**SECOND TERM E-LEARNING NOTE**

**SUBJECT: CATERING CRAFT AND PRACTICE CLASS: SSS2**

**SCHEME OF WORK**

**WEEK TOPIC**

1. Meaning and Scope of Menu
2. Factors That Affect Menu Planning
3. Types Of Menu
   1. Cyclical
   2. Table d’hote
   3. A’LA CARTE
4. Breakfast (Continental& Nigerian Dish)
5. Luncheon and Dinner
6. Carte Du Jour
7. Plate Du Jour

8 & 9 Coffee Making And Service

10Practical Demonstration

11 & 12Examination

**REFERENCE BOOK**

1. Catering Craft Practice for Senior Secondary Schools 1-3 by Aminu S. N. Bariki
2. Basic Catering for Senior Secondary Schools 1-3 by Helen F. Omotayo and Theresa O. Olorunda

**WEEK ONE**

**TOPIC: MEANING AND SCOPE OF MENU**

**CONTENT**

1. Origin of Menu
2. Meaning and Scope of Menu (Bill of Fare)
3. Sequence of Menu.

**ORIGIN OF MENU**

The menu is primarily a selling aid. Originally the bill of fare (English) or menu (French) was not presented at the table. Banquets generally consisted of two courses. Each made up of a variety of dishes, anything from 10-40 in numbers. The first set of dishes were placed on the table before the diners entered – hence the word entrée – and when consumed, these dishes were removed or relieved by another set of dishes – hence the words ‘relieves or removes’.

The word ‘menu’ dates back to the 18th century although the custom of making a list of the courses

for a meal is much older. Modern menu first appeared during the early 19th century in the Parsan Restaurant of the Palais – Royas.

Although, the actual number of courses on a menu and dishes within each course will depend on the size and class of the establishment which usually follows a classic sequence.

**MEANING AND SCOPE OF MENU (BILL OF FARE)**

A menu is a list of the foods and drinks that are available in a catering establishment. It is a list of food items that is available to be served, from which each guest makes personal choice in sequence at the most convenient time. Menus are primarily selling aids.

In other words, it is a means of communication, informing customers what the caterer has to offer.

**Functions of Menu**

1. It helps to inform catering staff of what is to be prepared.
2. It informs customers of what is available.

**EVALUATION**

1. Define the word, menu.
2. Give a brief history on the origin of menu.

**THE CLASSIC SEQUENCE OF MENU**

1. **Hors – d’oeuvres:** This course consists of a variety of compound salads but now includes items as pates, mousses, fruits, seafood cocktail and smoked fish. It could be hot or cold.
2. **Soups (Potages):** These include all soups, both hot and cold.
3. **Egg dishes (Oeufs):**There are a great number of egg dishes.
4. **Pasta and Rice (Farineux*)*:** This includes all pasta and rice dishes.
5. **Fish (Poisson):**This course consist of fish dishes, both hot and cold
6. **Entrée (Main dishes used as a starter):** They are generally small, well garnished dishes which come from the kitchen ready for service. They are usually accompanied by a rich sauce or gravy. Examples of this type of dishes are sweet bread, garnished cutlets.
7. **Sorbet (Granites):** Lightly frozen water ice based on unsweetened fruit juice probably served with a spirit, liqueur or champagne. It is served to give a pause within a meal, allowing the palate to be refreshed.
8. **Releve:** This refers to the main roast or other larger joints of meat, which would be served together with potatoes and vegetables.
9. **Roast (Roti):**This term refers to roasted game and poultry dishes.
10. **Vegetables (legumes):** This could be served with releves or roast courses or as a separate course served as starters.
11. **Salad (Salade):** Small plate of green salad and salad dressing taken after main course.
12. **Cold buffet (buffet froid):** It includes a variety of cold meat and fish, cheese and egg dishes with a range of salads and dressings.
13. **Cheese (fromage):** It includes a variety of cheese and various accompaniments.
14. **Sweet (entremets):** It refers to both hot and cold puddings.
15. **Savoury (savoureux):** Sugarless dishes such as welsh, rarebit, pastry or other items on toast.
16. **Fruits (dessert):** Fresh fruits and sometimes candied fruits.
17. **Beverages:** They include tea, standard and de-caffeinated coffee, hot or cold milk drinks, etc.

However,the above menus have been grouped under the following categories in modern day catering establishments:

a. Starters made of the first three e. g. Hors d’ouvre, soups, and egg dishes.

b. Main courses made up of farinaceous dishes, fish, entrée, releve and cold buffet.

c. Desserts which include cheese dishes, fruits and sweet dishes.

d. Beverages.

**The scopes of a menu therefore includes:**

1. The appetizers which are the starters or first course of the meal.
2. The main meal or entrée.
3. Desserts or sweet e. g. ice cream, cakes, fruits, etc.
4. Beverages e. g. variety of teas, cocoa drinks and coffee.
5. Continental and ethnic menus.
6. Breakfast, lunch and dinner.

**GENERAL EVALUATION**

1. What is Bill of fare?
2. List the classic sequences involved in the planning of menus.
3. State two main functions of a menu.
4. State six scopes of menu
5. Mention three categories of kitchen equipment with two examples each.

**READING ASSIGNMENT**

Basic Catering for SSS1-3 by Omotayo and Olorunda. Pages 222-224

Catering Craft Practice for SSS1-3 by Aminu S. N. Bariki. Pages 180-181

**WEEKEND ASSIGNMENT**

1. Creative display of menus on menu card goes along way in \_\_\_\_. A. reducing its selling B. improving its selling C. chasing customers’ awayD. reducing cost of production
2. The word menu is a \_\_\_\_ wordA. British B. French C. EnglishD. Italian
3. A list of meals, drinks that are available can best be described as a \_\_\_\_. A. Food B. Dish C. menuD.dinner
4. \_\_\_\_ aregenerally small, well garnished dishes which comes from the kitchen ready for service. A. Sweet B.SavouryC**.**ReleveD.Roast
5. 5. \_\_\_\_ is served to give a pause within a meal, allowing the palate to be refreshed. A. Sorbet B.Releve C. Sweet D.Savoury

**THEORY**

1. What is menu?
2. List five items from the classic sequence of menu.

**WEEKTWO**

**TOPIC: FACTORS THAT AFFECT MENU PLANNING**

**CONTENT**

* Advantages of Menu Planning
* Factors that Affect Menu Planning
* Factors to Consider when Planning Menu

**MENU PLANNING**

This is an act of deciding in advance the types of foods or dishes to be included in a meal. This is necessary when food has to be bought, prepared, and served in large quantities to people of varying tastes and requirements. Menu planning is important for meeting the nutritional

requirements of family members or guests.

**Advantages of Menu Planning**

1. Menu planning helps to provide appetizing, nourishing and attractive meals to customers at a fair price.
2. Menu planning ensures that food is not wasted because any left overs can be creatively incorporated in the next day’s menu which is already planned out.
3. Planned menus help to identify dishes that did not sell well in the past and the favorite dishes of the customers.
4. It saves time and effort spent on ordering, shopping and receiving of food materials.
5. Well planned menu increases frequency of customers and attract new customers.
6. Menu which is planned and cost in advance allows managers to quote prices instantly for a customer.

**Factors That Affect the Menu Planning**

Customer demand is being affected by the following factors:

1. The relationship between health and eating.
2. Dietary requirements.
3. Cultural and religious influence
4. Vegetarianism
5. Ethnical influences

**EVALUATION**

1. What is a menu?
2. Mention three advantages of menu planning.

**1. Relationship between Health and Eating**

The key issue in the relationship between health and eating is ensuring a healthy diet. This means eating a balanceddiet rather than viewing individual foods as somehow healthier or less healthy. Customers are increasingly looking for the availability of choices that will enable them to achieve a balanced diet. Customers are also requiring more specific information on methods of cooking used.For example, low fat and low salt methods.

**2.DIETARY REQUIREMENT**

There are a variety of medical conditions including allergies, which are more common than was previously understood. Customer may therefore require a certain diet for medical reason to prevent the occurring of such medical conditions. Examples of dietary requirements are:

1. **ALLERGIES:** Food items that are known to cause allergies to certain people include the gluten in wheat, rye andbarley (known as celiac). Sometimes these foods can cause anaphylactic shock resulting in the lips, tongue or throat swelling where prompt medical attention is needed in such cases.
2. **DIABETIC:** This refers to the inability of the body to produce sufficient level of insulin within the blood .An appropriate diet may include foods liked poached or grilled meat, grilled fish, fruit and vegetables, low fat milk, cheese and yoghurt, lean meat and fish.
3. **LOW CHOLESTEROL**: Diet will include polyunsaturated fats and may include limited quality of animal fats, others items eaten may include low fat milk, lean poached or grilled meat and fish, cheese and yoghurt.
4. **LOW SODIUM SALT**:This requires a reduction in the amount of sodium or salt consumed. Diets will include low sodium /foods and cooking with very limited or no salt.

**3. CULTURALAND RELIGIOUS DIETARY INFLUENCE**

Various faiths can also affect menu planning, because various faiths have different requirement in terms of dish and ingredient that member can consume and ones they do not consume .Examples of some cultural and religious influence are:

1. **MUSLIMS:** Will not consume alcohol or when alcohol is used in the cooking process. They also will not consume meat slaughtered outside Islamic law etc.
2. **ROMAN CATHOLICS:**Some members usually will not eat meat on Ash Wednesday or Good Friday. Some keep with the past requirement for no meat to be eaten on Fridays. Fish and dairy products may be eaten instead.

**4.VEGETARIANISM**

Vegetarianism may derive from cultural religious, moral, ethical orphysiological consideration. i.e. some people are vegetarians due to one of the factors listed and these can affect menu planning since there are things they eat and things they don’t eat. Examples of vegetarianism are:

1. LACTO OVO VEGETARIANS: Vegetarians do not eat meat, fish, and poultry but take milk and milk products and eggs.
2. LACTO VEGETARIANS: Vegetarians do not eat meat, fish, poultry and eggs but take milk and milk products
3. STRICT VEGETARIANS: Vegetarians are known as vegans. They do not eat animal and their products, but only vegetables or plant foods.
4. SEMI VEGETARIANS: People in this category do not eat red meat, but eat lean meat including poultry. Their diet also includes fish and other dairy and animal products.
5. FRUITARIANS: They are more restricted form of vegetarianism. Their diets include mainly raw and dried fruits, nuts, honey and olive oil. They do not take cereals and pulses.

**5**. **ETHNICAL INFLUENCE**: This has to do with where you come from e.g. in Nigeria, different ethnic groups have dishes peculiar to them.

**EVALUATION**

1. 1.Explain the followinga.Lacto vegetarian b.Lacto ovo vegetarian
2. Mention three factors that affect menu planning.

**FACTORS TO CONSIDER WHEN PLANING MENU**

1. **INCOME:** The income level of the home maker or the running cost available to the catering outfit goes a long way in affecting the type of menu/ meals that would be planned for.
2. **CAPABILITY OF THE KITCHEN STAFF:** If the kitchen staff have the technical know-how in preparing diverse meals it affects the menu table as there will be room for varieties.
3. **STAFF SIZE/STRENGTH:** If the kitchen should have a limited number of staff, it would affect the type of menu that would be prepared.
4. **EQUIPMENT OF THE KITCHEN:** Kitchen with enough facilities i.e. labor saving devices like blender, microwave, deep freezer, defroster etc. would facilitate easier and quicker preparations in menu’s unlike a kitchen lacking such facilities.
5. **COMPETITION:** Be aware of any competition in the locality, including prices and quality .It will be wiser to produce a menu that is quite different.
6. **LOCATION:** Study the area in which your establishment is situated and the potential target market of customers.
7. **MODERN TRENDS IN FOOD FASHIONS:** These should be considered alongside with the popular traditional dishes. Decide the range of dishes to be offered and the pricing structure.Dishes can be priced separately, or a combined price for a set of two or three course menus or a combination of both.
8. **COST FACTOR:** This is crucial if an establishment is to be profitable.Costing is essential for the success of compiling any menu.Modern computer techniques can analyze costs swiftly and on a daily basis.
9. **AVAILABILITY OF SUPPLIES AND RELIABILITY OF SUPLLIERS:** Consider seasonal foods that will always be available on the menu card so customers will request and the answer is the food is available (due to seasonal problem) also consider storage space e.t.c.
10. **FOODS IN SEASON:**These should be considered when planning menu. Foods in season are cheaper, fresher and more in quantity. They should be included more in the plan.

**GENERAL EVALUATION**

1. Mention five factors that influence menu planning.
2. List five factors to consider when planning menu.
3. State the use of the following equipmenta. Skewer b. Wooden ladle c.Bainemarie
4. Explain how to care for the equipment listed above.
5. List five types of vegetarians.

**READING ASSIGNMENT**

Catering Craft Practice for Senior Secondary Schools SS1-3 by AminuS.N.Bariki.Pages 180-184.

Basic Catering for Senior Secondary Schools SSS1-3 by Helen F. Omotayo and Theresa O. Olorunda. Pages 224-226

**WEEKEND ASSIGNMENT**

1. \_\_\_\_ is crucial if an establishment is to be profitable. A. Allergies B. Cost factor C.Competition D. Location
2. A limited number of staff will\_\_\_\_ the number of menu to be prepared.A. hinder B. affect C. protect D. increase
3. \_\_\_\_ vegetarians do not take meat, fish, poultry, and eggs but take milk. A. StrictB. Lacto ovoC.LactoD. Semi
4. The inability of the body to produce sufficient amount of insulin is called \_\_\_\_ A. hypertension B. diabetes C. insomnia D.anaemia
5. \_\_\_\_influence has to do with where you come from. A.ethical B. ethnical C. racist D. crucial

**THEORY**

1. Mention five factors that influence menu planning.
2. List five factors to consider when planning menu.

**WEEKTHREE**

**TOPIC: TYPES OF MENU**

**CONTENT**

* Types of Menu
* Advantages and Disadvantages of Cyclical Menu
* Characteristics of AlaCarte and table D’hote Menus

**MENU**

A menu is a list of dishes served or available to be served at a meal. It can also be referred to as a selling aid.

**TYPES OF MENU**

**1. A’LA CARTE (FROM THE CARD)**A la carte means cook to order. It is a menu with all dishes individually priced. There are many dishes at different price for the customer to choose and compile their own menu which may be one, two or more courses. A true ala carte dish should be cooked to order and the customer should be prepared to wait.

EXAMPLES OF ALACRATE MENU

SAMPLE 1

STARTER

\*Children stock soup with 2 slices of bread #650

\*Mix vegetable salad, chopped lettuce, tomatoes, green pepper and cucumber #550

\*Green salad crispy lettuce and cucumber in vinaigrette dressing #750

MAIN COURSE

**\***Roast fish served with chips/fried and seasoned vegetable #900

**\***Grilled chicken in chill, served with potatoes or butter rice #900

**\***OfeNsala, Edikakong, Eforiro, Egusi or Ogbono prepared with beef, offals and fish   
All soups are served with a choice of Amala, Eba, Pounded yam, or semovita #850

**\***Jollof rice/white rice/fried rice served with dodo and a choice of chicken

DESSERTS

Fruit salads #450  
Queens cake #200  
Vanilla Ice cream #500  
Cream caramel #450

Sommelier recommended wine   
\* Red wine #100  
\* Renny Martins #1000

SAMPLE 2

Cream soup #500

Tomato soup #500

Goat meat pepper soup #2,500

Pepper chicken #750

Pepper gizzard #1000

Fresh juice #800

Juice of the day #1000

Black currant chapman #1,500

Irish cream on the rock #2,500

Red wine on the rock #2500

Egusi soup and goat meat served with pounded yam #3000

Eforiro and beef/chicken with semovita #2,000

Plain yoghurt #500

**2. TABLE D’HOTE(TABLE OF THE HOST)**

It is a set of menu forming a complete meal at a set price. There are however, usually choices within each course. Sometimes the term ‘menu du jour’ is used instead of the term table d‘hote menu.

EXAMPLE OF TABLE D’HOTE MENU

SAMPLE 1   
(N2850 for three course meals)   
 \* Cream of vegetable   
Starter \* Corn soup, slice of bread   
 \* Curried crushed potato and a beignet of smoke haddock

\* Semovita served with Okro/Egusi and selected meat stew   
 \* Jollof rice, Fried plantain and Chicken stew   
 Main dish \* Beef stroganoff, savoury rice and fried plantain   
 \* Tuwoshinkafa, miyankubewa da kaza   
 \* Chocolate profiterole

\* Chocolate Gateay   
Sweet \* Vanilla Ice cream

\* Fruit salad

Sommelier recommended wine   
 \* Cuvee special (red) - #1,000   
 \* Mateus Rose- #1,000

SAMPLE 2

Plain soup

Beef with snow white rice

Irish cream

Fish salad

Plain yoghurt

Champagne = #10, 000.00

**DIFFERENCES BETWEEN A LA CARTE AND TABLE D’HOTE**

|  |  |  |
| --- | --- | --- |
| **S/NO** | **A LA CARTE** | **TABLE D’HOTE** |
| 1. | Guests have variety of fifteen to twenty dishes to choose from. | Guests have limited choice of three to five courses |
| 2. | Table is not preset before customers arrive. It is set as customer is being served. | Table is already set with entire silver/ cutlery |
| 3. | Each meal is cooked according to guest’s order. | Meals are already cooked down |
| 4. | Menu is individually priced so guests can pay for ordered items alone. | Menu items are collectively priced and paid for, whether eaten/finished or not |
| 5. | Foods like rice and potatoes are kept in semi prepared form which takes some time to be ready | Foods are kept fully prepared and ready to be served immediately |

**3**. **CARTE DU JOUR** (literally card of the day) or menu of the day’, which can also be a fixed meal with one or more courses for a set price. This menu combines the ala carte, table d’hote and plat du jour menu; each being priced according to type.

A ‘prix fixe’ (fixed price) menu is similar.

**4. CYCLICAL MENU**

These are menus that are compiled to cover a given period of time one month, three month etc. They consist of a number of set menus for a particular establishment, such as an industrial catering, restaurant, cafeteria, canteen, hospital or college dining. At the end of each period, the menu can be used again thus overcoming the need to keep compiling new ones. The length of the cycle is determined by management policy or owner of the restaurant and by the different foods available at which season of the year. This menu must be monitored carefully to take account of changes in customer requirement and any variation in weather conditions that are likely to affect demand for certain dishes. If cyclical menus are designed to remain in operation for long periods of time, then they must be carefully compiled so that they do not have to be changed too drastically during operation.

**ADVANTAGES OF CYCLICAL MENU**

1. Cyclical menus save time by removing the daily or weekly task of compiling menus although they may require slight alteration for the next period.
2. When used in association with cook-freeze operation, it is possible to produce the entire number of portions of each item to last the whole cycle, having determined that the standardized recipes are correct.
3. They give greater efficiency in time and labour.
4. They can cut down on the number of commodities held in stock, and can assists in planning storage requirement.

**DISADVANTAGES OF CYCLICAL MENU**

1. When used in establishment with regular guests, the cycle has to be long enough so that customers do not get bored with the repetition of dishes.
2. The caterer cannot easily take advantage of good buys offered by supplier on a daily or weekly basis, unless such are required for the cyclical menu.

**5**. **A ‘TASTING MENU**’ (menu degustation) is a set meal with a range of courses often between 6 and 10. This tasting menu is offered in restaurants where the chef provides a sample of the range of dishes available in the main menu. This tasting menu can also be offered with a flight (selection) of wine (sometimes) this can be a different wine for each courses.

**6. HOSPITAL MENU:** This usually takes the form of a menu card given to the patient the day before services so that his or her preference can be ticked. Both National Health Service and private hospital cater for vegetarians and also for religious requirement.

**EVALUATION**

* 1. Define the term menu.
  2. State three different menus.

**7. MENU FOR PEOPLE AT WORK:** Such menus vary in size and extend from one employer to another due to company policy on the welfare of their staff and work force. There may also be a call order ala carte select changed at a higher price. The food will usually be dishes commonly consumed by the people in that area which could enclose main courses desserts with vegetables.

**8. MENUS FOR CHILDREN:** In schools, there is an emphasis on healthy eating and a balance diet particularly in boarding schools. Those areas with children of various cultural and religious backgrounds have appropriate items available on the menu to suit each tribe, culture, religion represented among the school children. Some schools will offer special children menu that displayed children’s favorite foods and offer suitable sized portions.

**8. PLAT DU JOUR:** Also known as specialty menu, it can be set priced menu or individually priced dish specializing in the food of a particular country, religion or a specialized food itself. The specialty could be ethic. That is, food in the menu will reflex Chinese, Indian, Igbo, Hausa, Yoruba, Greek, Italy, Africa and some specialty like vegetarian, diabetic, hypertensive etc. It is usually changed daily and cheaper or better.

**9. SPECIAL PARTY OR FUNCTION MENUS:** menu for banquets or functions of all kinds.

**10**. **OTHERS**such as breakfast, tea, dinner, luncheon.

**GENERAL EVALUATION**

1. Explain the following termsa. A la carte menu b. Plat du jour c. Carte du jourd. Special party menu
2. Explain the following termsa. Large equipmentb. Small equipmentc. Mechanical equipment
3. Give two examples of each category of equipment stated above.
4. List and explain dry heat methods of cooking.
5. Differentiate between stocks and soups with examples.

**READING ASSIGNMENT**

Catering Craft Practice for Senior Secondary Schools 1-3 by Aminu S.N.Bariki. Pages 184-186

Basic Catering for SSS1-3 by Omotayo and Olorunda. Pages 227-232

**WEEKEND ASSIGNMENT**

1. \_\_\_\_ menu combines the ala carte, table d’hote and plat du jour.A. Breakfast menu B. Luncheon C. Plat du jour D. Carte du jour
2. \_\_\_\_ is also known as specialty menu.A. Plat du jour B. Carte du jour C.Ala’carteD. Table d’hote
3. \_\_\_\_ means from the card.A. Table d’hoteB.Ala carte C. Plate du jour D. Carte du jour
4. \_\_\_\_ means menu of the day.A.Ala carte B. Table d’hoteC. Plate du jour D. Carte du jour
5. \_\_\_\_ menu gives menu card to patients for them to tick their preferences before meals are served.A. School menu B. Hospital menu C. Breakfast menu D. Luncheon

**THEORY**

1. Define menu.
2. List and explain five different types of menu.

**WEEKFOUR**

**TOPIC: BREAKFAST SERVICE(CONTINENTAL&NIGERIAN)**

**CONTENT**

* Definition and Types of Breakfast
* Cover for Full Breakfast
* Continental Breakfast Menu
* Local Breakfast Menu

**BREAKFAST**

Breakfast is the first and most important meal of the day used to break the night fast.It must not be omitted. It should be light, but substantial oily and heavy foods should be avoided.Breakfast should be able to sustain an individual until lunch. In catering establishments e.g. breakfast in hotels may be served in the hotel restaurant or dining room, or in a breakfast room set aside for this meal or in the hotel guest bedroom or suite.

**TYPES OF BREAKFAST**

1. CAFÉ COMPLET

The term café complet is widely used in continental Europe and it means a continental breakfast with coffee as the beverage. The term ‘the complet’ is also used with tea provided as the beverage (teacomplet).

1. CAFÉ SIMPLE OR THE SIMPLE

Café simple or the simple is just a beverage (coffee or tea) with nothing to eat. Only the beverage served as breakfast.

**EVALUATION**

1. Define breakfast.
2. Mention two types of breakfast.
3. CONTINENTAL BREAKFAST

This consists of foreign dishes from various foreign countries. It is made up of hot bread items, preserves, juice and beverages. Four or more courses are offered. Currently, a wider range of menu is being offered which include cheese, assorted bread products and variety of beverages.

Example of a continent breakfast menu:

Orange juice/apple juice/grape fruit juice

Fried egg/scream bled eggs/poached eggs

Baked beans/mushrooms/tomato

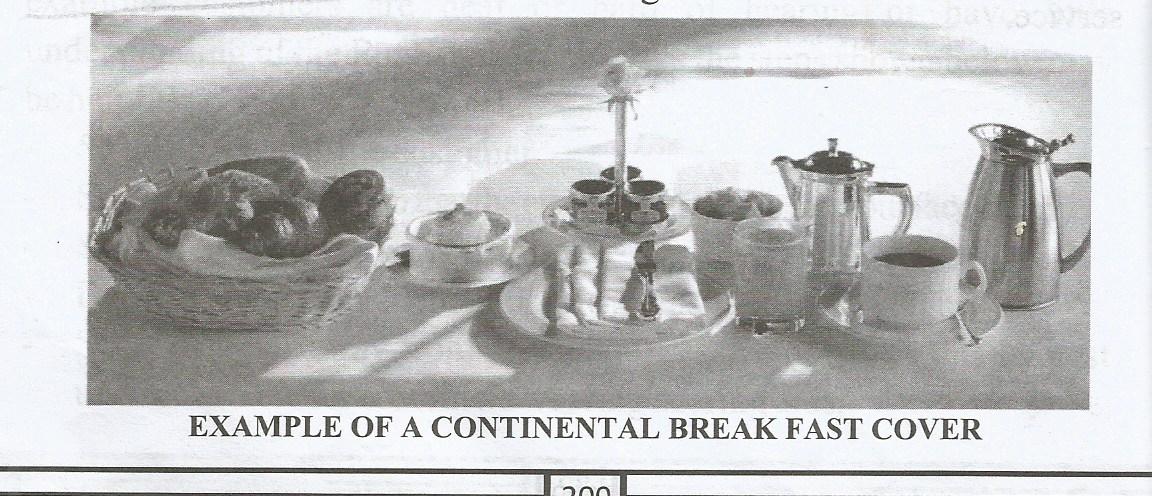
Pork sausage/vegetarian sausage

White toast/dinner oil/Danish pastry/plain bread/croissant

Coffee/decaf coffee/breakfast tea

Skimmed milk/full cream milk

Sugar/honey



1. FULL BREAKFAST

This is also known as English or British breakfast. A full breakfast menu may consist of two to eight courses and usually includes a cooked main course that makes the meal substantial. Each course has more varieties for customers to choose from.

Cover For Full Breakfast

The full breakfast of a number of courses usually three or four, with a choice of cover dishes within each course.Correct cover includes the following:-

Napkin

Side plate and side knife

Fish knife and fork

Joint knife and fork

Sweet spoon and fork

Sugar basin and tongs or individual sugar packet in a bowl

Tea strainer

Stands or under plate for tea/pot coffee pot and hoot water jug/hot milk jug.

Majority of items listed above for the types of breakfast are often placed on the as part of the mise-en-place before the customer is seated. A number of items are then placed on the table when the customer is seated. These include:

Butter dish, butter knife and butter and alternative

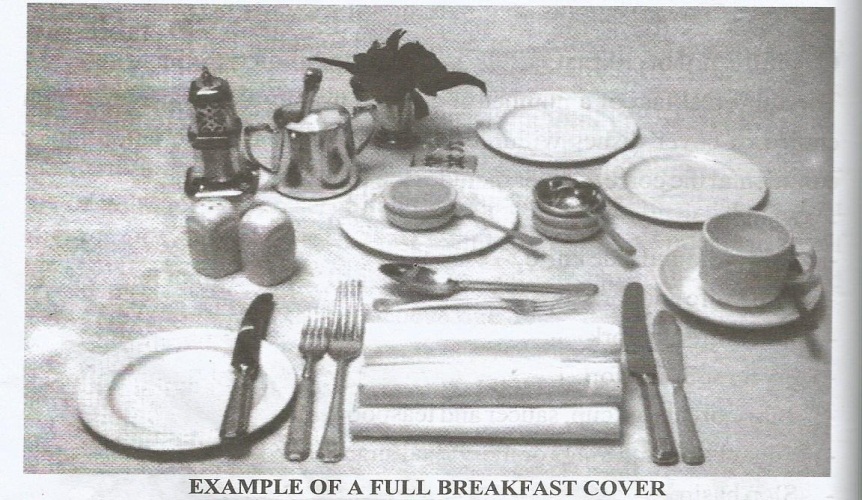
Preserve dish with preserve spoon

Jug of cold milk

Toast rack with toast and or bread basket with hot rolls

Tea pot/coffee pot/hot or cold milk/hot

Other items according to the customer’s choice



1. LOCAL BREAKFAST

This contains two or more courses made up of dishes from locally grown or processed food commodities common to various ethnic groups.

Example of local breakfast menu

Orange juice/grape fruit juice

Moimoi/akaraballs(beans cake)

Corn/millet porridge/oats

Soya beans milk/skimmed milk/full cream milk

Sugar/honey

Tapioca

**EVALUATION**

1. Briefly explain full breakfast
2. Mention four materials needed for full breakfast cover

Examples of Breakfast Menu Items

|  |  |
| --- | --- |
| Menu | Examples of Food Items |
| Juices | Orange,pineapple,tomato, apple,e.t.c. |
| Fresh and stewed fruits | Melon, pawpaw, pineapple, mangoes, fruit salad,e.t.c. |
| Cereals | Corn flakes, weetabix, ricecrisps, quaker oats, jollof rice,etc |
| Yoghurt | Natural and fruit, regular and low fat |
| Fish | Fried or grilled fish, smoked fish with poached or scrambled eggs |
| Eggs | Fried, poached, scrambled, boiled, plain or savoury filled omelet |
| Meats | Bacon in various styles, various sausage, kidney, steak |
| Potatoes and vegetables | Hash browns, mushroom, baked bean, fresh or grilled tomatoes |
| Pan cakes and waffles | Regular pancakes, whole meal pancakes,waffles with toppings,e.t.c. |
| Cold buffet | Hams, tongue, chicken, smoked cold meat e.t.c. |
| Bread items | Toast, rolls, plain sliced white or brown bread, gluten free bread, doughnut, scones, crisp bread, e.t.c. |
| Preservers | Jams, marmalade, honey. |
| Beverages | Tea, coffee (including decaffeinated) chocolate, milk, soy/rice milk, mineral waters |

**GENERAL EVALUATION**

1. Mention six breakfast items.
2. Outline five beverage drinks
3. List four types of bread or bread substitutes
4. Mention five methods of cooking.
5. State three reasons for cooking food.

**READING ASSIGNMENT**

Catering craft practice for Senior Secondary School 1-3 by Aminu S.N.Bariki. Pages 207-210

Basic Catering for SSS1-3 by Olorunda and Omotayo. Pages 243-246

**WEEKEND ASSIGNMENT**

1. Breakfast is the -----------meal of the day.A.first B.second C. third D. last
2. Which of these is not a food preserve?A.Jam B.Honey C. Marmalade D. Scones
3. The current trend in traditional continental breakfast is to offer a \_\_\_\_ variety of choice.A. wide B. few C. small D.little
4. Which of these is a type of breakfast? A. Full breakfastB. Half breakfastC. Mid breakfast D. Good breakfast
5. A full breakfast menu may consist from A. two to eight courses B.three to fiveC. one to five D. three to seven

**THEORY**

1. Mention two types of breakfast
2. Suggest a breakfast using local food items

**WEEKFIVE**

**TOPIC: LUNCHEON AND DINNER**

**CONTENT**

* Types ofLuncheon Menu
* Types of Dinner Menu

**LUNCH/ LUNCHEON**

**LUNCH** is the main meal of the day. It is taken in the afternoon as the midday meal. Lunch is wider in scope as it could include plate du jour, carte du jour, continental menu or local menu. The soup or protein is always served first.

**LUNCHEON** is a midday meal, served as part of entertainment of guests in a gathering. It is an afternoon party where a light meal is served in connection with a meeting or other special occasion.

For Special party in our localities the following dishes are generally acceptable:

\*Chicken jollof rice

\*Turkey fried rice

\*Beef coconut rice

\*Fish curried rice

\*Lamb braised rice

\*Varieties of swallow ranging from poundo, wheat meal, semovita,amala, eba ,tuwo and

\*Soups like vegetable,melon,ogbonor,ewedu.okro etc.

Varieties allow the guests to make their preferences.

**EVALUATION**

1. Differentiate between lunch and luncheon.
2. List three different that can be served in a luncheon.

**SAMPLE LUNCHEON MENU (For a gathering)**

1st course: Tomato soup/ onion soup

2nd course: Fried chicken jollof rice/fried rice/moimoi

Beef egusi soup/ vegetable soup/ ewedu soup

Amala/semovita/pounded yam

3rd course: Fruit salad/ Chapman

**SUGGESTED MENU FOR LUNCH (Continental)**

Roasted chicken/ smoked fish/ scrambled eggs

Spaghetti bolognaise/ risotto rice

Fruit punch chocolate pudding/ cheese

**EVALUATION**

1. Explain the term luncheon
2. Suggest a suitable meal for luncheon

**DINNER**

Dinner is the last meal of the day.It is usually lighterthan lunch menus to enable easy digestion. It could be an a la carte or table d’hote with more appetizer/ entrée than luncheon menus. It is called supper when taken late at night, in which case it is much lighter and protein is served first.

**CONTINENTAL DINNER MENU**

1. Marinated roast chicken

Tomato sauce/ boiled pasta/ potatoes/ fried plantain

Low fat yoghurt/ A piece of cake

1. Meat kebabs

Vegetable salad

Pancakes/ gluten free bread

A glass of milk shake/ Florida cocktail

**LOCAL DINNER MENU**

Beef stew with gbegiri/ ewedu

Amala/ Tuwo/ Agidi (Eko)

Kunu/ Zobo/ Soyamilk

**GENERAL EVALUATION**

1. Write short notes on the followinga.Luncheon b.Dinner
2. State three rules for boiling
3. State two rules for frying
4. List four different groups of people that require special menu
5. State three differences between a la carte and table d’hote menu.

**READING ASSIGNMENT**

Basic catering for SSS1-3 by Omotayo and Olorunda. Pages 247-253

**WEEKEND ASSIGNMENT**

1. The word luncheon means \_\_\_\_ A. morning party B. afternoon partyC. dinner partyD. night party
2. Dinner parties are usually held in the \_\_\_\_ A.nightB.dayC.noonD.evening
3. Which among the under listed is not an example of cold buffet? A. Toast B. Smoked cold meat C. HamsD. Bacon
4. A good dinner should not be \_\_\_\_ A. heavy B. lightC. big D. small
5. Which of the following is not a type meat?A. Ham B.Pork C. BeefD.Duck

**THEORY**

1. Explain the following terms A.Luncheon B.Dinner
2. Suggest a suitable menu for a dinner party.

**WEEKSIX**

**TOPIC: CARTE DUJOUR MENU**

**CONTENT**

* Definition of Carte Du Jour Menu
* Sample of Carte Du Jour Menu

**CARTE DU JOUR**

Carte du jour means menu of the day. It refers to a special menu offered to the guests that is different from those on the menu card. This menu combines the alacarte, table d’hote and plat du jour menu, each being priced according to type.This implies that the meals could be individually priced, i.e. ala carte menu;collectively priced and still be the special menu for the day.In other words a restaurant or eatery that operates this style is flexible and will satisfy customers with each of the various options.

**EXAMPLE OF A LA CARTE MENU FOR LUNCH**STARTER

\*Children stock soup with 2 slices of bread. #650  
\*Mixed vegetable saladchopped lettuce, tomatoes, green pepper and cucumber. #550  
\*Green salad crispy lettuce and cucumber in vinaigrette dressing. #750

MAIN COURSE

**\***Roast fish served with chips/fried and seasoned vegetable. #900

**\***Grilled chicken in chili, served with potatoes or butter rice. #900

**\***OfeNsala,Edikakong,efo-riroprepared with beef, offal, fish. egusior ogbono.

\*All soups are served with a choice of amala, eba, pounded yam, or semovita. #850

**\***Jollof rice/white rice/fried rice served with dodo and a choice of chicken. #900

DESSERTS

Fruit salads #450  
Queens cake #200  
Vanilla Ice cream #500  
Cream caramel #450

Sommelier recommended wine  
\*Red wine #100  
\*Remy Martins #1000

**EVALUATION**

1. Explain Ala carte menu.
2. Give an example of a la carte menu.

**EXAMPLE OF AN A LA CARTE MENU WITH CARTE DU JOUR**

Cream soup N50

Tomato soup N500

Goat meat pepper soup N2,500

Pepper chicken N750

Pepper gizzard N1, 000

Fresh juice N800

Juice of the day N1, 000

Black currant chapman N1,500

Irish cream on the rock N2,500

Red wine on the rock N2, 500

Pounded yam with egusiand goat meat N3, 000

Semovita with eforiro beef/chicken N2,000

Plain yoghurt N500

SPECIAL MENU FOR THE DAY

Chocolate pudding with cream caramel N1,000

**TABLE D’ HOTE**

Plain soup

Beef with snow white rice

Irish cream

Fish salad

Plain yoghurt

Champaigne

= #10,000.00

SPECIAL MENU FOR THE DAY

Roasted Chicken with spaghetti bolognaise.Price: As desired from #500

**GENERAL EVALUATION**

1. Write short notes on the followingA.Carte du jourB.Plate du jourC.LuncheonD. Breakfast
2. Explain the following terma. soupb. stock
3. State two rules for grilling.
4. State three advantages of cyclical menu
5. State three factors to consider when planning menu.

**READING ASSIGNMENT**

Catering craft for senior secondary school book 1-3 byAminu S.N Bariki. Page 186

**WEEKEND ASSIGNMENT**

1. The word a la carte means \_\_\_\_. A.from the book B. from the card C. table of the hostD. a day’s meal
2. A fixed mixed meal with one or more courses for a set price is A. plate de jour B. card du jour C. carte du jourD.a la carte
3. Carte dujour combines alacarte, table d’hote and \_\_\_\_ A. ToastB. winesC.carte du jour D. plat du jour
4. Carte du jour also means \_\_\_\_ for the dayA. meal B. menu C. lunch D. supper
5. Cyclical means menu that?A. Are compiled to cover a given period of time B. Are compiled in cycles of time C. Goes through different cycles D. are arrange in cycles

**THEORY**

1. State four major differences between table d’hote ‘menu and a la carte menu’
2. Sketch a menu card for a la carte menu.

**WEEKSEVEN**

**TOPIC: PLAT DUJOUR**

**CONTENT**

* Definition of plat du jour
* Special dishes from different localities and countries

**PLAT DU JOUR**

This is also known as a specialty menu.It can be a set priced menu or individually priced menu or individually priced dish specializing in the food of a particular country, religion or a specialized food itself. The specialty could be ethnic, i.e. food in the menu could reflect Chinese, Indian, Igbo, Hausa, Yoruba, Greek,Africa or specialty like diabetic, hypertensive etc.It is usually changed daily and cheaper or better.

In Nigeria, different ethnic groups have their own traditional dishes/ meal. Examples are:

Hausa Dishes

1. Taushe da tu won shinkafa
2. Karkashi da tuwonshinkafa
3. Miyan wake da sakwara
4. Miyanridi da brabisko

Igbo Dishes

1. Offeowerri
2. Offeujuju
3. Offeonugbu with fufu
4. Uziza and utazi

Yoruba Dishes

1. Ewedu soup and amala
2. Egusi soup with pounded yam
3. Efoelegusi and eba
4. Ikokore

**EVALUATION**

1. Mention two Hausa dishes
2. Mention two Igbo dishes

**FOREIGN DISHES**

These are also called civilized dishes. These are dishes that are not naturally taken by the native people.Some of these foreign dishes are:

1. Grilled chicken duchess potatoes
2. Fish in batter with potatoes
3. Chicken Marinade with croquettes potatoes
4. Hamburger American style

European Dishes

1. Fillet steak withYorkshire pudding
2. Roast chicken with bread sauce
3. Chicken Marinade with croquettes potatoes
4. Shepherd’s pie

Chinese Dishes

1. Fried rice with curry stew
2. Spaghetti with bolognaise sauce

Indian Dishes

1. Curried beef with condiments
2. Chapatti
3. Beef shashik
4. Spaghetti with sauce

Japanese Dishes

1. Chicken sauce chasseur
2. Beef olives
3. Mixed grill
4. Spanish omelets

**GENERAL EVALUATION**

1. Mention two Japanese dishes
2. Mention two Indian dishes
3. Mention two European dishes
4. Define the term sauce
5. State three types of sauce

**READING ASSIGNMENT**

Catering Craft Practice for SSS1-3 by Aminu S. N. Bariki. Pages 186

**WEEKEND ASSIGNMENT**

1. Which of these dishes is from the western part of the country?A.IkokoreB.Kunuzaki

C.Miyantuashe D.Afang

1. One of the following is a type of soup from the Ibo’s?A.OfeonugbuB.Afang C.EforiroD.Tuwoshinkafa
2. An example of a Japanese dish isA. beef olives B. beef shalikC. curried beef D.chicpatte
3. Which of these is not an Indian dish?A. ChapattiB. Beef shashikC.Spaghetti with sauce

D. Tapioca

1. One of the following is not a continental dish.A. Fried rice B. Braised rice C. Grilled chicken and chips D.Roasted groundnut

**THEORY**

1. Mention five local dishes.
2. Mention five continental dishes.

**WEEK EIGHT AND NINE**

**TOPIC: COFFEE MAKING SERVICE**

**CONTENT**

* Definition of Coffee
* Rules to Observe when Making Coffee
* Methods ofMaking and Serving Coffee

Coffee is produced from the roasted beans of the coffee tree, and is grown and exported from regions such as South America, India, the Middle East, the West Indies named Sumatra. Brazil is the world largest grower of coffee, Columbia is second, the Ivory Coast is third and Indonesia fourth.

**THE RULES TO BE OBSERVED WHEN MAKING COFFEE IN BULK ARE AS FOLLOWS:**

1. Use freshly roasted and ground coffee.
2. Buy the correct grind for the type of machine in use.
3. Ensure all equipment is clean before use.
4. Add boiling water to the coffee and allow to infuse.
5. The infusion time must be controlled according to the type of coffee being used and the method of making.
6. Control the temperature since to boil coffee is to spoil coffee (it will develop a bitter taste).
7. Strain and serve.
8. Offer milk(hot or cold) or cream separately and sugar and alternatives.

**EVALUATION**

1. What is coffee?
2. State three rules to be observed when making coffee.

**METHOD OF MAKING COFFEE AND SERVICE**

The following are the methods used in making or preparing coffee in bulk or in small use (cups)

1. Dissolving method
2. Percolation method
3. Filtration method
4. Vacuum infusion
5. Espresso method
6. Still set
7. Sauce pan or jug method

**A.DISSOLVING METHOD (INSTANT)**

It involves the mixing of soluble coffee solids with boiling water and it is very popular worldwide.This may be made in individual tea cups or in large quantity

1. Pour boiled water in tea cup.
2. Add one tea spoon of instant granulated coffee.
3. Serve immediately in large quantity for the hotel guest.

**B.PERCOLATION METHOD**

Here, a special kind of coffee pot called a percolator is used, which is electrically operated. It has three compartments namely:

1. A reservoir which holds the water.
2. The strainer which holds the water.
3. The container which holds the percolated coffee.

**Use of Coffee Percolator**

1. Remove the reservoir and place one bag of coffee in the strainer.
2. Replace the reservoir.
3. Pour the required amount of cold water into the reservoir (250ml of water to one ground bag of coffee).
4. Switch percolator on. It switches off as the percolation is complete.
5. Unplug machine from the switch and serve immediately.
6. Hot or cold milk, cream and sugar may be added to taste.

**C.FILTRATION**

1. Fresh boiled water is poured into a container with a very finely meshed bottom which stands on a cup or pot.
2. Put the required amount of ground coffee in the container.
3. Infusion takes place and the coffee liquid falls into the cup.
4. Filter paper may be used to avoid the grounds passing into the lower cup, but this will depend on how fine or coarse is the ground coffee being used.
5. Serve immediately.

**D. VACUUM INFUSION**

In this method of making coffee, the lower bowl is filled with cold water to speed up the operation, freshly heated but not boiled water, up to the water level. The upper bowl is then set into the lower bowl, ensuring it is securely fitted and the required quantity of ground coffee added according to the amount of water used. The water is then heated.As the water reaches boiling point, it rises up the tube into the upper bowl mixing with the ground coffee stir the mixture gently to ensure all the ground coffee infuse with liquid. At times, the ground coffee forms a cap on top of the liquid and therefore will not fully infuse, care must be taken that the filter is not knocked as this may cause grains into the lower bowl.

On reducing the heat, the coffee liquid passes back into the lower bowl leaving the grounds in the upper bowl and washed and ready for re-use. The coffee in the lower bowl is ready for use and should be served at the temperature of approximately (82⁰f)

**E. ESPRESSO METHOD**

This method is Italian origin. The machines used in making this form of coffee can provide cups of coffee for individual in a matter of seconds some machine being capable of making 300-400 cups of coffee per hour.

This method involves passing steam through the final coffee and infusing under pressure. The advantage is that each cup is made freshly for the customer. Serve black coffee is known as espresso and is served in a small cup of black coffee into cappuccino.

**F.STILL SET METHOD**

This method normally consists of a small central container into which the correct size filter paper is placed. A second fine meshed metal fitter with a handle is then placed on the filter paper and the ground coffee is placed on top of this, there is an urn either site of varying capacities according to requirement. The urns should be rinsed before and after each brew until the water runs clear. This removes the thin layer of cold coffee that is left,this will spoil the flavor and aroma of the next brew.

Boiling water is passed through the grounds and the coffee passes into the urns and at the side infusion should be complete in 6-8 minutes for 4 ½ liters (1 gallon) of coffee, using medium ground coffee. The milk is heated in a steam jacket container. It should be held at a container. It should be held at a constant temperature of 68⁰c because if held at too high a temperature or boiled or heated too soon. Upon coming into contact with the coffee it will destroy its flavor and taste. At the same time, the milk itself becomes dissolved. The coffee and milk should be held separately at their correct temperature ready for serving.

**EVALUATION**

* 1. List five ways of making coffee.
  2. Explain any two.

**SERVING SPECIALITY COFFEE AND IRISH COFFEE**

Specialty coffee are often completed and served at the table using the following equipment:

1. Service salver
2. Tray cloth or napkin
3. 20cl (7 floz) stemmed glass on a side plate
4. Tea spoon
5. Jug of double cream
6. 25ml measure
7. Coffee pot
8. Sugar basin of coffee sugar with a teaspoon
9. Bottle of the spirit or liquor being used

**Procedure for Making Irish Coffee**

1. A Paris goblet or other suitable stemmed of about 20cl (7 floz) capacity is used.
2. Brown sugar is added (a certain amount of sugar is always required when serving thisform of coffee, as it aid to floating the double cream on the surface of the hot coffee.
3. One measure of Irish whisky added
4. The teaspoon is place in the goblet before the coffee is poured into the glass as the hot, strong black is poured in.
5. The coffee should then be stir well to dissolve the sugar and to ensure to give the best flavored coffee through the cream.
6. When the Irish coffee has been prepared, the glass should be put on a daily on a side plate and placed in front of the customer.

**GENERAL EVALUATION**

1. Explain the term coffee.
2. List five methods of making coffee.
3. Mention the ingredients required for serving Irish coffee.
4. Mention two cutting equipment.
5. State five qualities of a good cake.

**READING ASSIGNMENT**

Catering Craft Practice for Senior Secondary School1-3 by Aminu S.N Bariki.Pages 248-252.

**WEEKEND ASSIGNMENT**

* 1. Coffee is produced from the ------------ of the coffee tree.A. fruitsB. stem C. root D. beans
  2. Which of the following is not a method of preparing coffee?A. Espresso B. PercolationC.FiltrationD. Coagulation
  3. Which of the following coffee making machines can produce several cups of coffee for individuals in a matter of seconds?A.Filtration B. Espresso C.Percolation D.Vacuum infusion
  4. Which of the following equipment is needed for serving Irish coffee?A.Service salver B.Ice cubes C.Goblets D.Strawberries
  5. One of these rules should be observed when making coffee in bulk.A. Use freshly roasted coffeeB. Travel early to the farmC. Exhaust a full bag of coffee beansD. Throw away any remnant

**THEORY**

1. State four rules to be observed when making coffee in bulk.
2. Mention five methods of preparing coffee.

**WEEK TEN**

**PRACTICAL DEMONSTRATION**

**WEEK ELEVEN AND TWELVE**

**REVISION & EXAM**