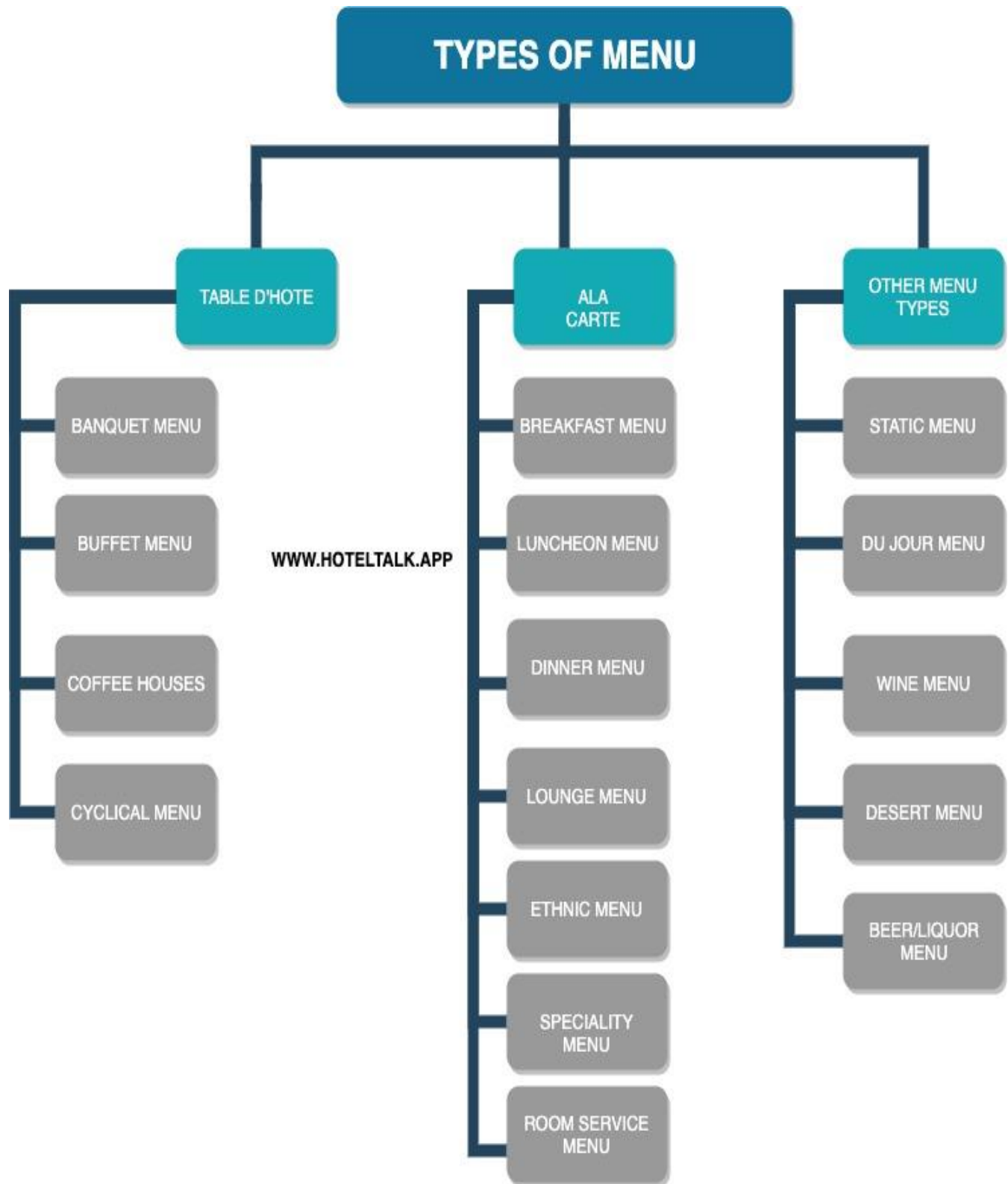
(Note: The term à la carte is also used to refer to cooking to order as opposed to cooking ahead in large batches.)

Breakfast À La Carte	
Breakfast Favorites	
Two Farm Fresh Eggs	\$14.00
Three Egg Omelete	\$18.00
Poached Eggs Florentine	\$18.00
Pancakes	\$15.00
French Toast	\$15.50
Side Orders (Bacon, Ham, or Sausage)	\$9.00
Cold Selection	
Sliced Fruits	\$17.00
Yogurt	\$7.00
Bircher Muesli	\$9.00
Assorted Cereal	\$8.00
Bakers Basket	\$10.50
Toast	\$6.00
Beverages	
Chilled Apple Juice	\$5.00
Fresh Squeezed Orange Juice	\$12.00
Coffee	\$5.00
Espresso Coffee	\$5.00

Fig. 2.4. Example of a la carte 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.

N.B read under unit one further information



Self check 2	Written test
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Part I Multiple choose

1. Desserts course reference

- A. Main dish
- B. Appetizer
- C. Third course
- D. None

2. Modern menu must include

- A. Appetizer
- B. Main dish
- C. Desert
- D. All

3 Side orders reference

- A. Main dish
- B. Appetizer
- C. Accompaniment
- D. All

Part II. Fill in the blank space

1. Write three types of course of menu (4)

2. What are the classification ways of menu?

3. What is banquet?

4. Write types of menu and explain them?

Part III. Matching

“A”

- ._____ 1. Cycle Menu
- ._____ 2. Table d’hote menu
- ._____ 3. 1st Course
- ._____ 4. 2nd course

“B”

- A. Appetizer
- B. Main dish
- C. It is a limited choice within each course
- D. It repeated over a specific period of time

Unit 3- Menu Evaluation

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics

- Collecting Menu items
- Menu evaluation

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics , you will be able to:

- Collect Menu items
- Evaluate Menu

3.1. Collect menu items

The collection is made up of over 2000 menus from all over the world with a large part being Australian in origin. It contains menus from a variety of sources including cruise, club, restaurants, bars, and hotels from the early 1900s to the present. The collection functions as a wonderful resource which displays the changes of styles in food and menu design over the last 100 years. The cruise (ship) menus in our collection are particularly evocative of a mode of

Evaluation menu Travel and the progress of life of an earlier era

Menu must set a standard:

- ✓ Menu evaluation question
- ✓ Is menu attractive?
- ✓ Are menu items laid out an attractive?
- ✓ Have guest complained about the menu?
- ✓ Have guest said good things about the menu?
- ✓ How does the menu compare with the menu of competitor?
- ✓ Are menu items priced correctly?

- A Menu Evaluation Checklist:

Some restaurants try to fool customers into thinking their food is healthy by using sneaky marketing tactics. As a result, customers are demanding more information about restaurant food so they can make informed decisions about where and what to eat. Luckily, you can easily provide customers with the information they desire.

There are **four key elements** you must include on your menu if you want your customers to know that your establishment is serious about offering nutritious food:

A. Calorie Counts

Calorie counts are the simplest way for people to understand how much energy they are getting from a menu item

B. Nutrition Information

Calorie counts are just one piece of the nutritional picture of a food.

Nutrition information—like amounts of vitamins, minerals, fats, carbs, and proteins—is also important. After all, customers are used to having this information on nutrition facts panels from the foods they buy at the grocery store. Nutrition information is also required by the FDA as part of their menu labeling guidelines, so if you decide to provide calorie counts, you’ll need to provide this information, too

C. Nutrient Content Claims

Nutrient content claims are phrases like “low-fat” or “high-fiber” that accompany a specific menu item. Additionally, phrases informing customers how much of a specific nutrient is contained in each dish are also nutrient content claims

D. Allergen Statements

Food allergies and intolerances are rampant these days, making it difficult for many customers to eat safely in restaurants. Providing allergen statements for the eight major allergens can be hugely helpful for these folks, as well as for people who choose not to eat certain foods.

• **planning menu:-**

- ✓ Avoid repeating words when writing the menu.
- ✓ Colors should not be repeated.
- ✓ Menus should start with light dishes, progress to more substantial items and finish with a light course.
- ✓ Texture should be different.
- ✓ Garnishes using traditional names must be correct
- ✓ Sauces should vary
- ✓ Ingredients must be maintained or balanced specially on table d’ hote menus.
- ✓ Nutritional requirements of persons engaged in light or heavy work must be considered.
- ✓ Color is the most important factor considered in presentation of food. Artificial colors, if used must be in moderation. Colorful garnishes improve the appearance of drab looking food.
- ✓ 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.
 - ✓ wordings must have correct spelling
 - ✓ The use of capital letters should be systematic

Self check 3

Name : _____ ID No _____

Part I. Multiple choose

- Which one of the following is key elements of menu Evaluation?
 - Nutrition Information
 - Nutrient Content Claims
 - Allergen Statements
 - ALL
- _____ are the simplest way for people to understand how much energy they are getting from a menu item
 - Calorie Counts
 - Nutrition Information
 - Nutrient Content Claims
 - Allergen Statements
- _____ Avoid repeating words when writing the menu.
 - Nutrition Information
 - Menu planning
 - Allergen Statements
 - ALL

Part II. Fill in the blank space

- _____ are the simplest way for people to understand how much energy they are getting from a menu item.

2. Write four key
include on your menu

elements you must

A. _____

B. _____

C. _____

D. _____

2 Write at list 4 when you consider planning menu

A. _____

B. _____

C. _____

D. _____

Reference

study.com/learn/lesson/menu-planning-overview-importance-food-service.html

<https://home.binwise.com/blog/types-of-menu>

<https://assignmentpoint.com/what-is-menu/>

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