



# **TRINITY COLLEGE FOR WOMEN NAMAKKAL**

**DEPARTMENT OF NUTRITION & DIETETICS**

**EVEN SEMESTER**

**QUANTITY FOOD SERVICE AND PHYSICAL  
FACILITIES**

**Presented by**

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# MENU PLANNING

# INTRODUCTION

- The best way to achieve balanced diet is to plan meals in relation to other food for the whole day. It is advisable to eat small meals during the day rather than one huge meal.
- Menu planning is the process of planning and scheduling intake of meals for a general or specific individual requirements.
- Nutrient requirement can be defined as the minimum amount of the absorbed nutrient that is necessary for maintaining the normal physiological functions of the body.

# FACTORS TO BE CONSIDERED WHILE PLANNING A DIET

- Competition in the Market- Food quality and menu prices must be set competitively to survive in the busy restaurant industry.
- Source- Where the food and ingredients are being sourced from will impact menu planning. Local ingredients will be less costly than those which need to be shipped through food distributors.
- Adopting new trends- Customer trends can have an impact on the menu. tracking these trends is important when developing new recipes and menu items that stay profitable.

## FUNCTIONS OF MENU PLANNING

- Introduces the establishment to the customer
- Authorizes production of meals in the kitchen
- Helps to prepare shopping list of foods and ingredients
- Helps to establish purchasing procedures
- Determines type of equipment, staff skills and type of supervision required
- Determines style of service to be set up

- Forms the basis for calculation of food and labor costs, overhead expenses, profits etc.
- Reflects type of customers to be catered
- Introduces new foods, foods of different cultures etc.
- Provides a means of developing good eating habits in people

## GUIDELINES IN MENU MAKING

- Plan variety from day to day rather than offering too many choices at one meal
- Plan for variety and contrast in type of entrée, vegetables and salads
- Do not serve a certain dish on the same day of every week
- Do not repeat a dish oftener than after 8-10 days interval
- Avoid having all popular dishes in one meal and uninteresting dishes in another meal
- Serve foods in season

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- Vary the form in which foods are cooked and served
- Use new recipes
- Use leftovers skillfully
- Give interesting garnishes and decorations
- Utilization of number, ability and experience of personnel
- Amount and adequacy of equipment and space
- Time available for food preparation



# THANK YOU

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