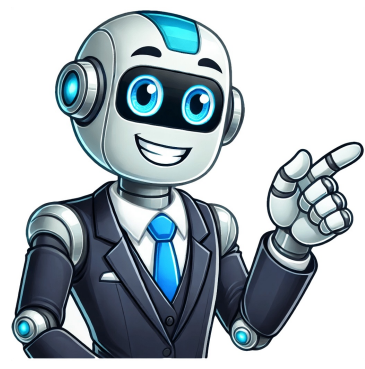


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Restaurant Menu Planning 101

Menu planning is one of the first things you should consider when opening a restaurant. Your menu will draw customers to you and differentiate your restaurant from the competition. So, settle in for an introduction to menu planning and a deep dive into the steps you need to take to create this process. What is Menu Planning for Restaurants? Typically, menu planning is the process of choosing what you'll have for each meal, as well as how many meals you'll have and when. For restaurants, it works in a similar way. Menu planning in the restaurant industry entails deciding what dishes you'll serve and their availability (breakfast, lunch, dinner, all day). The Importance of Menu Planning in a Restaurant Planning a menu for a restaurant includes deciding on your regular and special dishes, the ingredients you need, your supply sources, and so on to ensure your menu is profitable. Here's how menu planning benefits your restaurant: 1. Serve customers faster Everyone needs to be familiar with your menu and processes if you want your kitchen to run like a well-oiled machine. This will help you serve dine-in customers faster and deliver orders in record time. 2. Reduce food waste Food waste is among the main things to consider when making a menu. Predicting how much of each ingredient you'll need as accurately as possible will ensure you won't overbuy or underbuy ingredients. 3. Better organization Your storage space is a clear view of the ingredients you need and their quantity will help you organize your inventory better. Using the first-in-first-out method in which the ingredients you buy first are used first will also help. 4. Create an efficient team Everyone in your restaurant is familiar with the menu, ingredients, inventory system, and managing the inventory of materials, things will run smoothly for you and your customers. Knowing the resources at your disposal and the approximate number of customers you serve daily allows you to plan your employees' shifts accordingly. That way, no one is overworked or unmotivated. 5. Main Types of Menu Planning To help you better understand restaurant menu planning, we should look at the main types of menus you can offer at your restaurant and what each entails. So, what are the different types of menu planning you can do? 1. A la carte menu This type of menu lists the prices for the individual items separately, allowing customers more flexibility to combine the items however they want to make up their dream meal. 2. Du jour menu This type of menu, where no day is the same as the one before. 3. Cycle menu In this case, the menu, or part of it, repeats over a period of time. For example, you might serve Club sandwiches every Monday and Cuban sandwiches every Tuesday. You can easily combine this type of menu with a static menu to give customers a base of options they can choose from daily and special options they can choose from weekly. 4. Fixed menu While you can't change the menu, you can change the options. For example, you can have a fixed menu that offers an appetizer, main course, and dessert for a set price. A quick-casual restaurant might offer a fixed menu that includes a salad, a sandwich, and a drink for a set price. 5. Specialty menu This type of menu is designed to showcase a specific theme or ingredient. For example, a restaurant might offer a specialty menu that features only locally sourced ingredients. 6. Seasonal menu This type of menu changes with the seasons. It allows you to take advantage of seasonal ingredients and offers customers a unique dining experience. 7. Family-style menu This type of menu is designed to be shared. It typically includes a variety of dishes that are meant to be shared among a group of people. 8. Buffet menu This type of menu allows customers to serve themselves from a variety of dishes. It's typically used for large gatherings and events. 9. Pop-up menu This type of menu is designed to be temporary. It's typically used for special events or promotions. 10. Digital menu This type of menu is displayed on a digital screen. It allows you to update the menu easily and track customer preferences. 11. Interactive menu This type of menu allows customers to interact with the menu. For example, they can use a touch screen to select items or a QR code to view the menu. 12. Mobile app menu This type of menu is available on a mobile app. It allows customers to browse the menu and place orders directly from their phones. 13. Social media menu This type of menu is shared on social media. It allows customers to see the menu and place orders directly from social media. 14. Email menu This type of menu is sent via email. It allows customers to receive the menu and place orders directly from their email. 15. Text menu This type of menu is sent via text. It allows customers to receive the menu and place orders directly from their phones. 16. QR code menu This type of menu is accessed via a QR code. It allows customers to view the menu and place orders directly from their phones. 17. Kiosk menu This type of menu is accessed via a kiosk. It allows customers to view the menu and place orders directly from the kiosk. 18. Tablet menu This type of menu is accessed via a tablet. It allows customers to view the menu and place orders directly from the tablet. 19. Smart TV menu This type of menu is accessed via a smart TV. It allows customers to view the menu and place orders directly from the smart TV. 20. Voice menu This type of menu is accessed via voice. It allows customers to view the menu and place orders directly from their voice. 21. Gesture menu This type of menu is accessed via gesture. It allows customers to view the menu and place orders directly from their gestures. 22. Facial recognition menu This type of menu is accessed via facial recognition. It allows customers to view the menu and place orders directly from their faces. 23. Biometric menu This type of menu is accessed via biometric data. It allows customers to view the menu and place orders directly from their biometric data. 24. Augmented reality menu This type of menu is accessed via augmented reality. It allows customers to view the menu and place orders directly from their augmented reality. 25. Virtual reality menu This type of menu is accessed via virtual reality. It allows customers to view the menu and place orders directly from their virtual reality. 26. Mixed reality menu This type of menu is accessed via mixed reality. It allows customers to view the menu and place orders directly from their mixed reality. 27. Hologram menu This type of menu is accessed via holograms. It allows customers to view the menu and place orders directly from the holograms. 28. Projection menu This type of menu is accessed via projection. It allows customers to view the menu and place orders directly from the projection. 29. Interactive whiteboard menu This type of menu is accessed via an interactive whiteboard. It allows customers to view the menu and place orders directly from the whiteboard. 30. Touchscreen menu This type of menu is accessed via a touchscreen. It allows customers to view the menu and place orders directly from the touchscreen. 31. Stylus menu This type of menu is accessed via a stylus. It allows customers to view the menu and place orders directly from the stylus. 32. Pen menu This type of menu is accessed via a pen. It allows customers to view the menu and place orders directly from the pen. 33. Keyboard menu This type of menu is accessed via a keyboard. It allows customers to view the menu and place orders directly from the keyboard. 34. Mouse menu This type of menu is accessed via a mouse. It allows customers to view the menu and place orders directly from the mouse. 35. Joystick menu This type of menu is accessed via a joystick. It allows customers to view the menu and place orders directly from the joystick. 36. Trackball menu This type of menu is accessed via a trackball. It allows customers to view the menu and place orders directly from the trackball. 37. Touchpad menu This type of menu is accessed via a touchpad. It allows customers to view the menu and place orders directly from the touchpad. 38. Trackpoint menu This type of menu is accessed via a trackpoint. It allows customers to view the menu and place orders directly from the trackpoint. 39. Touchscreen keyboard menu This type of menu is accessed via a touchscreen keyboard. It allows customers to view the menu and place orders directly from the touchscreen keyboard. 40. Stylus keyboard menu This type of menu is accessed via a stylus keyboard. 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recipe suggestions or cooking ideas. Finally, dont forget to keep a record of past menus and recipes, to make it easier to plan and repeat favorite dishes.We independently select these productsif you buy from one of our links, we may earn a commission. All prices were accurate at the time of publishing.To the uninitiated, meal planning can feel like an elusive practice or an overwhelming task, but thats usually because we think about meal planning from the end point when all the recipes have been selected, when all the groceries have been shopped for, and a week of dinners were successfully made. Put all the information in front of a newbie and their eyes grow wide with one resounding question: But how do I do it? Weve identified the simplest, most effective system for meal planning and broken it down into three key steps: selecting recipes, shopping for ingredients, and prepping your meals. These steps might seem pretty obvious, and for the most part they are, but theres critical strategy within each of them. Its this strategy that makes meal planning worth its weight in gold or maybe just the money it saves you! Along the way were going to cover what to skip, whats absolutely essential for success, and share a few bonus pro tips you can implement as you find your own rhythm. Youll leave this guide with a detailed playbook on how to craft your own meal plan so that eternal question of whats for dinner can be asked and answered. Lets get into it.Meal planning is asking the whats for dinner question once for the whole week, instead of every night, and then shopping for and prepping the ingredients before cooking. We believe the simplest way to approach meal planning is with three steps. Select your dinners (and their recipes, if needed). Shop for ingredients. Prepare those ingredients. Meal planning can be very helpful, streamlining the process of getting all of the meals for the week on the table, but it isnt the holy grail. Youve got to tailor planning to fit your needs and give yourself leeway to experiment and find a system that works for you. Youve also got to make room for pizza night we feel very strongly about pizza night! Now, were not asking you to do deep soul searching, just a bit self assessment. In fact, the easiest way to answer the what do you need question is to consider why youre interested in meal planning at all. From there we can hone in on how to get there. So for your consideration, here are a few prompts. Are you looking for variety? To save money? Eat better? Prevent food waste? Preserve you sanity? Or to have a ready answer to the daily question from your partner or kids of whats for dinner? Meal planning is one of those situations where you can indeed have it all, but lets do this slowly. Burnout is real, so if youre a beginner, pick just two or three of the things that matter most and keep them in consideration when you move on to the next step of picking the recipes our favorite part! Choosing your recipes puts the philosophy of meal planning and the reasons why youre doing it into action. In fact, we think its the most critical step since it sets this whole process in motion. Start thinking about your meal plan at least three days before you want to give it a go so you have a few days to make a shopping list, shop, and prep. Heres how we recommend you pick your recipes. Decide how many meals to plan for. Decide the number of nights you want to make dinner at home. Five nights is ideal for many households, but for some people three nights is the sweet spot. Choose meals that create leftovers: Big batch cooking and meals that can be repurposed in a few ways make cooking for the week quicker and easier. Cook recipes you know + one new recipe: This is a pro move! Assemble that master list of recipes you know by heart the ones you make week after week and know your family loves. Then add one or two new recipes each week. Pick recipes based on common ingredients: This starts with looking at what you already have in your fridge, freezer, and pantry. Shopping your home kitchen can help you decide on recipes and avoid wasted food. This is the money-saving aspect of meal planning in full effect. Cook things you really want to eat: You might have to spend some extra time uncovering recipes that are right for you, but its worth it if you still cant wait to eat them. So, were saying the obvious on this one: Only cook things you want to eat! Okay, youve got your recipes. Well done, you! Now what do you need to make them? Before you head to the grocery store we recommend trying this two-step process of making an ingredient list and then a grocery list. This isnt as tedious or time-sensitive as it sounds. If you make your final grocery list this way, you wont ever buy another bag of shredded cheese or bunch of herbs when you already have some in the fridge! Make a master ingredient list: This is not your grocery list, its a helpful step of taking an inventory of whats in your kitchen. Start by going through each recipes ingredient list to make up the master list of things youll need for the week. Then go through your kitchen and cross off anything you already have. Now youve got a very accurate list you can turn into a grocery list. Make the grocery list: Begin by grouping ingredients together by departments in the grocery store. Take it a step further and put those sections in order of how you like to hit the store. A word to the wise: Leave the frozen section for the end, and swing by the meat department first if you want them to dice up meat for you or separate a package of chicken breast all things your grocery store butcher certainly can and will do. Dont forget those reusable grocery bags before you head to the store!This is the step that will help you beat cooking fatigue during the week. Youve got to do some prep! We recommend you set aside an hour or two on Sunday for batch cooking and pre-chopping ingredients. What specific tasks you should front-load depends on the recipes youve chosen for the week, but chopping veggies, washing and drying lettuce and herbs, and cooking proteins ahead of time can all be a massive help. Meal planning is not difficult, but its not a walk in the park either especially when youre new to it. So if you showed up here seeking to make your life in the kitchen a bit calmer because of it, youre already well on your way. Every time you go through the process of meal planning you learn what not to do, the places where to improve on next week, what you can skip, and how to customize the entire practice to fit your needs. Continuing to do it only makes you better. All of us here at Kitchn are at different places in our meal planning practice, which means weve got a whole bag of tricks to share including the ones learned from our gaffes. We put them all in once place, so have a look and learn from them before you begin your meal planning journey!

What are the steps involved in menu planning. What is menu planning.