

### Principles of writing out the menu

- The word "MENU" must be large and clear in the middle of the top.
- The type of meal like "DINNER" must be stated under "MENU".
- The courses must be in the order it will be served – ending with beverage.
- There has to be definite spaces to separate various courses.
- Foods eaten together must be grouped together.
- List the most important dish of the course first – it is usually the protein.
- Vegetables may be centred or written to either side of the centre under the main dish.
- Write the first letter of each word with a capital letter.
- Give a reasonable description to avoid confusion, but avoid long descriptions.
- Items like butter, milk and sugar need to be stated if it is a general accompaniment, e.g. bread and butter.
- Special sauces and dressings have to be mentioned, e.g. vinaigrette salad dressing.
- The menu must be dated – either at the top or the bottom.



### Activity 1

1. Find a site on the web that has menus, print the menu and identify the strengths and weaknesses.
2. List all the factors that you should take into consideration when planning a menu.
3. List TEN events and discuss the type of menu that would be a suitable choice for the event.
4. Identify at least FOUR food trends from around the world and discuss how these should be included in menus.
5. Discuss how to use South African ingredients in new innovative ways to make menus interesting.
6. Critically evaluate the following menu items in meals and suggest alternatives where required.
  - 6.1 Crumbed pork chops, mashed potato and pap with gravy
  - 6.2 Roast chicken with roast potatoes, pumpkin, sweet potato and carrots
  - 6.3 Tomato bredie, yellow rice, roast beetroot and red cabbage
  - 6.4 Sausage, peas, beans, broccoli and baby marrow
  - 6.5 Cocktail menu: mini sausage rolls, small samoosas, spring rolls, crumbed potato bites, crumbed mushrooms
  - 6.6 Roast lamb with apple sauce, roast potatoes, broccoli with cheese, butternut
  - 6.7 Waterblommetjie bredie, rice and Greek salad
  - 6.8 Meatballs, baby potatoes, peas and sliced carrots
7. Create SIX different vegetarian meals that clients could be offered. Make sure the meals are interesting and appealing, using a variety of ingredients and cooking methods.
8. You have been requested to submit a proposal to a client for a brunch for 30 guests. Design a suitable and interesting menu for such an event.
9. Brainstorm in a group and list on a flipchart fun food themes for a 21st.
10. List the types of occasions where a tea may be a good way of entertaining.
11. Complete the cycle menu above by adding two more weeks i.e. week 1 and week 2.
12. Compile a menu for each of the following preferences:
  - 12.1 a religious group of your choice
  - 12.2 non-meat menu.
13. Set up a fine dining diner menu using the correct menu format. Provide a picture of each of your dishes chosen a reason suitable reason.