

## Module 5: Menu planning



### Activity 1

Page 82 in the textbook

1. Find a website that contains menus, print the menu and identify the strengths and weaknesses of the menu.

[pigallerestaurants.co.za/capetown/set-menus](http://pigallerestaurants.co.za/capetown/set-menus)

eg.

#### Example of a set menu:

##### Starter

Caramelised pear and toasted almond salad platters  
 Fresh pears and almonds, caramelised and drizzled with a creamy Dijon mustard dressing  
*and*  
 Greek salad platters  
 Traditional, tossed in a creamy herb dressing

##### Main course

Line fish of the day  
 Grilled in lemon butter, served with mashed potato and grilled vegetables  
*or*  
 Grilled beef sirloin  
 28-day wet aged prime cut, flame grilled in our famous basting sauce,  
 accompanied by potato fondant and grilled vegetables  
*or*  
 Platter of queen prawns  
 Butterfly grilled to our longstanding traditional recipe,  
 accompanied by savoury rice and grilled vegetables

##### Dessert

Malva pudding  
 With crème anglaise  
*or*  
 Crème brûlée with homemade biscotti

#### Strengths:

- The starters offer clients a familiar choice in the Greek salad platter, and one interesting and different salad that they may not have tasted before.
- The table is able to share the starters and then choose their individual mains and desserts.
- The options of main courses allows for a variety of client needs. The menu caters for those who do not eat meat by providing the fish or prawn option.
- Each main course has a starch and vegetables as accompaniments.
- Each of the courses offers good colour variation and texture to the meal.
- Each course offers the customer an option.

#### Weakness:

- The menu does not contain a vegetarian option in the main course.

**2. List all the factors that you should take into consideration when planning a menu.**

A menu can be planned for each of the following:

- Restaurant business
- Catering business
- Catering function

Restaurants and catering businesses need to consider the following:

- Location of the establishment
- Competition in the locality
- Suitability of a particular establishment to a particular area
- The target market
- Spending power of the customers
- Number of items and the price range of the menus
- Seat turnover
- Space and equipment in the kitchen
- Amount and capability of labour
- Supplies and storage
- Religious considerations (if applicable)
- The type of menu: À la Carte or Table d'Hôte
- Inside or outside cooking

Planning a menu for a catering function

- Type of function/occasion e.g. wedding, birthday party, children's party, events
- Type of customer, namely: age, sex, religion, occupation or spending power
- Number of courses
- Number of guests
- Time of the year
- Time of the day
- Budget
- Meat or non-meat preferences
- Religious considerations
- Products in season
- Amount and capability of labour
- Space and equipment in kitchen
- The function venue

**3. List TEN events and discuss the type of menu that would be a suitable choice for the event.**

Type of menu		Type of event
1.	Table d'hôte	Dinner in a restaurant, wedding etc.
2.	À la Carte	Lunch or dinner in a restaurant
3.	Plat du jour	Lunch or dinner in a restaurant
4.	Special function menu	Wedding, 21st birthday part, anniversary, etc.
5.	Buffet menu	Wedding reception, Birthday party, Anniversary, Year end function
6.	Cocktail menu	Wedding reception, Corporate exhibitions, business launch, award ceremony, etc.
7.	Breakfast brunch	Wedding

Type of menu	Type of event
8. Breakfast menus	Hotel breakfast
9. Afternoon tea menus	Banquet
10. Cycle menu	Hostels, hospitals
11. Canteen menu	Hostels, businesses

4. Identify at least FOUR food trends from around the world and discuss how these should be included in menus.

### Top 10 food trends for 2017

#### Taco fever

According to our trends panel, hyper-regional food will continue to set our tastebuds ablaze in the next 12 months.



#### Low- and no-alcohol drinks



Expect to hear much more talk of turmeric shots, charcoal-activated water, cold-pressed juices and non-alcoholic 'spirits' like Seedlip.

### Sea vegetables



There has been an exponential rise in veggie and vegan cooking in the last few years. Vegetables should no longer be consigned to a side order.

Expect to see more of sea vegetables like healthy seaweed, which can be used as a salt substitute, to add a briny tang to food or for snacking.

Nori is used extensively in Japanese cooking, so check out the world food section to find these pressed seaweed sheets. They're traditionally used to make sushi, alternatively crush them into shards and sprinkle onto salad or rice bowls.

### Pickles and ferments



The vegetables are mixed with rice vinegar, fish sauce, chilli paste and sugar, so all ingredients you can easily source. Serve it as a side dish, with rice or noodles.

### Zero waste: Minimising food waste



As well as cutting down on personal food waste and cooking smart with any leftover ingredients, make sure you buy in season and make the most of produce particularly in late summer when vegetables like courgettes and marrows are in abundance.

### Instant-ready food



### Smart tech in the kitchen



### Insects



Chefs like Heston Blumenthal have been advocating eating insects for some time now, but the concept has never quite taken flight. However, as sustainability is increasingly on our radar, the idea of reducing our intake of traditional protein sources like red meat is ever more attractive.

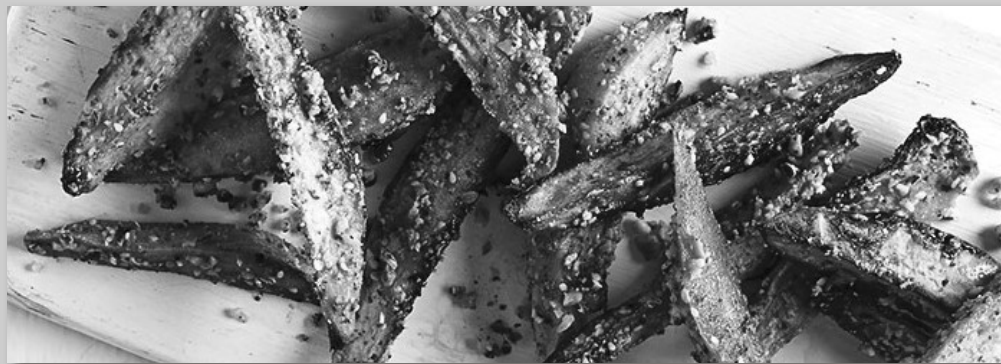


Portuguese food



Have a go at making Portuguese custard tarts at home.

**Healthy snacks**



Picking and sharing small plates are on the rise, as are healthier snack solutions, so expect to see lower-sugar and high-protein bites.

**5. Discuss how to use South African ingredients in new innovative ways to make menus interesting.**

- Use S.A. ingredients that are in season.
- Street food ideas are increasing.
- South African foods have many different influences: African, Dutch, French, German, Portugese, Malaysian, Indian, Chinese and Indonesian.
- Biltong can be used in different forms, e.g. biltong shavings can be used in salad.
- Make dishes in individual portions, e.g. individual bobotie's, bunny chows, etc.
- Serve potjiekos with pap, samp and beans, wild spinach, dumplings or pot bread.
- Include chakalaka.

**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	<ul style="list-style-type: none"> <li>• Two starch items</li> <li>• Remove the pap from the menu and keep the mashed potato</li> </ul>
6.2	Roast chicken with roast potatoes, pumpkin, sweet potato and carrots	<ul style="list-style-type: none"> <li>• Two items roasted</li> <li>• Use a variety of cooking methods</li> <li>• Keep the roasted chicken and potatoes</li> </ul>

6.3	Tomato bredie, yellow rice, roast beetroot and red cabbage	<ul style="list-style-type: none"> <li>• Too much use of the colour red</li> </ul>
6.4	Sausage, peas, beans, broccoli and baby marrow	<ul style="list-style-type: none"> <li>• Too much use of the same colours and textures</li> </ul>
6.5	Cocktail menu: mini sausage rolls, small samoosas, spring rolls, crumbed potato bites, crumbed mushrooms	<ul style="list-style-type: none"> <li>• Too many of the same types of snack items, e.g. making use of pastry or crumbs.</li> <li>• Include a variety of different types of snacks e.g. mini frikkadels, mini kebabs, vol-au-vents.</li> </ul>
6.6	Roast lamb with apple sauce, roast potatoes, broccoli with cheese, butternut	<ul style="list-style-type: none"> <li>• Apple sauce is an accompaniment with pork while mint sauce is an accompaniment with lamb</li> <li>• Good use of different colours</li> </ul>
6.7	Waterblommetjie bredie, rice and Greek salad	<ul style="list-style-type: none"> <li>• Waterblommetjie bredie and rice combine well</li> <li>• The salad adds a contrast of textures, however the colours are similar</li> </ul>
6.8	Meatballs, baby potatoes, peas and sliced carrots	<ul style="list-style-type: none"> <li>• All foods are round</li> <li>• Have not made use of a variety of shapes</li> </ul>

**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.**

- Garlic mushrooms on couscous
- Roast butternut fettucine
- Baby marrow frittata
- Ricotta and spinach filled pancakes
- Spinach ricotta gnocci
- Ricotta pumpkin lasagne
- Leek and potato quiche
- Spinach and carrot soup
- Potato and cauliflower curry

**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.**

Dishes suitable for a brunch

- Baked ricotta with burnt orange sauce
- Bacon and sweet chilli pumpkin scrolls
- Potato and mushroom frittata
- Banoffee French toast (bananas, cream and toffee)
- Chorizo, baked beans and eggs
- Bagel with creamy scrambled eggs and ham
- Baked egg and mushroom bacon cups
- Bacon and chorizo French toast casserole

**9. Brainstorm in a group and list on a flipchart fun food themes for a 21st.**

- 80s party dress up
- Vintage retro
- White theme
- Everyone to dress up as something starting with the first letter of the name of the birthday girl/boy
- Mexican party theme
- Casino theme
- Pink, black and white theme
- Masquerade theme

**10. List the types of occasions where a tea may be a good way of entertaining.**

- Ladies group events
- Fundraising events
- Cuppa for Cansa
- Tea tasting event
- Mother's day
- School tea
- Tea party to celebrate a birthday or anniversary

**11. Complete the cycle menu above by adding two more weeks i.e. week 1 and week 2.**

Cycle menu: Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken pie and vegetables	Bobotie and yellow rice	Spaghetti bolognaise and Greek salad	Chicken à la king and vegetables	Beef wraps and salad
Malva pudding	Bread and butter pudding	Fruit salad and ice-cream	Chocolate pudding and custard	Cheesecake and fruit coulis
Assorted sandwiches, freshly baked rolls, jacket potatoes and salad pots served daily				

Cycle menu: Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled pork chops with mash potato	Soup of the day	Beef stroganoff with rice and vegetables	Roast chicken and potato bake	Boerewors rolls and chips
Trifle	Fish bake Jelly and custard	Bavarian cream	Chocolate mousse	Ice-cream and chocolate sauce
Assorted sandwiches, freshly baked rolls, jacket potatoes and salad pots served daily				

**12. Compile a menu for each of the following preferences:**

**12.1 a religious group of your choice**

**12.2 non-meat menu**

<b>Menu (Religion: Muslim)</b>
Smoked snoek paté and Melba toast
<i>or</i>
Grilled hake goujons and tartare sauce
Halaal lamb curry and roti
<i>or</i>
Chicken breyani and sambals
Medley of desserts: mini melk tart, choux puff and macaroon
<i>or</i>
Meringue shell with strawberries and cream



**Menu**  
**Vegetarian**

Butternut soup and croutons

**or**

Grilled haloumi cheese on skewers  
Spinach and feta filo parcels  
Couscous and roasted vegetables  
Green salad

**or**

Vegetable lasagna  
Greek salad  
Garlic bread  
Warm apple tart with vanilla ice-cream

**or**

Peppermint tart and cream

13. Set up a fine dining dinner menu using the correct menu format. Provide a picture of each of your dishes chosen and a suitable reason.

**NOTE:** The menus below can also be evaluated by the students as an additional question. If they find that a dish is not suitable, they could be asked to replace the dish as another question.


**Menu**  
Formal Dinner

**Hors d'oeuvres**  
Guacamole shots

**Starter**  
Corn chowder and wild rice

**Main**  
Vegetable stuffed cannelloni

**Dessert**  
Chocolate eclairs  
Coffee



### Menu

Formal Dinner

#### Hors d'oeuvres

Smoked salmon terrine



#### Starter

Oven-baked mushroom soup



#### Main

Pork loin chops with apple sauce  
Mash potato



#### Dessert

Dessert medley  
Coffee



### Menu

Formal Dinner

#### Hors d'oeuvres

Smoked salmon canapés with cream cheese



#### Starter

Moroccan carrot soup drizzled  
with creamy yoghurt



#### Main

Lamb shank, mash and  
vegetables



#### Dessert

Crème brûlée  
Coffee



## Menu

Formal Dinner

### Non-alcoholic welcome cocktail

Virgin mojito



### Hors d'oeuvre

Creamy mushroom vol-au-vents  
with Parmesan shavings



### Starter

Roasted butternut soup  
with bread rolls



### Main course

Beef olives with red wine sauce  
Duchess potatoes  
Stuffed courgettes



### Dessert

Cheesecake with lemon curd  
Tea and coffee



### Friandise

Coconut truffles



### NOTE

*All the menus above can be copied and additional questions can be formulated for the students.*

*All menus above are examples and may be adapted, discussed, evaluated and recommendations can be made for improvement.*