

TYPE OF MEAL

Breakfast: It is the first meal of the day served between 7 and 10.am. It offers all kinds of dishes that are suitable for the breakfast. Continental breakfast, English breakfast, American Breakfast and Indian breakfast menus are the commonly found menus. It may be in the form of table d' hotel and a- la carte.

Continental Breakfast: It is also termed as simple breakfast. It generally includes only bread and rolls with butter and preserves.

Breakfast rolls include croissant, brioche, Vienna rolls. Etc . Preserves include Jam, marmalade and honey but honey is not placed on the table unless it is required.

Term used in continental Breakfast

Café complet- continental breakfast with coffee

Café simple- only coffee with nothing to eat

The complet- Continental breakfast with tea

The Simple- Only tea, with nothing to eat.

English Breakfast:

It is heavy breakfast including the Fruit juices, stewed fruits, breakfast cereals , eggs, fish , meat, breads and beverages. Though the English breakfast is quite heavy traditionally, limited dishes are preferred by the guests.

American Breakfast:

American breakfast is neither too heavy nor light. It usually consist of eggs, juice, Bacon or sausage, toast or hash brown potatoes. It includes juice/ Fresh fruits, breakfast cereals, eggs to order, waffle/ pancake served with syrup and honey, choice of breads with butter and preserves. Coffee is the most preferred beverage. Chilled water is served before breakfast.

Indian Breakfast:

India is the land of varied culture, language and also of varied eating habits, Parathas, stuffed paratha, poori, masala etc are commonly served dishes in the North during breakfast along with bread and rolls, egg preparation. In south India Dosa idli, vada, pongal ,upama, khichadi etc. are served – not many south Indians take egg preparations during breakfast.

Brunch : Brunch refers to heavy mid-morning snacks that combines breakfast and lunch, consumed late in the morning between 10 and 12. Sandwiches, burgers, hot dogs, pastries, salad, vegetables patties, fried fish, steaks, cold and hot beverages are offered in the menu, Menu could be in the form of table d' hotel and a- la carte.

Lunch: This menu include dishes that are offering during lunch hours between 12 noon and 3 pm. During weekdays most consumers do not have much time during lunch hours, so restaurant offers dishes that can be quickly prepared and served or have table d' hotel menus and served buffet.

Afternoon Tea and Hi tea: It is served between 3 and 6 pm. The menu include bread, toast, sandwiches, scones, pastries, grills, fish. Salads, Kachori, samosa , cutlets, ice creams and so on with coffee or tea.

Dinner : This includes dishes that are offered during dinner hours between 7 and 11 p. m. During dinner, guest like to spend more time with their loved ones and entertain their business associates. They expect a relaxed and enjoyable dining experience after a long day of work. To address the requirement of guests, restaurants offer exotic dishes at dinner. Some serve wines to complement the dishes served. Indian restaurants serve tandoori dishes of different kinds and rich biryani and gravies. An a-la carte menu is generally offered during this time however table d' hotel menu is also available in the form of buffet service in most restaurant.

Supper : It is light evening meal mostly taken before dinner during evening social events. It is also served late at night. The menu for supper varies according to the time of the night. It is usually offered in night club, casinos, coffee shop and late night entertainment venues. Supper menu is usually an a- la- carte containing hot and cold dishes which are lighter and less elaborative than those served at dinner. Sandwiches, burgers, pizzas, salads, soups, light stews, fruits, beverages and so on may be served.