

CHAPTER XXII

The Planning of Menus

THE PROBLEM of three meals a day is one confronting every homemaker and it is most easily met by planning several days in advance, rather than only for the next meal to come. Weekly planning of menus has these advantages:

(1) It permits of a wise spending of money to give the family its proper food.

(2) It does not make the housewife flurried at the last moment trying to decide what to have and so conserves her nerve energy, strength and time.

(3) It admits of a greater variety in meals and a better and more economical use of left-overs.

PRINCIPLES OF MEAL PLANNING

The day's menu should include some of all of the foods which are essential to proper nourishment of the whole family.

Main or "Staying" Dish

Each meal should include a main or "staying" dish in order that one may not become unduly hungry before the next meal. The fats and foods containing a fat, either as an ingredient or one cooked in fat, stay by one the longest. For that reason, such foods as pork, sausage, pie, fried foods, etc., are in favor with those who are at severe work. They are not, however, desirable in the diet of those who live sedentary lives or of children. Foods served with sauces, or the cereals, which are cooked and served with cream, have the ability to give a satisfied feeling for a considerable time. Meats, milk and other protein foods also stay in the stomach from two to three hours, where the first part of their digestion takes place.

Vegetables

The use of at least two vegetables at dinner, one of which is a green one, is desirable. Fruit fills the same place in the menu at breakfast and may at lunch or supper. An

abundant supply of both in the diet, together with milk, protects the family from many ills and furnishes adequate body regulators for proper nutrition.

If one must count the calories, because of adding weight, it is best to choose the greater part of the meal from vegetables having more bulk and less food value. The following lists show the composition of fruits and vegetables:

FOODS ARRANGED APPROXIMATELY ACCORDING TO PERCENT OF CARBOHYDRATES (STARCHES AND SUGAR)

(From Nutritional and Clinical Dietetics, by Carter, Mason and Howe.)

Vegetables

5 percent		10 percent	15 percent	20 percent
Lettuce	Cauliflower	Onions	Green peas	Potatoes
Spinach	Tomatoes	Squash	Artichokes	Shell beans
Sauerkraut	Rhubarb	Turnip	Parsnips	Baked
String	Egg plant	Carrots	Canned lima	beans
beans	Leeks	Okra	beans	Green corn
Celery	Beet	Mushrooms		Boiled rice
Asparagus	greens	Beets		Boiled
Cucumbers	Water cress			macaroni
Brussels	Cabbage			
sprouts	Radishes			
Sorrel	Pumpkin			
Endive	Kohlrabi			
Dandelions	Broccoli			
Swiss chard	Vegetable			
Sea kale	marrow			
Miscellaneous: Unsweetened and unspiced pickles, clams, oysters, scallops, liver, fishroe.				

Fruits

5 percent	10 percent	15 percent	20 percent
Ripe olives	Lemons	Apples	Plums
(20 percent fat)	Oranges	Pears	Bananas
Grapefruit	Cranberries	Apricots	
	Strawberries	Blueberries	
	Blackberries	Cherries	
	Gooseberries	Currants	
	Peaches	Raspberries	
	Pineapples	Huckleberries	
	Watermelons		

Nuts

5 percent	10 percent	15 percent	20 percent
Butternuts Pignolias	Brazil nuts Black walnuts Hickory nuts Pecans Filberts	Almonds Walnuts (English) Beechnuts Pistachios Pine nuts	Peanuts 40 percent Chestnuts

Cereals

Cereals in the form of breakfast foods should be included, particularly if there are children in the family. Breads, of course, form a very important article in our diet.

Desserts

The use of a great deal of sweet foods is not desirable as such foods ferment easily and thus bring on digestive troubles.

Simple desserts of fresh and canned fruits are best in families where there are children.

Color and Form

The attractiveness of the food served plays an important part in meal planning. The use of colors which do not harmonize should be avoided, as tomatoes and beets at the same time. There should also be a variation in the foods served, using foods of fine texture as potatoes, rice, etc., with those of coarser ones as fruit and bulky vegetables, etc. The same food should not be used in different forms in the same meal. In meal planning, foods should not be of the same texture, as all liquids, or served with sauces. One sauce is sufficient in any meal.

Flavor

While foods without a particular flavor, as milk, cereals, some vegetables, etc., must furnish the major part of the diet, each meal needs some food of a pronounced flavor, as meat, cheese, some seasoning or sugar, to give that quality

to a meal which stimulates the appetite as well as furnishes food nutrients.

THE IDEAL DIETARY

The ideal dietary for a day should contain protein in the form of meat at one meal, an egg for its protein and iron, and either milk or cheese for its calcium as well as protein. At least once each week a saltwater food is essential for its protein and iodine content. At least five vegetables and fruits should be included each day, arranged according to the homemaker's convenience. One vegetable should be leafy and at least one vegetable or fruit should be uncooked. A citrus fruit or tomato juice should be included each day if there are children. Legumes are advisable once a week for their phosphorous and iron content.

Garnishes

A garnish is an addition to food to make it more attractive to the eye, thereby increasing the flow of digestive juices by this stimulation. It may also add to the food value of the dish as a garnish of eggs. A garnish should not disguise a dish nor should it detract from the food itself by being cut unattractively. The color of the garnish should make a good color combination also with the food. A garnish should not interfere with the serving of the dish.

Paprika—A dash of paprika in a cream soup, creamed or baked potato, after it is opened, or on a bit of salad dressing, is effective.

Parsley is always an attractive garnish for eggs, meats, fish and poultry. It is sometimes chopped and sprinkled over cream soups and creamed dishes, also. To chop parsley, gather leaves firmly together in the left hand and hold against the surface of a cutting board. With a sharp, thin-bladed knife, shave off thin sections. Then, guiding the knife with the left hand, chop the sections in small pieces. A sharp, thin-bladed knife must be used or the bits of parsley will look bruised.

Pimentos or Green Peppers—Strips, rings or designs cut out of either the red or green pepper are pleasing garnishes to an otherwise colorless dish.

Maraschino cherries may make a very simple dessert appear festive, as also does a bit of jelly.

Bread and toast are often used as garnishes. Bread may be made into cases for holding creamed dishes. These cases are usually browned in the oven after buttering. Toast points and toast cut in strips adds to the food value of egg and creamed meat or fish, as well as improving the appearance.

Buttered crumbs, browned in the oven, add to the attractiveness of escalloped dishes.

Pastry cases may also be used as garnishes. Swedish timbale shells may have rim dipped in egg white, then in chopped parsley before filling.

Eggs, sliced neatly, are used to garnish salads and jellied meats.

Cheese, grated and melted in the oven, adds a flavor as well as a garnish to some egg and cereal dishes.

Lettuce is the usual foundation for all salads. Watercress, chickory and curly endive may also be used.

Whipped cream is often used to garnish desserts. It may be put on with a pastry tube.

Vegetables cut in fancy shapes may be used as a garnish in soups. Poached egg yolks may also be used in the same way.

Lemon is a garnish most suitable for meats and fish as well as some vegetable dishes. It may be quartered or sliced very thin. The slices may have the rind removed if the color does not fit in the color scheme. They may be sprinkled with chopped parsley, or, by way of variation, with paprika.

Olives and red radishes, sliced thinly, are used with salads and meats. Capers, too, are often used to add color.

Meringues are used chiefly as garnishes for pastry or for cases as foundations for fancy desserts.

Color—The use of vegetable coloring to give the necessary tint to carry out a color scheme is desirable, but too much of it mars rather than improves the appearance. Unusual colors for foods are not appetizing.

MENUS FOR DINNERS

1

Color Scheme: Cardinal and Gold.

ROAST HAM

SWEET POTATOES AU GRATIN

APPLE SAUCE

WHOLE WHEAT BREAD

CREAMED CARROTS

COTTAGE CHEESE

APRICOT SOUFFLE

2

Color Scheme: Red and White.

ROAST VEAL

CREAMED POTATOES

PEAS

PERFECTION SALAD

WHOLE WHEAT BREAD

STRAWBERRY SPONGE

3

Color Scheme: Red and White.

PRIME RIB ROAST

BROWNEED POTATOES

GRAVY

HARVARD BEETS

WHOLE WHEAT BREAD

BUTTER

PERFECTION SALAD

STRAWBERRY SHORT CAKE

4

Color Scheme: Orange and Green

PLANKED ROUND STEAK

MASHED POTATOES

GLAZED CARROTS

WHOLE WHEAT ROLLS

BUTTER

PRUNE PINEAPPLE SALAD

ICE CREAM

5

Color Scheme: Red and Yellow.

PLANKED STEAK	POTATO ROSES
BUTTERED CARROT RINGS	RADISHES
WHOLE WHEAT ROLLS	
BEET AND EGG SALAD	
STRAWBERRY BAVARIAN CREAM	COFFEE

6

Color Scheme: Yellow and Green

PORK LOIN ROAST	FRIED PINEAPPLE RINGS
CREAMED NEW POTATOES AND PEAS	
CUCUMBER CUPS WITH TARTARE SAUCE	
PEACH TAPIOCA	ROLLS
	COFFEE

7

Color Scheme: Pink and Green

ROAST HAM	SAVORY POTATOES
STUFFED BAKED TOMATO	RADISH ROSES
HEAD LETTUCE SALAD WITH THOUSAND ISLAND DRESSING	
WHOLE WHEAT ROLLS	
STRAWBERRIES AND PINEAPPLE	TEA CAKES
COFFEE	

8

Color Scheme: Apricot and Cream.

ROAST BEEF AND DRESSING MASHED POTATOES AND GRAVY
 HEAD LETTUCE THOUSAND ISLAND DRESSING
 ASPARAGUS
 HOT ROLLS MARMALADE
 RHUBARB SHORTCAKE
 COFFEE

9

Color Scheme: Red and Green

LAMB ROAST MASHED POTATOES
 CREAMED ASPARAGUS
 BUTTERED ROLLS MINT JELLY
 POINSETTA TOMATO SALAD
 COCOANUT MERINGUE PIE
 COFFEE

10

Color Scheme: Orange and Green

PORTERHOUSE STEAK PARSLEY NEW POTATOES
 BUTTERED PEAS
 WHOLE WHEAT BREAD BUTTER
 PEACH MARMALADE
 CARROT AND CELERY SALAD
 ORANGE SHERBET VANILLA WAFERS
 COFFEE

*INFORMAL BUFFET LUNCHEONS**Color Scheme: Yellow and White*

SALMON SALAD	SCALLOPED SWEET POTATOES
BAKING POWDER BISCUITS	ORANGE MARMALADE
APRICOT SOUFFLE	MARGUERITES

Color Scheme: Cardinal and Gold

TUNA FISH SALAD

SARATOGA CHIPS	BUTTERED STRING BEANS
HOT ROLLS	CHERRY PRESERVES
CHOCOLATE CHARLOTTE RUSSE	
COFFEE	
NUTS	CANDIES

*SEMI-FORMAL BUFFET LUNCHEONS**Color Scheme: Yellow and Green*

CHICKEN SALAD	POTATO CHIPS
OLIVES	
BUTTERED CARROTS	LETTUCE SANDWICHES
ORANGE CREAM SHERBET	COCOANUT COOKIES
COFFEE	

Color Scheme: Cardinal and Gold

(Red tulips or roses; or calendulas, jonquils, yellow tulips)

HAM LOAF

STUFFED BAKED POTATOES	FRENCH FRUIT SALAD
SANDWICHES	RADISHES
LEMON SHERBET	
COFFEE	
ROLL COOKIES	SALTED NUTS

*FORMAL BUFFET LUNCHEONS**Color Scheme: Cardinal and Gold*

SALMON CROQUETTES	BAKED TOMATOES
CHEESE BISCUITS	TOURAINÉ FRUIT SALAD
RASPBERRY ICE	ECLAIRS
TEA	

Color Scheme: Red and Green

CREAMED MOCK CHICKEN IN TIMBALES	
PARSLEY POTATOES	
MINT PERFECTION SALAD	MAYONNAISE
PARKER HOUSE ROLLS	BUTTER
STUFFED OLIVES	
ANGEL CAKE WITH RED AND GREEN CANDIES	AND WHIPPED CREAM
COFFEE	

Color Scheme: Pink and White

(Pink and White Sweet Peas)

JELLIED CHICKEN	ESCALLOPED POTATOES
POINSETTA TOMATO SALAD	RUSSIAN DRESSING
BUTTERED ROLLS	OLIVES
ANGEL FOOD WITH WHIPPED CREAM AND STRAWBERRIES	
COFFEE	

Color Scheme: Red and Green

VEAL CROQUETTES WITH TOMATO SAUCE	
HOT POTATO SALAD	STUFFED CUCUMBERS
HOT ROLLS	APPLE JELLY
STRAWBERRIES EN TARTE	COFFEE
	SALTED NUTS

FORMAL LUNCHEONS

I

Color Scheme: Green and Gold

Flowers—Jonquils and ferns.

Nut cups—Handpainted jonquils; white place cards.

BOUILLON

TOAST POINTS

VEAL CUTLETS

BAKED STUFFED POTATOES WITH PEPPERS

CREAMED CARROTS

OLIVES

SWEDISH ROLLS

YELLOW TOMATOES ON LETTUCE LEAF

SALTINES

ORANGE SHERBET

COCOANUT KISSES

COFFEE

II

Color Scheme: Rose and Yellow

Yellow tea roses and rose tulle.

Simple nut cups decorated with yellow and red roses, white place cards with rose in corner.

FRUIT COCKTAIL

CREAMED CHICKEN IN PATTIES

SWEET POTATOES, SOUTHERN STYLE

HOT ROLLS

CHERRY PRESERVES

SMALL BEETS MOLDED IN GELATIN

CHEESE STRAWS

ICE CREAM

MOCHA CAKES

III

Color Scheme: Yellow and Rose

Flowers: Yellow daffodils. Nut cups: Yellow crepe paper.

Place cards: Plain.

HALF GRAPEFRUIT—CHERRY

ESCALLOPED CHICKEN

POTATO ROSES

HOT ROLLS

BUTTERED CARROTS

STUFFED TOMATO SALAD

CHEESE STRAWS

INDIVIDUAL STRAWBERRY SHORTCAKE

GARNISHED WITH WHIPPED CREAM

COFFEE

CANDIED ORANGE PEEL

SALTED ALMONDS

IV

Color Scheme: Golden Brown and Red

Flowers: Red roses.

Nut cups: Trimmed with gilded paper.

Place cards: Plain with gold edge.

TOMATO SOUP

CROUTONS

CHICKEN PIE

PARSLEY POTATOES

HOT BUNS

BUTTERED BEETS

CANDLE SALAD

CRACKERS

CARAMEL ICE CREAM

LEMON WAFERS

COFFEE

SALTED PECANS

RED CANDY STICKS

IX

Color Scheme: Pink and Green

Rose nut cups, plain place cards, roses.

STRAWBERRIES

CREAMED CHICKEN IN TIMBALES

POTATO ROSES

BUTTERED ASPARAGUS

HOT PARKER HOUSE ROLLS

RADISH ROSES

MOLDED BEET SALAD

WAFERS

PARFAIT

NUTS

COFFEE

MENUS FOR SPECIAL HOLIDAYS

Special holiday dinners may include national or traditional family dishes as a special feature. Around holiday dinners, family traditions are built up, and for the home-maker's additional preparation, such family spirit may compensate.

Thanksgiving Day

1

CREAM OF TOMATO SOUP

ROAST TURKEY

SOUTHERN GIBLET GRAVY

MASHED POTATO CROQUETTES

CAULIFLOWER WITH HOLLANDAISE SAUCE

CRANBERRY JELLY

CIDER ICE

HEAD LETTUCE SALAD

FRENCH CREAM DRESSING

INDIVIDUAL PUMPKIN PIES

WHIPPED CREAM

NUTS

RAISINS

2

HALVES OF GRAPEFRUIT

ROAST DUCK

APPLE STUFFING

BAKED SWEET POTATOES

BAKED SQUASH

COLD SLAW

CIDER

INDIAN PUDDING

FOAMY SAUCE

NUTS

COFFEE

3

FRUIT COCKTAIL

CHICKEN FRICASEE WITH BAKING POWDER BISCUIT

SCALLOPED SWEET POTATOES

BUTTERED ONIONS

CELERY

PUMPKIN PIE

St. Valentine's Day

BREADED VEAL CUTLETS

SCALLOPED POTATOES

BUTTERED PEAS IN HEART SHAPED TIMBALES

ROLLS

PICKLES

TOMATO JELLY

LETTUCE SALAD

CHEESE CRACKERS

SNOW PUDDING, GARNISHED WITH HEART-SHAPED PIECES OF

RED GELATIN

HEART-SHAPED COOKIES

George Washington's Birthday

CREAM OF CORN SOUP

SCALLOPED OYSTERS

FRENCH FRIED POTATOES

SPINACH WITH HARD BOILED YOLK OF EGG SIFTED OVER IT

CHERRY ICE

WASHINGTON PIE DECORATED WITH CHERRIES

Christmas Dinner

CHERRY COCKTAIL

ROAST TURKEY

OYSTER DRESSING

MASHED POTATFES

GIBLET GRAVY

BUTTERED CAULIFLOWER

CRANBERRY SAUCE

ROLLS

HEARTS OF CELERY

STUFFED OLIVES

TOMATO ASPIC JELLY

WAFERS

PLUM PUDDING—HARD SAUCE

CANDIES AND NUTS

COFFEE

*MENUS FOR CHURCH AND FARM BUREAU**SUPPERS*

I

BAKED HAM

ESCALLOPED POTATOES

BUTTERED PEAS

MUSTARD

PICKLES

ROLLS

VEGETABLE GELATIN SALAD

PINEAPPLE BAVARIAN CREAM

COFFEE

II

SWISS STEAK

BAKED POTATFES

BUTTERED CARROTS

COLD SLAW WITH PIMENTOS

ROLLS

DATE PUDDING

COFFEE

III

BAKED PORK CHOP WITH DRESSING

CREAMED POTATOES

RED APPLES

ROLLS

NORWEGIAN PRUNE PUDDING WITH WHIPPED CREAM

COFFEE

IV

BAKED BEANS

CATSUP

BOSTON BROWN BREAD

WHITE BREAD

TART APPLE SALAD

PUMPKIN PIE

COFFEE

V

GRAPEFRUIT AND ORANGE COCKTAIL

CREAMED CHICKEN IN CREAM PUFF CASES

PARSLEY POTATOES

PICKLES

JELLY

ROLLS

CARROT NUT SALAD

PINEAPPLE DELIGHT

COFFEE