

Menu Planning – Introduction

A menu is a list of foods designed in a certain way to achieve a catering goal. Essentially a menu is a communication tool used to describe:

- What is being served
- When it is being served – time of day or during the week
- Any description of what the meal or food item contains
- Price
- Size of portions
- What meals are included across the menu pattern
- Choice and range of menu items



Menu planning

If the art of putting together a menu, organising the placement of foods and balancing the menu for quality.

Planning a menu does take time and requires a certain level of skill and knowledge in:

- Food supply
- Food costs and budget
- Food purchasing and stock rotation
- Food hygiene and safety
- Food storage
- Food preparation and production
- Food delivery and serving
- And most importantly the client base the menu is being writing for

Nutritional menu planning

Is planning menus to meet the nutritional needs of your client base. Some menus are the only source of nutrition for people as they are in hospital, aged care homes or rely upon meals from a community meal provider. Nutritional menu planning is important and requires skill to plan and implement to ensure adequate nutrition and variety from the food groups.

The menu is the focal point of any foodservice operation. The success of the food service operation depends on the menu and how the foods on it are selected and serve. All effort should be directed to menu planning, taking into consideration all nutritional aspects as well as other operational factors. It is misconception that nutritionally rich menus which may be expensive are unpopular, and difficult to plan. It is not easy but neither is it important to plan such menus.

Menu planning should not happen in a vacuum doing the research to understand the client is essential. It is important to collect information about the client base by undertaking

- Market research
- Survey – preference
- Collecting feedback
- Listening to client base needs
- Understanding the barriers of menu planning
- Complaint
- Food product trends and meal preparation techniques

Depending on the type of foodservice establishment will determine the type and how much information is required on the menu. For example, a menu for a restaurant will contain different information to that of an aged care menu as shown below.

LUNCH

ANTIPASTI

Antipasti Italiano (a must for the table)
assorted Italian cold cuts, cheeses, artichokes, pepperoncini, chickpeas, grilled zucchini, olives, roasted peppers and more. 8.95

Prosciutto Di Parma & Mozzarella
with tomatoes and fresh basil. 7.95

Calamari Fritti
fresh tender, deep fried squid served with a spicy marinara sauce. 7.95

Luncheon
snails in a garlic butter sauce. 7.95

Bresaola
thinly sliced, air dried beef over fresh arugula topped with shaved Parmesan. 7.95

Zuppa di Mussels
steamed mussels in a tomato and garlic broth served with Tuscan toast. 7.95

Baked Clams Oreganato
7.95

Mixed Seafood Salad
shrimp, mussels, scallops, scungilli, octopus, virgin olive oil and lemon. 7.95

Arugula e Fontina
arugula with Fontina cheese, tomatoes, olives and balsamic vinaigrette. 7.95

Insalate de Cesare
classic Caesar salad with garlic croutons. 7.95

Insalate Mista
organic mixed green salad with Tuscany red wine vinegar dressing. 6.95

Endive Salad
with Roquefort cheese & walnuts. 7.95

Goat Cheese Salad
warm goat cheese on garlic toast with mascarpone. 7.95

PANINI

All Panini's served with salad & fries

Sopranò
Prosciutto cutlet, arugula, roasted red peppers & basil. 12

Pacino
Sopressata, fontina cheese, arugula, sun dried tomatoes, balsamic vinegar. 12

Sicilian
Capocollo, red peppers, mortadella & mozzarella. 12

Coprese
fresh mozzarella, tomato, basil & virgin olive oil. 11

CONY ISLAND CLAM BAR

	1/2 Doz.	1 Doz.
Blue Points	12.95	19.95
Little Neck Clams	7.95	12.95
Top Neck Clams	8.95	13.95

Lump Crabmeat Cocktail 14.95
Shrimp Cocktail 13.95

Seafood Platter oysters, clams, shrimp, crabmeat & seafood salad. 31.95

Look chalkboard for daily oyster selection

Italian Onion Soup

served in a crock with melted cheese. 6.95

SALUMI BOARD

PROSCIUTTO DI PARMA
SOPRESSATA CALABRESE
MORTADELLA
CAPOCOLLO
CACCIAORINO
PROSCIUTTO COTTO
ALL OF THE ABOVE \$14

ENTREES

Gnocchi Tre Formaggi
Gnocchi with gorgonzola, fontina and parmesan cheese sauce. 12.95

Gemelli
twisted shaped pasta with pesto sauce. 11.95

Rigatoni "Tello"
pasta with sweet sausage, tomatoes, peas and zucchini. 11.95

Linguine White Clam Sauce
14.95

Chicken Tello
pieces of boneless chicken with sausage, mushrooms, olives, garlic and white wine. 12.95

Concelloni
long pasta tubes filled with ground beef, prosciutto, spinach, parmesan cheese with bechamel & tomato sauce. 12.95

Chicken Rollatini
breast of chicken rolled with prosciutto, spinach and mozzarella, in a wild mushroom sauce. 12.95

Chicken Mariana
boneless chicken sautéed with artichokes, mushrooms, tomatoes, basil and white wine. 11.95

Shrimp Scampi Oreganato
jumbo shrimp with bread crumbs, fresh oregano, white wine and garlic. 16.95

Sole Florentine
fillet of sole sautéed in white wine, lemon and capers, on a bed of spinach. 15.95

Veal & Shrimp Milano
sautéed veal scaloppini and shrimp, with lemon and white wine. 15.95

Veal Saltimboca
sautéed veal scaloppini over spinach with sage and prosciutto. 15.95

Veal Salvaggio
breaded veal cutlet with chopped mixed greens, onions, tomatoes and mozzarella. 15.95

Veal Parmigiana
breaded veal with mozzarella, tomato sauce and rigatoni. 15.95

Manzo Au Poivre or Frites
sirloin steak with a cognac peppercorn sauce. 20.95
or
grilled sirloin steak with french fries. 19.95

CYCLE MENU # 2

WEEK 10-12-09

STATIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast Daily	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Continental Breakfast
Breakfast Feature	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice
Lunch Entree	Hot Dogs and Hamburgers	Rosemary Chicken	Stuffed Shells	Grilled Cheese with Ham	Fish Sandwich	Sausage and Peppers Hero	Scrambled Eggs and Sausage
Vegetarian	Veggie Burgers	Vegetable Panigiana	Vegetable Stir-Fry	Bean Stew	Ratatouille	Vegetarian Chili	Pancakes with Syrup
Starch	French fries	Steamed Rice	Garlic Bread	French Fries	Rice Pilaf	Spanish Rice	Bagels
Vegetable	Peas & Carrots	California Blend	Vegetable Medley	Roasted Vegetables	Peas and Corn	Bocconcini in Cheese Sauce	Salad Bar
Pasta Bar	Marinara Alfredo	Marinara Vodka	Marinara Sausage and Tomatoes	Marinara Meat Sauce	Marinara Alfredo	Marinara Vodka	Marinara
Dinner Entree	Honey Mustard Loins of Pork	Brained Pot Roast	Sliced Turkey With Gravy	Apricot Glazed Breast of Chicken	Meat Lasagna	Oven Baked Pork Chops with Gravy	BBQ Chicken
Vegetarian	Pasta Primavera	Cous Cous Casserole	Pasta with Sauce	Curried Tofu with Vegetables	Vegetarian Lasagna	Sweet & Sour Tofu	Pasta with Vodka Sauce
Starch	Baked Yams with Marshmallows	Boiled Potatoes	Stuffing Mashed Potatoes	Steamed Rice	French Bread	Roasted Potatoes	Glazed Sweet Potatoes
Vegetable	Mixed Vegetables	Steamed Corn	Glazed Carrots	Herbed Green Beans	Steamed Broccoli	Roasted vegetables	Vegetable Blend
Salad	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar	Salad Bar

- Breakfast - Donuts, Bagels, Fruit and Yogurt Bar
 - Lunch - Salad Bar, Deli Bar, Pasta Bar
 - Cereal Available at all Cafeteria Style Meals