

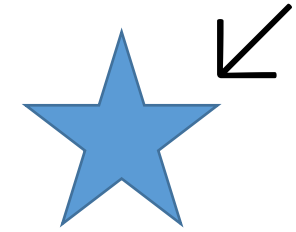
INSTITUTIONAL FOOD SERVICES I

Menu Planning



Menu:

- a. Menu is a list of dishes to be served in a given meal
- b. It is an important tool that enables communication between the consumer/customer and the nutrition service of the organization.
- c. It constitutes the centre of activities to be carried out in the Food Service Systems.



- **MENU PLANNING** Considered to be one of the most critical activities of food service operations.

Objectives in Menu Planning

- Meet nutritional needs - “Recognition that food is treatment”
- Meet/exceeds customer expectations
- Drives purchasing
- Determines production methods and distribution systems
- Dictates staffing levels
- Provides quality, standardisation & predictability
- Prevents or Reduces Food loss/wastes
- Cost-Effectiveness



A Well Designed Successful Menu:

- Help to satisfy consumer/customer expectations
- Help to attain marketing objectives
- Help to manage cost-effective
- Must be accurate
- Help to determine staff and equipment requirements
- Help to ensure regular service
- Help to ensure management succeeds

Factors to be considered in menu planning



- I. From Management Perspective
- II. From Consumer Perspective

I. From Management Perspective

1. Type, Purpose and Policies of the Organization

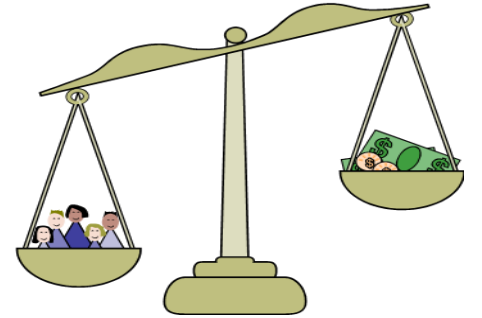
- Commercial (Restaurant Menus)
- Non-Commercial (School Menus)

2. Budget

- Serving costs of meals
- Balance of **expensive** and **inexpensive** item in meal
- Determining weekly-monthly cost instead of the daily cost

3. Marketing Implications

- Seasonal Changes (Time of the year is another factor to be considered during meal planning. Some foods are only available in particular seasons)
- Warehouse requirements



4. Facility Layout/Design and Equipment

- . Kitchen plan etc.
- Availability of equipments

5. Staff

- Number and quality of employees
- Employees' skills and knowledge
- Working hours and shift status

6. Service Type

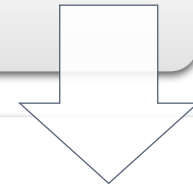
- Self-service
- Fast-food, cafeteria type

7. Preparation and Cooking Methods

Food recipes /Grilling and frying

II. From Consumer Perspective

Nutritional Needs



Food Preferences



Eating habits

Nutritional Needs

- Energy requirements of people vary depending on sex, age and activity level etc
- (Sex, Age Group, Occupation, Health Concerns and Special Dietary Needs)
- Personal needs that have to be met daily from 3 meals serving Food Service Establishments
- At least 2/ 5 of personal daily needs have to be met from once a day meal serving Food Service Establishments

Eating Habits and Food Preferences

- **Biological, Physiological and Psychological Factors;**

Age, gender, health status and psychology of the individual

- **External Factors;**

Environment, advertising, education etc.

- **Economic Factors;**

Income and welfare level

- **Socio-Cultural and Religious Factors;**

Traditions, social acceptance, special ethnic or religion

- **Internal Factors**

Preparing food, cooking methods, appearance, structure, temperature, colour, smell and taste

- **Personal Factors;**

Appetite status, family structure, education level, habits expectations

MENU TYPES

Basic menu types can be grouped in two ways:

1. Types of Menu by Choice of Meals

- Selective Menu (A' La Carte Menu)
- Semi-selective Menu (A Table d'hôte Menu)
- Non-selective Menu (Set Menu)
- Menu of the Day (Du Jour Menu)

2.Types of Menu by Duration of Use

- Fixed Menu
- Cycle Menu

1. Types of Menu by Choice of Meals

-Selective Menu (A' La Carte Menu): Items are listed and priced separately

In selective menus, meals can be classified under certain categories.

These categories;

-appetizers

-soups

-vegetables

-fish

- main dishes

-salads and fruits.

"A' La Carte Menus" can be given as examples.

- Full a la carte menu contains up to 14 categories.
- Menu with all the dishes individually priced.
- Customers compile their own menu from the list.
- The meal cooked to order.

The customer should be prepared to wait for this service.

ANTIPASTI / BAŞLANGIÇ / APPETISERS	
Carpaccio Di Vitello Marine edilmiş ve ince dilimlenmiş dana filetosu, körpe roka yaprakları, "Charmoula" sosu, "Madagaskar" biberi ve salata buketi eşliğinde <i>Marinated fillet of beef, tender arugula leaves, "Charmoula" sauce, with "Madagascar" pepper and salad bouquet</i>	36.00 ₺
Salmone Avocado Tartara Ilık somon balığı dilimleri, taze fesleğen yaprağı, avakado, ceviz ve kuru domatesli, akdeniz yeşillikleri <i>Salmon Avocado Tartara Luke warm salmon slices of avocado and fresh basil leaves mediterranean greens with walnuts and dried tomatoes</i>	34.00 ₺
Insalata Caprese İnce dilimlenmiş mozzarella peyniri, yeşil domates dilimleri, taze çekilmiş tane kara biber, salata buketi ve mavi haşhaşli galeta eşliğinde <i>Sliced mozzarella cheese, green tomato slices, ground grained black pepper, salad bouquet, bread stick with blue poppy</i>	32.00 ₺
Verdure Grigliate Con Formaggio Di Capra Tian Fesleğen sos ile aromalandırılmış mevsim sebzeleri, keçi peyniri eşliğinde <i>Grilled vegetables with goat cheese tian</i> <i>Seasonal vegetables with goat cheese flavored with basil sauce</i>	29.00 ₺
Quasidellas Pollo Ekşi krema sosu ve avakado dip sos, parmesan peynirli akdeniz yeşillikleri ile <i>Chicken Quesadillas, Sour cream sauce and avocado with dipping sauce, mesclun greens the parmesan cheese</i>	31.00 ₺

ZUPPE / ÇORBALAR / SOUPS	
Zuppa Di Minestrone Taze fesleğen sosu eşliğinde <i>With fresh basil sauce</i>	20.00 ₺
Zuppa Fish "Ligurian" Kapanılı kırık krak ve taze misket limonu eşliğinde <i>Italian bread sticks with capers and fresh lime</i>	22.00 ₺
INSALATE / SALATA / SALADS	
Insalata Dell'ananas Aegean Ananaslı Ege Salatası, Misket mozerella, ananas dilimleri, renkli biberler, bahçe domatesi, körpe salatalık, taze nane yaprakları, sızma zeytin yağı ve nar ekşi sosu ile. <i>Aegean pineapple salad, Muscat mozerella, pineapple slices, peppers, garden tomatoes, fresh cucumbers, fresh mint leaves, extra virgin olive oil and the pomegranate syrup sauce.</i>	26.00 ₺
Insalata Mediterranea Balsamiko sosu ile lezzetlendirilmiş akdeniz yeşillikleri salatası <i>Mediterranean salad greens flavored with balsamico sauce</i>	25.00 ₺
Insalata Avocado Salmone Avakadolu Somon Salatası, Körpe roka yaprakları, avakado dilimleri, kurutulmuş domates, kavrulmuş ceviz içi, ızgara somon dilimleri, karamelize balsamik sosu eşliğinde. <i>Salmon Salad with avocado, tender rocket leaves, avocado slices, dried tomatoes, roasted walnuts, grilled salmon slices with caramelized balsamic sauce</i>	29.00 ₺
Insalata Di Cesare Klasik sezar salatası, parmesan peyniri stick ile <i>Classic Caesar salad with parmesan cheese stick</i>	27.00 ₺

PORTATA PRINCIPALE / ANA YEMEK / MAIN COURSE	
Della Polpetta " Elite " Elite Özel Köfte patlıcan püresi üzerinde ızgara köfte dilimleri, domates sosu ve köy yoğurdu <i>with mashed eggplant slices on grilled meatballs, tomato sauce and yogurt village</i>	41.00 ₺
Stinco Di Agnello Forno Fırında baharat ile aromalandırılmış kuzu inciği, köri soslu basmati pilavı, egzotik sosu ile <i>Aromatised lamb shank curry sauce with basmati rice with exotic spices in the oven</i>	59.00 ₺
Filetto Di Salmone Somon fileto, sote edilmiş yeşil roka yaprakları ve Romesco sosu eşliğinde <i>Fillet of salmon, sautéed green beans, and romesco sauce</i>	43.00 ₺
Petto Di Pollo Izgara piliç göğsü, kavrulmuş bademli ıspanak kökü sotesi ve mantarlı kırmızı şarap sosu eşliğinde <i>Grilled chicken breast, roasted almonds sautéed spinach root accompanied by red wine and mushroom sauce</i>	39.00 ₺
Filetto Di Mare Grigliato Izgara levrek filetolan, kırmızı pancarlı risotto, limon butter sos eşliğinde <i>Grilled sea bass fillet, red beet risotto with lemon butter sauce</i>	43.00 ₺
Filetto Di Manzo Grigliato Taneli hardal sosu ile marine edilmiş dana filetosu, gratine patates, sote edilmiş ıspanak kökü, konfit sarımsak ve rokfor peynir sosu eşliğinde <i>Marinated fillet of beef with mustard sauce, sautéed spinach root, gratinated potatoes, confit garlic and roquefort cheese sauce</i>	59.00 ₺

FIGURE: Categories for breakfast, lunch and dinner

BREAKFAST	LUNCH	DINNER
1. Fruit and Fruit Juices	1. Appetizers	1. Appetizers
2. Cereals	2. Soup	2. Soup
3. Main course	3. Fish	3. Fish
4. Bread and butter	4. Main course	4. Main course
5. Drinks	5. Vegetables	5. Vegetables
	6. Salad	6. Salad
	7. Desert and Fruit	7. Desert and Fruit
	8. Bread and butter	8. Bread and butter
	9. Drink	9. Drink
	<i>NOTE: Whole A' La Carte menu catagories not shown in the table above.</i>	

-Semi-selective Menu (A Table d'Hôte Menu):

- Semi-selective menus allow you to choose from categories of dishes.
- The selections can usually be made between main courses, vegetables and desserts.
- This menu can be used successfully in both commercial and non-commercial food service facilities.
- The best example for a partial selective menu is ***“the Table d'Hôte Menus”***.
- Complete meal as a fixed price. A single price is set for the menu.
- This type of menu usually includes dishes that are popular and whose service and portion control is easy.
- It can be planned for breakfast, lunch and dinner.
- The number of meals is more limited than the A' La Carte Menus.
- Controlling Food cost is easy for Semi-selective menus
- It provides convenience for institutions that are troubled by tools and quality personnel.

FIGURE: An example of an à la carte menu from a university's cafe.

DATE	MENU * Please select one from each section
MONDAY	CHICKEN SCHNITZEL
	ROSTO MEATBALLS- PUREE

	LENTIL SOUP

	SALAD
	CARROT SALAD
TUESDAY	*****
	SPINACH MEAL

	RICE
	YOGHURT

-Non-selective Menu

- Non-select menus are set. These menus do not allow you to choose a meal.
- The number of meals in this type of menu is limited to 3 courses meal.
- Some commercial institutions working on specialities can also use such menus.

Also these menus;

- Consumers who are not capable of making their choices (small children)
- Places with very limited time for service
- The customer may be eligible for continuously changing establishments.

-Menu of the Day:

- The menu of the day lists the dishes that are available on that particular day.
- In this menu, meals can be planned as selective and / or non-selective.
- Generally, the selective type is preferred.
- The menu of the day, along with A la carte and Table d'Hôte menus, provides more variety in the restaurant.

2. Types of Menu by Duration of Use

-Cycle Menu:

- These menus are prepared for a certain period of time (3 days, weekly, 15 days, monthly, seasonal etc.).
- The repeating time of the menu depends on the policy of the institution.
- At the end of this time period this menu repeats.
- Table d'Hôte menus, non-selective menus, and menus of the day can be also planned as cycle menus
- Cycle menus are widely used in institutional Food Service establishments ;such as hospitals, nursing homes, schools, banks.



As the menus are planned in advance, there is time left for the menu planner to take on other tasks.

- +Repeating standardizes preparation procedures

- +The tool ensures that the distribution of work and personnel is balanced.

- +It facilitates food purchasing and cost control.

- + enables to go back and edit things slightly and revise as needed

- If the repeating time of the menu is kept short, menus can become monotonous,

- If the length of cycle kept too long, it may have difficulty choosing the variety of dishes in the menus.

-Fixed Menus (Static Menu)

- Fix menus are one type and the same menü is used every day. It can be planned as semi-selective or selective.
- It is more suitable for places where customers are changing frequently or for restaurants that offer ethnic food.
- Fix menus can be used for a long time, even year round.
- A restaurant can fix the A la carte menu for 1 year.

There are also menu examples of meals and various activities.

I- MENU EXAMPLES OF MEALS

- Breakfast Menu:

- ✓ It varies according to the type of establishments.
- ✓ In commercial institutions, mainly a la carte and table d'hote breakfast menus are used.
- ✓ The breakfast menu includes the country-specific breakfast items.

Categories that can be included in the A la carte and Table d'hote breakfast menus for our country;

1. Juices and fruit juices
2. Eggs
3. Meat products
4. Dairy products
5. Desserts
6. Vegetables
7. Bread
8. Drinks

FIGURE: Example of A la carte breakfast menu

BREAKFAST	
JUICES AND FRUIT JUICES TL
Orange or Grapefruit Juice TL
Fruits TL
BREAKFAST FAVORITES TL
Corn flakes TL
Fried egg TL
Grilled beef ham TL
Cheese TL
Types of jam TL
Black or green olives TL
Tomato-cucumber TL
OUR BAKERY TL
Kuruvasan TL
Rye bread or cane TL
DRINKS TL
Tea TL

- - Lunch and Dinner Menus:

- In commercial food service, menus for these meals are usually arranged as A la carte or Table d'hote Menus.
- Non-commercial food services generally use non-selective or Table d'hote menus.

- -Brunch Menu:

- It is a menu made up of a mixture of breakfast and lunch.
- It is mainly used in commercial institutionals.
- This menu includes fruit and juice, main course as omelette, chicken souffle, steak, mixed grill etc.
- Includes bread and drinks.
- Fruit salad is also preferred.

-Fast-Food Menu:

- These are the menus that contain food that is easy to prepare and service.

YİYECEKLER	
Hamburger TL
Cheeseburger TL
Big-Burger TL
Hot Dog TL
French fries TL
Apple Pie TL
Milk Shake TL
Ice-cream TL
Coke TL
Fanta TL
Ayran TL

FIGURE: Example of Fast-Food Menu

II- MENU SAMPLES FOR ACTIVITIES

- Activity menus include various types of menus prepared in line with the satisfy and economic situation of customers in commercial institutions.
- -Banquet menus:
- A banquet menu is a selection of fixed items given at a set price.
- These menus are arranged in several varieties with different prices and contents and offered to the customers' choice.
- Easy-to-eat foods are preferred in that menus.
- Banquet menus generally used for festive dinners that celebrate special occasions.

FIGURE: An Example of a Hotel's Banquet Menu

These menus;

1. Soup and hors-d'oeuvres
2. Fish or seafood
3. Meat Meals
4. Vegetables or Salads
5. Desserts
6. Drinks
7. Beverages

BANKET MENU
APPETIZERS
PERCH FILLETS (with creamy dill sauce)
BEEF FILLETS (Mushroom and tomato sauce, sauteed beef fillets, as well as seasonal vegetables and parisique potatoes)
SALAD
ORANGE
COFFEE - TEA
BEVERAGES
* 17 cl per person Vodka or 35 cl Wine or 2 bottles of Beer

-Cocktail Menu:

- Cocktail Menu contains hot and cold sliders, beverages and mixed nuts.
- As with the banquet and buffet menus, several types are offered with different prices and contents.
- Drinks are included in the price.
- Easy-to-eat foods are preferred in that menus.

Cold Sliders
Roast Beef On Rye Bread
White Cheese In Cucumber
Salami, Eggs and Tomatoes
Hot Sliders
Mititi meatballs
Potato croquettes
minced meat in savoury pastry
Beverage and Nuts
2 local drinks per person

FIGURE: An Example of a Hotel cocktail menu

- -Buffet Menus:
- The menu contains more foods than the banquet menu.
- These menus are organized in several varieties in different prices and contents.
- Buffets are offered at various places including hotels, restaurants and many social events.
- Drink prices are not included in the menu.

The order of dishes in the menu;

1. Appetizers
2. Salads
3. Main Meals
4. Desserts and fruits

CONTROL OF MENU

Check-List

-BEFORE APPLICATION -

- Does the menu meet the aims and principles of the institutions?
- Has frequent repetition been avoided when planning the menu?
- Is the distribution of low and high cost meals balanced?
- Is the planned menu suitable for seasonal factors?
- Is the workload distribution balanced?
- Personel yönünden iş yükü dağılımı dengelendi mi?
- Are the preparation and cooking methods balanced?

- Are the methods of serving meals suitable for menu planning?
- Does the menu meet the group's nutritional requirements?
- Does the menu meet the group's eating habits?
- Are the colour combinations of the meals suitable?
- Yemeklerde yapı ve kıvam yönünden çeşitlilik sağlandı mı?
- Yemeklerde tat yönünden çeşitlilik sağlandı mı?
- Menü her yönüyle kaliteli, hoş a gider ve uygulanabilir mi?
- Diğer

-AFTER APPLICATION -

CONSUMER SATISFACTION / MENU PERFORMANCE MEASUREMENT

1. Subjective / Informal Method
 - Consumer / Customer Feedback
 - Observation
2. Objective / Formal Method
 - Food waste- weighing method
 - Survey

THE RESOURCES OF THE MENU PLANNER

1. Menu template
2. List of foods by seasons and months
3. List for each meal group
4. Standard recipes
5. Previously applied menus
6. Various cookbooks
7. **Data on consumer / customer preferences for food choices or menus, if available**
8. Quantity and quality records of previously cooked meals
9. Foods consumption data
10. **Official documents (laws and regulations)**

I. MENU TEMPLATE

WEEK I	FOOD GROUP	WEEK II	FOOD GROUP
MONDAY	1. 2. 3.	MONDAY	1. 2. 3.
TUESDAY	1. 2. 3.	TUESDAY	1. 2. 3.
WEDNESDAY	1. 2. 3.	WEDNESDAY	1. 2. 3.
THURSDAY	1. 2. 3.	THURSDAY	1. 2. 3.
FRIDAY	1. 2. 3.	FRIDAY	1. 2. 3.

II. List of Vegetables and Fruits by Seasons and Months

Vegetables:

VEGETABLES	MONTHS	VEGETABLES	MONTHS	VEGETABLES	MONTHS
Broad beans	4-5	Cucumber	5-10	Lettuce	4-6
Okra	7-9	Spinach	11-5	Parsley	Each Month
Pea	5-6	Pumpkin (winter)	11-2	Mint (fresh)	6-9
Pepper (Charleston)	5-10	Zucchini (fresh)	5-10	Potato	Each Month
Pepper (Bell)	6-10	Cauliflower	11-3	Purslane	4-7
Dill	Each Month	Celery	11-3	Onion (dry)	Each Month
Tomato	5-11	Curly lettuce	9-5	Green onion	Each Month
Carrot	10-5	Cabbage (white)	11-3	Green beans	5-10
Cabbage (red)	11-3	Garlic (dry)	Each Month	Chard	12-4
Eggplant	6-11	Radish (red)	11-3	Leek	11-3

Fruits:

FRUITS	MONTHS	FRUITS	MONTHS
Pear	8-11	Melon	8-10
Quince	10-3	Cherry	6-7
Strawberry	5-6	Japanese plum	5-6
Apple	10-5	Mandarin	11-2
Plum (red)	6-10	Pomegranate	12-1
Plum (green)	5-7	Orange	12-3
Watermelon	7-9	Peach	7-9
Apricot	7-8	Grape	7-11

LIST FOR EACH MEAL GROUP

I. First Course Dishes (Main Courses)

A. MEAT

1. Large Pieces of Meat Dishes

2. Small Pieces of Meat Dishes

B. MEATBALL

C. CHICKEN/TURKEY

D. FISHES

E. LEGUME DISHES WITH MEAT

F. STUFFED VEGETABLES/ VINE-GRAPE LEAVES/ BLACK-WHITE CABBAGE LEAVES WITH MEAT

G. VEGETABLES DISHES WITH MEAT

A. MEAT DISHES

1. Large Pieces of Meat Dishes:

- Scald Beef
- Söğüş Et
- Roast
- Islim Kebab
- Meat with Green Onion
- Elbasan Tava
- Şehriyeli Güveç
- Ankara Tava
- İncik Yahnisi
- Koyun Kol Sarma



2. Small Pieces of Meat Dishes:

- Bahçevan Kebab
- Tas Kebab
- Orman Kebab
- Çiftlik Kebab
- Kebab with Eggplant
- Çoban Kavurma
- Hungarian Goulash
- Buğu Kebab
- Kağıt Kebab
- Tandır Kebab
- Oruk Kebab
- Saç Kavurma



B. MEATBALL

- Kadınbudu Köfte
- Dalyan Köfte
- Fırın Köfte
- İzmir Köfte
- Tepsi Köfte
- Terbiyeli Köfte
- Çiftlik Köfte
- Grilled Meatballs
- Meatball Shish
- Kayseri Köftesi
- Patlıcan Köfte
- Sini Köftesi
- Hasan Paşa Köftesi
- Ali Paşa Köftesi
- Harput Köftesi



C. CHICKEN/ TURKEY



- Boiled Chicken
- Chicken Stuffing
- Chicken Roti
- Chicken with vegetables
- Chicken Stew
- Grilled chicken
- Chicken Shish
- Chicken Meatballs
- Schnitzel
- Piliç Topkapı

D. FISHES

- Baked Fish
- Fish Steamed
- Grilled fish
- Fried fish



E. LEGUME DISHES WITH MEAT

- White Bean Stew with Meat
- Chickpeas Stew with Meat
- Green Lentil Stew with Ground Beef



F. STUFFED VEGETABLES/ VINE-GRAPE LEAVES/ BLACK-WHITE CABBAGE LEAVES WITH MEAT



- Stuffed Pepper
- Stuffed Zucchini
- Stuffed Eggplant
- Mixed Stuffed
- Stuffed Tomato
- Stuffed Celery
- Stuffed Onion
- Stuffed Vine Leaves
- Stuffed Cabbage Leaves
- Stuffed Chard Leaves

G. VEGETABLES DISHES WITH MEAT

- Vegetable Beef Stew
- Kabak Musakka
- Karnabahar Musakka
- Patlıcan Musakka
- Patotes with minced meat
- Ground Beef and Cabbage
- Fried Eggs with Spinach



II. Second Course Dishes

A. SOUPS

1. Soups (granular)

2. Soups (clear)

B. RICE DISHES/ PILAF

C. PASTA DISHES

D. PASTRY

E. OLIVE OIL DISHES

1. Vegetable dishes with olive oil

2. Stuffed vegetables/vine or grape-black or white cabbage leaves dishes with olive oils

3. Legume dishes with olive oil

A. SOUPS

1. Soups (Granular)

- Bahçevan Soup
- Red Lentil Soup
- Mushroom Soup
- Rice Soup
- Vegetable Soup
- Fish Soup
- Arabaşı Çorba
- Bean Soup



2. Soups (clear)

- Red Lentil Soup
- Vegetable Soup
- Tomato Soup
- Green Lentil Soup
- Tarhana Soup
- Patates Ezme Çorba
- Bezelye Unu Çorba
- Flour Soup
- Şafak Çorba
- Bulgur Çorba



B. RICE DISHES/ PILAF

- Rice Pilaf
- Şehriyeli Pirinç Pilavı
- Rice Pilaf with Tomatoes
- İç Pilav
- Müceddere
- Meyhane Pilavı
- Bulgur Pilaf
- Rice Pilaf with Chickpeas
- Bulgur Pilaf with Lentils
- Azerbaijani Pilaf
- Bahar Pilavı
- Büryan Pilavı
- Kaçkar Pilavı
- Mengen Pilavı
- Uzbek Pilaf
- Buhara Pilavı
- Rice Pilaf with Vegetables
- Noodle



C. PASTA DISHES



- Pasta in Oven
- Pasta with Cheese
- Pasta with Bolognese Sauce
- Pasta with Napolitana Sauce
- Pasta with Sauce
- Spaghetti with Mushrooms
- Pasta with Sausage
- Pasta with Vegetables
- Makarna Öğreten
- Pasta with Egg
- Kuskus
- Cheese Noodles
- Fırın Erişte

D. PASTRY

- Pastry with spinach filling
- pastry with minced meat filling
- Puff Pastry Cheese
- Cheese Bourekas
- Pastry with potato filling



E. OLIVE OIL DISHES

1. Vegetable dishes with olive oil

- İmam Bayıldı
- Kabak Bayıldı
- Mücver
- Şakşuka
- Z.y. Yer Elması
- Artichoke with olive oil
- Leek with olive oil
- Green Beans with Olive Oil
- Roast Cauliflower
- Carrot Roast
- Roast Peppers
- Mixed Roast
- Zucchini Roast
- Fried Eggplant



2. Stuffed vegetables/vine or grape-
black or white cabbage leaves
dishes with olive oils

- Stuffed Peppers with Olive Oil
- Stuffed Celery with Olive Oil
- Stuffed Tomato with Olive Oil
- Stuffed Zucchini with Olive Oil
- Stuffed Cabbage with Olive Oil
- Stuffed Grape Leaves with Olive Oil

3. Legume dishes with
olive oil



III. Third Course Dishes

A. FRUITS

B. SALADS

C. COMPOTE

D. DESSERT

1. Pastry Dough

2. Milk Dessert

3. Halva

4. Fruit Desserts

5. Others

E. OTHERS

B. SALADS

- Red Cabbage Salad
- Tomato Salad
- Mixed Salad
- Carrot Salad
- Lettuce Salad
- Çoban Salad
- Potato Salad
- Purslane Salad
- Eggplant Salad
- Koruk Salad
- Olive Salad
- Corn Salad
- Russian Salad
- Italian Salad
- Cauliflower Salad
- Celery Salad



C. COMPOTE

- Mixed Dried Fruits Compote
- Dried Prunes Compote
- Dried Apricot Compote
- Apple Compote
- Peach Compote
- Cherry Compote
- Cranberry Compote
- Quince Compote
- Apricot Compote
- Strawberry Compote



1. Hamur Tatlıları

- Baklava
- Künefe
- Kadayıf
- Kalburabastı
- Kemalpaşa Tatlısı
- Lokma Tatlısı
- Şekerpare
- Şambaba Sarığı
- Burma

2. Milk Dessert

- Sütlaç/ Rice Pudding
- Kazandibi
- Keşkül
- Custard
- Tavuk Göğsü
- Chocolate Pudding
- Güllaç
- Su Muhallebisi
- Krem Şokola



3. Halva

- İrmik Helva
- Peynir Helva
- Tahini Halva
- Molasses HALva



4. Fruits Desserts

- Quince Dessert
- Pear Dessert
- Fig Dessert
- Kayısı Dolma
- Meyveli Pay

5. Others

- Aşure
- Pumpkin dessert
- Pelteler
- Jelly



E. OTHERS



- Caciki
- Purslane Salad with Yoghurt
- Yoghurt
- Pickles
- Mercimek Piyazı
- Fasulye Piyazı

STEP BY STEP:

Planning Menu with Practical Method

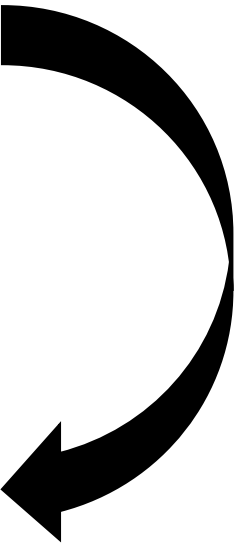
First Step:

- Systematic Placement of Second Courses
 - ✓ Season
 - ✓ Consumer profile
 - ✓ Variety



Second Step:

- Systematic Placement of First Courses
 - ✓ Variety
 - ✓ The frequency of white meat and legumes



Third Step:

- Systematic Placement of Third Courses
 - ✓ balanced distribution of second, third and fourth group foods



Fourth Step:

- Placing Dishes on the Menu
 - ✓ Season
 - ✓ Establishments
 - ✓ Staff

Step 1:

WEEK I	FOOD GROUP	WEEK II	FOOD GROUP
MONDAY	2. pilaf	MONDAY	2. pastry
TUESDAY	2. Olive oil dishes	TUESDAY	2. soup
WEDNESDAY	2. pasta	WEDNESDAY	2. pilaf
THURSDAY	2. soup	THURSDAY	2. pasta
FRIDAY	2. pilaf	FRIDAY	2. Olive oil dishes

Step 2:

WEEK I	FOOD GROUP	WEEK II	FOOD GROUP
MONDAY	<ol style="list-style-type: none">1. Vegetables dishes with meat2. pilaf	MONDAY	<ol style="list-style-type: none">1. Stuffed vegetables with meat2. pastry
TUESDAY	<ol style="list-style-type: none">1. Large pieces of meat dishes2. olive oil dishes	TUESDAY	<ol style="list-style-type: none">1. Small pieces of meat dishes2. soup
WEDNESDAY	<ol style="list-style-type: none">1. Vegetables dishes with meat2. pasta	WEDNESDAY	<ol style="list-style-type: none">1. Large pieces of meat dishes2. pilaf
THURSDAY	<ol style="list-style-type: none">1. Meatball2. soup	THURSDAY	<ol style="list-style-type: none">1. Vegetables dishes with meat2. pasta
FRIDAY	<ol style="list-style-type: none">1. Legume dishes with meat2. pilaf	FRIDAY	<ol style="list-style-type: none">1. Meatball2. olive oil dishes

Step 3:











WEEK I	FOOD GROUP	WEEK II	FOOD GROUP
MONDAY	<ol style="list-style-type: none">1. Vegetables dishes with meat2. pilaf3. Yoghurt	MONDAY	<ol style="list-style-type: none">1. Stuffed vegetables with meat2. pastry3. Compote
TUESDAY	<ol style="list-style-type: none">1. Large pieces of meat dishes2. olive oil dishes3. Dessert	TUESDAY	<ol style="list-style-type: none">1. Small pieces of meat dishes2. soup3. Salad
WEDNESDAY	<ol style="list-style-type: none">1. Vegetables dishes with meat2. pasta3. Fruit	WEDNESDAY	<ol style="list-style-type: none">1. Large pieces of meat dishes2. pilaf3. Ayran
THURSDAY	<ol style="list-style-type: none">1. Meatball2. soup3. Salad	THURSDAY	<ol style="list-style-type: none">1. Vegetables dishes with meat2. pasta3. Fruit
FRIDAY	<ol style="list-style-type: none">1. Legume dishes with meat2. pilaf3. Cacık	FRIDAY	<ol style="list-style-type: none">1. Meatball2. olive oil dishes3. Dessert

Varieties of

- Nutritive value
- Color
- Structure-shape
- Fluidity
- Taste - Flavor
- Preparation and cooking methods
- Food temperature

should be provided in the selection of dishes for menus.

Step 4: Main Menu Placement

WEEK I	FOOD GROUP	WEEK II	FOOD GROUP
MONDAY 	<ol style="list-style-type: none"> 1. Beans with minced meat 2. Pilaf 3. Yoghurt 	MONDAY 	<ol style="list-style-type: none"> 1. Stuffed Zucchini with meat 2. Pastry with cheese 3. Compote (Dried Apricot)
TUESDAY 	<ol style="list-style-type: none"> 1. Roast Sheep 2. Leek with olive oil 3. Chocolate Pudding 	TUESDAY 	<ol style="list-style-type: none"> 1. Creamy mushroom soup 2. Tas kebab 3. Mixed salad
WEDNESDAY 	<ol style="list-style-type: none"> 1. Spinach with minced meat and yoghurt 2. Pasta with sauce 3. Orange 	WEDNESDAY 	<ol style="list-style-type: none"> 1. Turkey roast 2. Uzbek rice 3. Ayran
THURSDAY 	<ol style="list-style-type: none"> 1. Tomato Soup 2. Grilled meat balls and pilaf 3. Salad 	THURSDAY 	<ol style="list-style-type: none"> 1. Etli türlü 2. Pasta 3. Mandarin
FRIDAY 	<ol style="list-style-type: none"> 1. White Bean Stew with Meat 2. Rice Pilaf 3. Caciki 	FRIDAY 	<ol style="list-style-type: none"> 1. İzmir Meatballs 2. Celery with olive oil 3. Kemalpaşa tatlısı

Points to be Considered in Planning Breakfast Menu

- Food groups also have an effect when the menu is planned.
- In an adequate and balanced diet, breakfast has an important place. The body, which is nourished all night at the beginning of a new day, needs to be fed in the early hours of the morning to adapt to the working day.
- When breakfast is skipped, or breakfast has a high carbohydrate rate and low protein content, there is a decrease in work efficiency and mental activity.

Please note the following when planning the breakfast menu:

1. The breakfast menu must be included one of each(milk, cheese or eggs) every day
2. Cheese, eggs, jam, butter and olives are used for breakfast meals. At least two of these should be served at breakfast. Eggs should be given at least twice a week.
3. Breakfast drinks are served as tea, milk and fruit juice.
4. Jam, honey, molasses and butter are considered as the only food in breakfast.
5. Breakfast should not be monotonous. (*cheese*; cheddar and white, *olive*; green and black, *jam*; rose, quince, cherry, apricot, peach etc.)

Points to be Considered in Planning Lunch and Dinner Menu

1. Stuffed vegetable dishes or vegetable dishes with olive oil should not be given with vegetable dishes with meat or stuffed vegetable dishes with meat.
2. Rice and pasta should not be given with meat and olive oil stuffed vegetable dishes.
3. Rice, pasta, pastry should not be given with desserts. (* *Except hard workers*)
4. Salad should not be given with vegetable dishes with olive oil.
5. Fish can be given with both salad and dessert, although both are served from the third courses dishes.
6. The soups should be used for dinner and the legumes for lunch..

7. Similar dishes from the same group should not be given on the same day.

For example;

- When you give a vegetable dish with meat at noon, a vegetable dish is not given again in the evening.
- When you give a meatball dish at noon (İzmir Köfte), a dish with meatball (Çiftlik Köfte) is not given again in the evening.

8. The cooking methods of each dishes, especially the main dishes, should be different.

For example;

- if you give a meat dish as boiled, the main dish must be oven or grill.

9. There should not be two dishes made from the same main ingredients in a menu.
10. Two white meat or two red meat should not follow each other.
11. Compote, tzatziki/caciki, ayran etc. should not be given with the soups.
12. For 4 courses menus: The first 3 courses must be compatible with each other. The fourth course should be selected by compatible with the 2nd or 3rd courses.
13. The menu for school-age children must be included meat dishes, stuffed vegetable dishes with meat, vegetable dishes, meatballs, fruits, milk, yoghurt.
14. The menu for workers who work in lead and other toxic substances factories, milk, yoghurt, orange-tomato and low-fat meat should be included more.
15. In the menus of the elderly people, soups, milk desserts, yoghurt, vegetables and fruits should be used frequently.

Bad Menu Example



- CREAMED MUSHROOM SOUP
- ANKARA TAVA
- CACIKI



Good Menu Example

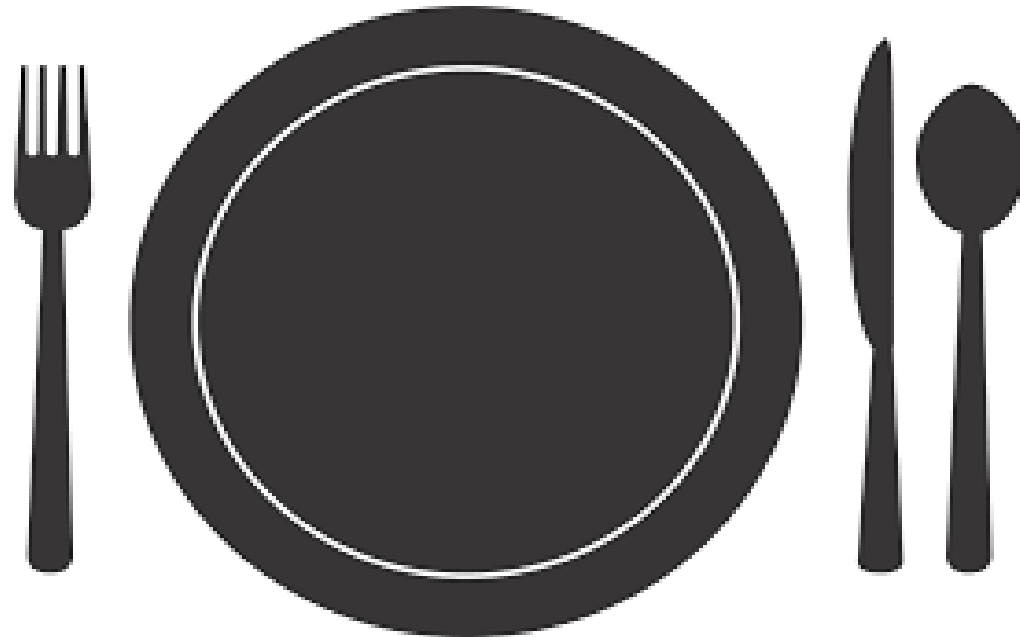


- YAYLA ÇORBASI
- BAHÇEVAN KEBAP
- GREEN SALAD



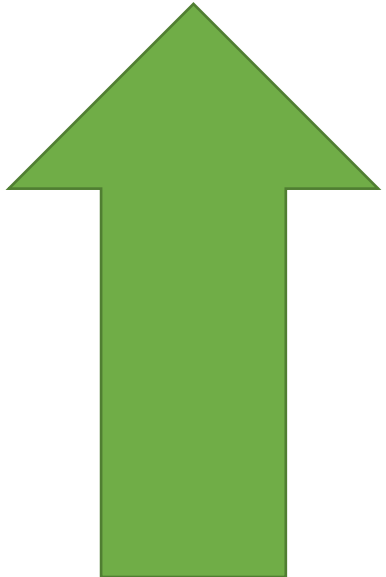
STANDARDIZED RECIPE

A standardized recipe is defined as one that has been tried, adapted, and retried several times for use by a given food service operation and has been found to produce the same good results.

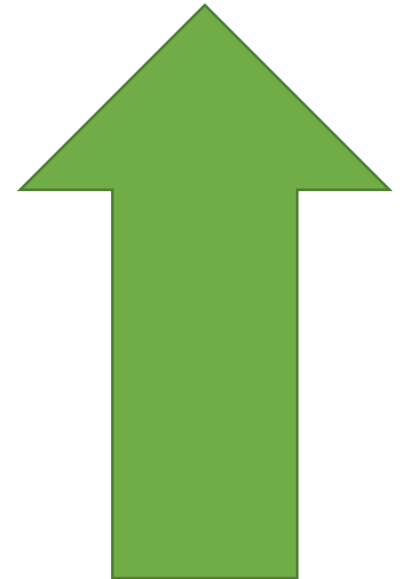


Standardized recipe benefits:

- 1. Consistent Food Quality:** Standardized recipes help ensure that the best possible food items are produced every time.
- 2. Predictable Yield:** Knowing how much of an item the recipe will produce helps prevent food waste and shortages when serving to children.
- 3. Accurate Nutrient Content:** Standardized recipes help ensure that the best possible food items are produced every time. Conscientious food and ingredient shopping is also key.
- 4. Food Cost Control:** When the same ingredients and quantities are used each time the recipe is prepared, the cost per serving remains the same.



5. **Efficient Purchasing:** The quantity of ingredients needed for production can be easily calculated based on the information provided on the recipe.
6. **Inventory Control:** If a standardized recipe is followed, the quantity of food inventory used each time the recipe is produced can be estimated.
7. **Labor Cost Control:** Written procedures allow staff to make good use of their time and move through their work day more efficiently.
8. **Employee Confidence:** Staff can feel more satisfied and confident because eliminating guesswork decreases the likelihood of mistakes and poor food quality.
9. **Reduced Record Keeping:** Information from standardized recipes can be easily transferred to daily food production records if your institution uses them. However, standardized recipes are sufficient food preparation records in themselves.



Here are the steps that are involved to standardizing a recipe:

1. Resources are collected.
2. The optimum conditions (food, equipment, etc.) are provided for cooking.
3. The recipe is tried as at least 10 servings.
4. A quality control panel is created from people who are experienced in cooking (gourmet).
5. Recipes are evaluated by this panel and tested until the quality is confirmed.
6. The quality-approved recipes are multiplied by 2 times and re-evaluated and standardized.

*In food services, recipes are standardized in 100 portions.

7. Standard recipes are written in a way that people can understand easily.

A standardized recipe includes:

- Recipes are prepared in a form that will not be affected by the kitchen environment and can be used in plastic-coated cartons for easy cooking.
- The size of the cardboard is generally 20 * 30 cm.



Recipe name and group:



Portion size:



Portion equipment and service style



Total preparation timeToplam hazırlık süresi:



Total cooking time:



Cooking material o cooker



Ingredients and quantities (gross, net)



Preparation and cooking method:



Total weight of the meal:



Nutritional value of 1 portion



Cost of 1 portion



Notes

POINTS TO BE CONSIDERED !

1. Food name and group must be on the card. The name of the dish must be known and each meal group should be written in different coloured cartons.
2. The portion size of the dish should be determined very well so that the portion and cost control can be provided. Measurements shall be given in grams and shall be determined by the appropriate ladle, plate or bowl.
3. In order to benefit from the planning of the menu and whether or not the facilities fit the establishments, food and cooking materials should be determined.
4. The ingredients should be written on the card in order of preparation, the gross amounts are used in purchasing and the net amounts are useful in the calculation of nutritional value.
5. For this, the list of waste rates in vegetables, fruits and meats can be used.
6. The preparation and cooking methods of the recipes must be determined to cause the least nutrient loss. The cooking time should also be appropriate.
7. The nutritional value and cost of the meal must be on the back of the card. This is important in terms of meeting the needs of consumers and cost control.