

Types of Meals

Introduction

From time immemorial people have been trying to set a schedule for meals and most appropriate dishes according to the time. There had been several changing concepts on time and nature of meals, due to advent of science mingled with culture and religion.

Various Types of Meals

On an average human body requires consuming a substantial meal for every 4 hours. It means 3 major meals a day are required for fueling a body. Other than these three major meals, some light meals are also consumed for socializing. All these meals are given different names based on the time they are served or consumed.

Breakfast/ Petit Dejeuner: The breakfast must supply instant energy through simple carbohydrates. It should be soft and light, preferably liquid or semisolid as the digestive system is not ready to take solid, which is difficult to digest.

It starts with fruit juice and follows with fresh cut fruits, cereals, egg to order, breakfast meats like bacon, ham or sausages, waffles or pancakes with maple syrup supplemented with butter, bread and preserves, finally a liquid like tea/ coffee to stimulate nervous system. An ideal time for Breakfast is 0600-0900hrs.

Brunch: It is a meal between breakfast and luncheon. This is for those people, who skip their breakfast and want to have a heavy fusion meal together; a combination of breakfast and lunch. The fundamental principle of brunch is to have easily digestible, light, semisolid food but in substantial quantity. Along with a regular breakfast menu, soup- like starter and a dessert may be incorporated at the end. Typically brunch is offered between 1100-1300hrs, close to lunch time but still before.

Lunch/ Dejeuner: Europeans enjoy an excellent lunch with several courses ranging from appetizers, pasta, items made of chicken, pork, veal & beef, and finally closes with, cheese and desserts. An ideal time for luncheon service is 12hrs-15hrs.

Lunch menus are usually smaller than dinner ones with more simple dishes. The emphasis is placed on stews, roast joints, grilled meats, cold buffets and steamed puddings.

Afternoon Tea: The English have made the late afternoon meal into a fine art. This meal is suitable for the people, who skipped their lunch. It offers a variety of sandwiches, assorted breads, choice of pastries (scones, doughnuts and cakes) and various types of tea. It is served around 1500-1700hrs.

High tea: An elaborate snacks display with plenty of sweets like cookies, tea fancies, pastries along with few meat dishes such items as grills, toasted snacks, fish and meat dishes, salads, cold sweets and ices served to satiate the hunger of those who had worked hard in the industrial towns till the evening. It is served after 1700hrs generally.

Dinner/ Diner: The dinner is more elaborate as guests have more time and leisure for eating. Dinner is the main meal of the day. Dinner menus comprise highly garnished, classical dishes. A well – stocked wine list is offered in addition to the food menu. All the items that are served in lunch can be served in the dinner. It is generally taken between 1900e-2230hrs.

Supper/ Souper: Supper is the name for the evening meal in some dialects of English – ordinarily the last meal of the day. In the middle ages, it is referred to the lighter meal following dinner. And it is taken late in the evening between 2230-0500hrs.

It is a less formal meal and is for the people, who missed their dinner. Sometimes it is also taken by those, who had early dinner as a light soft meal before bedtime. A typical supper menu includes a soup, meat dish with vegetables and a light dessert.

Breakfast

Breakfast is the first meal of the day. As the time gap between the breakfast and dinner remains very large, in the morning one is deficient of all the important nutrients, specially which are water soluble in nature and cannot be stored in the body. Therefore the breakfast must supply instant energy through simple carbohydrates. It should be soft and light, preferably liquid or semisolid as the digestive system is not ready to take solid, which is difficult to digest.

There are mainly three types of breakfasts. They are

- Continental Breakfast
- American Breakfast
- English Breakfast

Continental Breakfast: This breakfast is very simple and has got only three courses. This is a European breakfast.

- Choice of Fruit Juice
- Choice of Breakfast rolls

- Choice of Beverages

Choice of Fruit Juice: Canned or fresh fruit juices are offered in this course. Fresh juice is served in a pony tumbler with an under liner and a teaspoon. Accompaniments for all juices are castor sugar, while for tomato juice, the accompaniments is Worcestershire sauce.

E.g.: Pineapple, Mango juice.

Choice of Breakfast Rolls: Breakfast rolls include Croissants, Muffins, Danish pastry, Dough nuts, Vienna rolls, Brioche, White bread and Wheat bread. Rolls are always accompanied with preserves like jam, honey, marmalade and butter.

Choice of Beverages: Hot beverages are served in this course. Tea, coffee, tisanes, hot chocolate, and proprietary beverages like Horlicks, Ovaltine etc. are served in this course.

American Breakfast: This breakfast is neither too heavy like English nor light like continental breakfast.

- Choice of Fruit Juice
- Choice of Cereals
- Choice of Eggs
(or)
American Pancakes or Waffles
- Choice of Breakfast rolls
- Choice of Beverages

Choice of Fruit Juice: Canned or fresh fruit juices are offered in this course. Fresh juice is served in a pony tumbler with an under liner and a teaspoon. Accompaniments for all juices are castor sugar, while for tomato juice, the accompaniments is Worcestershire sauce. Now a day in few hotels, stewed fruits are also offered as a substitute to this course.

E.g.: Pineapple, Mango juice.

Choice of Cereals: Cereals can be served with both hot and cold milk. If the guest is having cereal with hot milk, castor sugar is served and if having with cold milk sugar syrup is given. Cereals are served in a nappy bowl with sweet spoon.

E.g.: Corn flakes, Rice flakes, Porridge, Oatmeal.

Choice of Eggs: Assorted varieties of omelets (plain, masala, Spanish), scrambled, boiled; poached eggs are served with grilled tomatoes and hash brown potatoes. These can be accompanied with ham, bacon and sausages also. Eggs are served in half plates with the exception of boiled eggs, which are served in eggcups.

E.g.: Scrambled egg, mushroom omelet, tomato Omelet

American Pancakes or Waffles: Pancakes and waffles are served with melted butter, honey and maple syrup. (Maple syrup is made up of maple flowers cooked in sugar syrup.)

Choice of Breakfast Rolls: Breakfast rolls include Croissants, Muffins, Danish pastry, Doughnuts, Vienna rolls, Brioche, White bread and Wheat bread. Rolls are always accompanied with preserves like jam, honey, marmalade and butter.

Choice of Beverages: Hot beverages are served in this course.
e.g.: Tea, Coffee etc.

English Breakfast: A full English breakfast menu may consist of two to eight courses. The extent and variety depend on the type of establishment in which it is being served. In modern, we expect to see on the English menu such items as yogurts, Continental pastries, home made preserves, muesli, decaffeinated coffee and mineral water etc.

Though the English breakfast is quite heavy traditionally, limited dishes are only preferred by the guests.

- Choice of Fruit Juice
- Choice of Stewed Fruits
- Choice of Cereals
- Choice of Fish
- Choice of Eggs
- Choice of Meat
- Choice of Breakfast rolls
- Choice of Preserves
- Choice of Beverages

Choice of Fruit Juice: Canned or fresh fruit juices are offered in this course. Fresh juice is served in a pony tumbler with an under liner and a teaspoon. Accompaniments for all juices are castor sugar, while for tomato juice, the accompaniments is Worcestershire sauce.
E.g.: Pineapple, Mango juice.

Choice of Stewed Fruits: Apples, prunes, figs, pears etc are cut into small pieces and cooked in sugar syrup flavored with clove and cinnamon. It is served in a cocktail cup with an under liner and teaspoon.

Choice of Cereals: Cereals can be served with both hot and cold milk. If the guest is having cereal with hot milk, castor sugar is served and if having with cold milk sugar syrup is given. Cereals are served in a nappy bowl with sweet spoon.
e.g.: Corn flakes, Rice flakes, Porridge, Muesli, Oatmeal.

Choice of Fish: Fried or grilled fish is served in this course. It is accompanied with lemon butter and tartar sauce.
E.g.: Grilled herring, fried smelt, fried sole, grilled haddock.

Choice of Eggs: Assorted varieties of omelets (Plain, masala, Spanish), scrambled, boiled, poached eggs are served with grilled tomatoes, baked beans and hash brown potatoes. These can be accompanied with ham, bacon and sausages also. Eggs are served in half plates with the exception of boiled eggs, which are served in eggcups.

E.g.: Scrambled egg, mushroom omelet, tomato omelet

Choice of Meat: Meats usually accompany egg in the form of bacon, kidneys, ham, calf's tongues, livers and sausages.

Choice of Breakfast Rolls: Breakfast rolls include Croissants, Muffins, Danish pastry, Dough nuts, Brioche, Vienna rolls, White bread and Wheat bread. Rolls are always accompanied with preserves like jam, honey, marmalade and butter.

Choice of Beverages: Hot beverages are served in this course.

E.g.: Tea, Coffee etc.

Indian breakfast

In West Bengal, breakfast may include luchi, puffed rice crisps with milk, jaggery and fruits. The luchi is served with a vegetable curry. *Pantabhat*, a semi-fermented rice, which has a mild pungent flavor is also popular. It is sometimes taken with dal and chillies.

Usual North Indian breakfast consists of stuffed or unstuffed *parathas* with fresh butter, cooked vegetables especially *aloo sabzi*. *Chholey bhatura* and *rajma-chawal* are also widely prevalent breakfasts dishes among the rural communities.

The Muslim breakfast of North India, especially Delhi and Uttar Pradesh, consists of *shermal and taftan*. Popular accompaniments include sweets such as *jalebi*, *halwa*, and sweetened milk. *Samosas* and *dahi jalebi* (a combination of jalebi with yogurt) comprise standalone breakfast items in Uttar Pradesh and its surrounding parts.

Gujarati breakfast items include *dhokla*, *sev-khamni*, *theplas* (a form of *paratha*), *bhaakhri*, and assorted hard and crispy masala puris with pickles. A dip for the *theplas* is also made by mixing pickle with yogurt. In urban areas, omelettes and simple butter sandwiches are becoming a popular breakfast food

In Maratha land, *poha*, *upma*, *idli*, *thalipit*, and *shira* (similar to *kesaribath*) are frequently eaten for breakfast.

In South India, the most popular breakfast has several possible main dishes, such as *idli*, *vadas*, *dosa*, *upma*, and *savory pongal*. These are most often served with hot *sambar* and at least one kind of *chutney*. This is usually followed by a tumbler of filter coffee.

In Karnataka, Tamil Nadu, and Andhra Pradesh especially, rice porridge (known as congee, *kanji* or *ganji*) is also traditional breakfast. It is served with various condiments such as pickles, nuts, coconut chutney or curry.

Kerala's traditional breakfast includes *puttu* eaten with *kadala* (black chana curry) or ripe bananas, *porotta* (eaten with chicken, mutton or vegetable curry), *appam*— *paalappam*, *vellayappam*, *kallappam*, *noolappam* or *idiyappam* — with *egg curry* or *vegetarian stew*, *meen* curry

Breakfast is usually followed by a cup of tea or coffee, both made with milk and sugar. Children are encouraged to drink milk instead of tea (Fig. 7.7).

Buffet Breakfast - European

Buffet breakfast usually consists of the following;

- Two or three fruit juices
- Fresh-cut fruits
- Choice of flakes with hot and cold milk
- Cereals such as porridge, oat meal etc.
- Choice of yoghurts
- Grilled, fried or smoked fish
- Eggs to order from the live counter
- Vegetable preparations such as baked beans, hash brown potatoes, grilled mushrooms and grilled tomatoes.
- Meat products such as kidneys, bacon, ham, liver
- Toasted white bread or breakfast rolls like croissants, muffins and Danish pastry
- Choice of preserves like honey, jam, marmalade and butter
- Choice of hot beverages like tea, coffee, and proprietary drinks

Afternoon Tea

The afternoon tea menu usually consists of some or all of the following items, which are generally served in the order, in which they are listed.

- Beverages
- Hot toasted items like hot buttered toast, teacake and crumpets
- Assorted afternoon sandwiches like cucumber, smoked salmon, tomato
- Warmed scones (with butter or clotted cream)

- Bread and butter along with preserves
- Gateaux and pastries

High Tea

Traditionally, High Tea was a working class meal served on a high table at the end of the workday, shortly after 1700hrs. It was a heavy meal of meat dishes, fish dishes, vegetables and other heavy foods such as baked beans and cheese casseroles. The High Tea menu usually consists of some or all of the following items;

- Beverages
- Hot snacks like grilled fish and meat – steak and shepherds pie etc
- Hot toasted items like hot buttered toast, teacake and crumpets
- Assorted afternoon sandwiches like cucumber, smoked salmon, tomato
- Warmed scones (with butter or clotted cream)
- Bread and butter along with preserves
- Gateaux and pastries
- Ice creams and cold sweets