

MEAL PLANNING/MENU WRITING

The keys to combining various foods into well-planned meals are BALANCE of food nutrients and VARIETY of temperature, flavor, color, shape, texture, and amount. Menus are usually built around the main dish or protein food – meat or meat substitutes for lunch and supper; cereal and/or eggs for breakfast. Check to see if you need menus for just one meal or snack or a complete day's menus.

*Plan meals for good nutrition — include at least one serving from each of the Basic 5 Food Groups. A nutritious snack would have food items from one or more food groups. A day's menus should include total amounts of servings recommended in the Basic 5. Both meals and snacks will likely be in a day's planned menus.

*Contrast Temperatures in food. Most meals will provide at least one hot and one cold food - such as hot chicken, rice and peas; cold apple, milk; medium bread, cookie. Serve hot foods hot, cold foods well chilled.

*Stimulate the appetite with flavor differences: mild flavored rice, rich and meaty chicken; tart apple; sweet cookie. Never serve more than one sharp or highly flavored food at a meal.

*Choose foods with a variety of color: brown baked beans, green coleslaw, yellow cornbread, red gelatin.

*Vary shapes and forms of food at each meal; for example green peas look better with mashed potatoes than with whole round potatoes.

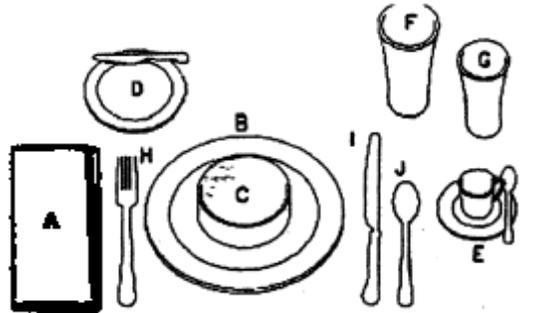
*Contrast textures of foods such as juicy orange wedges; crisp, chewy toast; smooth, fluid cocoa. Try to provide at least one crisp food at each meal.

*Figure the amount of food according to persons and occasion for which meal is planned.

In addition, plan to serve foods that are in season. Also make sure that that foods in a menu can be prepared within the available meal preparation time.

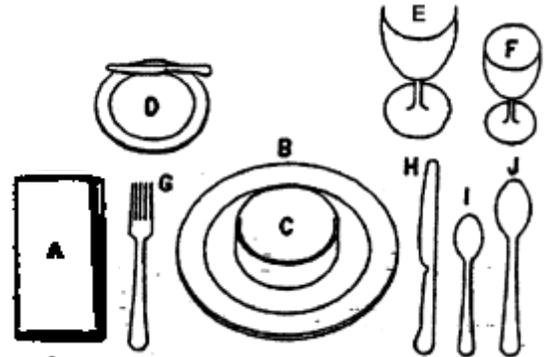
Turn this sheet over for “how to” suggestions on written menus.

Breakfast



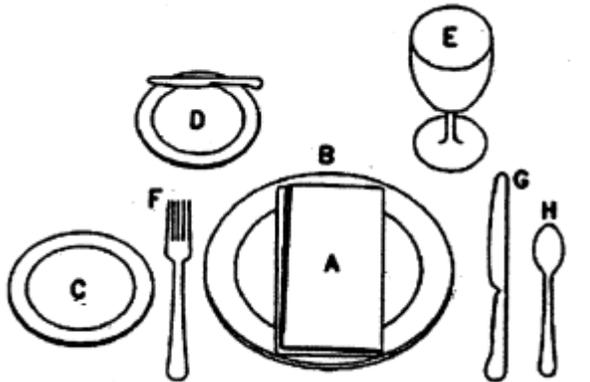
- A. Napkin
- B. Luncheon Plate
- C. Cereal Bowl
- D. Bread and Butter Plate
- E. Cup and Saucer with teaspoon
- F. Water glass
- G. Juice glass
- H. Fork
- I. Knife
- J. Teaspoon

Luncheon



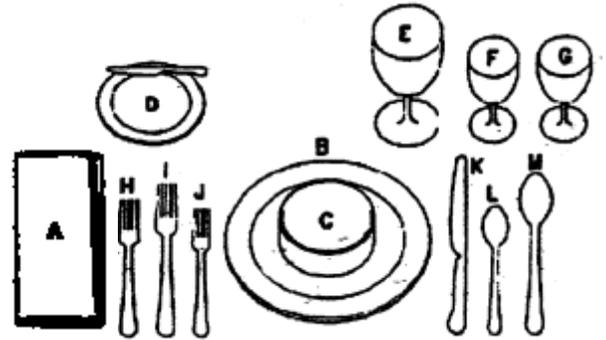
- A. Napkin
- B. Luncheon Plate
- C. Soup (or other first course plate) on a liner plate
- D. Bread and butter plate with butter knife
- E. Water glass
- F. Wine glass
- G. Luncheon Fork
- H. Knife
- I. Teaspoon
- J. Soup spoon

Family Dinner



- A. Napkin
- B. Dinner Plate
- C. Salad Plate
- D. Bread and Butter Plate with butter knife
- E. Water glass
- F. Fork
- G. Knife
- H. Teaspoon

Formal Dinner



- A. Napkin
- B. Service Plate
- C. Soup bowl on a liner plate
- D. Bread and Butter Plate with butter knife
- E. Water glass
- F. Wine glass
- G. Wine glass (if different in size, this wine glass should be the smaller)
- H. Salad Fork
- I. Dinner Fork
- J. Dessert Fork
- K. Knife
- L. Teaspoon
- M. Soup spoon

Napkin opens toward flatware.