



Menu Planning

Menu planning is the pivot of the food preparation operations in the marine industry. It is an advance plan of a dietary pattern, over a given period. The **Menu** is the summary of food dishes, designed to fulfil the nutritional needs of the crew. It is planned with a lot of care, keeping in mind the needs of the crew and what the galley can cater. Biggest advantage of a well-planned menu is that it leads to crew wellbeing and satisfaction. It also helps to motivate the galley team for a responsible and successful food service.

The aim of menu planning is to:

- Meet nutritional needs – (Food is part of medical therapy)
- Provide attractive, appetizing meals
- Simplify purchase, preparation, and storage of meals
- Plan meals within the food budget
- Meet/exceed crew expectations
- Provide quality, standardization & predictability

Menu planning is one of the important activities of galley operations executed by the Food committee, and the chief cook. Menu planning calls for careful thought on many factors that would determine the success.

Factors to be considered while planning:

- Stock in hand: Helps to plan the menu in accordance with storeroom availability
- Events and celebrations: Plan menu for the upcoming events first, and then the rest of the menu period accordingly
- Balanced Diet: To build a healthy meal, divide your dish into equal parts of lean protein, complex carbohydrates, and fibrous veggies
- Colour: Plan multiple colour combinations to break monotony
- Cooking method: Use multiple cooking methods in a meal (boil, fry, bake, sauté etc)
- Service time: Start and end time of the meal should be considered
- Production process: The type of production process implemented, such as traditional cook serve, centralized production, cook-chill, cook-freeze, etc, should be considered
- Convenience products: Whether full or part readymade items to be included
- Style of service: Consider the service style (regular sit-down buffet or party night)

Crew Expectations: Consider feedback and suggestions to incorporate them

* STAY SAFE STAY HEALTHY *

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