



Hospitality and Catering

Menu Production

Lesson 6

Learn how to produce a menu correctly and understand the different factors to consider during development.





Menu information

Menus should be clear and easy to understand. A customer should legally be able to know:

- Ingredients
- Style of cooking
- Size
- Allergy warning
- Price





Dietary requirements

This is especially important in large catering outlets such as schools, hospitals and prisons.



Dietary requirements

Having a menu that fits will require you to be aware of the different types of diets and customer needs.





Types of vegetarian

Vegetarian – do not eat meat, fish, shellfish or food items that contain animal derivatives.

Lacto-ovo – the most common type of vegetarian diet. Eat both dairy products and eggs.





Types of vegetarian

Lacto-vegetarians – eat dairy products but avoid eggs.

Ovo-vegetarian – eat eggs but no other dairy products





Types of vegetarian

Vegan – do not eat dairy products, eggs, or any other products which are derived from animals. This can be difficult to cater for individuals in a mass catering environment.





Health conditions

Coeliac – no gluten – no bread or wheat based products.

Lactose intolerant – a type of sugar found in milk and dairy products, replace milk with soy or nut based milk.

A close-up photograph of several golden-brown cookies. The words "GLUTEN FREE" are embossed in large, block letters on the surface of the cookies. The background is a light teal color. The image is partially framed by dark blue, curved shapes on the right side of the page.

GLUTEN
FREE



Health conditions

Diabetic – low or no sugar.

Low fat – use foods containing good fats or low in fat content, e.g. fish





Allergies to be aware of

More and more people have allergies or intolerances to different foods.

Allergenic ingredients must be clearly labelled on the menu.

- Celery
- Gluten
- Fish
- Eggs





Allergies to be aware of

- Milk
- Soybeans
- Mustard
- Sesame
- Nuts, peanuts
- Lupin
- Molluscs
- Sulphur dioxide and sulphites





Religious beliefs

Different religions have different beliefs about what foods to eat or not. Some foods also need to be prepared in different ways.





Jewish

A food must be certified Kosher

Pork is not eaten

Dairy products are not served with
meat products.





Hindu

Most are vegetarians and some will eat meat and poultry.

Non of them will eat beef as the cow is considered sacred.





Muslim

Do not eat pork or blood based product and all other meat must be blessed and slaughtered in a particular way.

No alcohol in the diet.





Buddhism

Mostly lacto-vegetarians and belief
in no harm to animals.





Revision Activity 6

What different religious diets are there when constructing a menu?