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

<table>
<thead>
<tr>
<th>5 percent</th>
<th>10 percent</th>
<th>15 percent</th>
<th>20 percent</th>
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<tbody>
<tr>
<td>Lettuce</td>
<td>Cauliflower</td>
<td>Onions</td>
<td>Green peas</td>
</tr>
<tr>
<td>Spinach</td>
<td>Tomatoes</td>
<td>Squash</td>
<td>Artichokes</td>
</tr>
<tr>
<td>Sauerkraut</td>
<td>Rhubarb</td>
<td>Turnip</td>
<td>Parsnips</td>
</tr>
<tr>
<td>String</td>
<td>Egg plant</td>
<td>Carrots</td>
<td>Canned lima</td>
</tr>
<tr>
<td>beans</td>
<td>Leeks</td>
<td>Okra</td>
<td>beans</td>
</tr>
<tr>
<td>Celery</td>
<td>Beet</td>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td>greens</td>
<td>Beets</td>
<td></td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Water cress</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussels</td>
<td>Cabbage</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sprouts</td>
<td>Radishes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sorrel</td>
<td>Pumpkin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Endive</td>
<td>Kohlrabi</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dandelions</td>
<td>Broccoli</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swiss chard</td>
<td>Vegetable</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sea kale</td>
<td>marrow</td>
<td></td>
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</tbody>
</table>

**Miscellaneous:** Unsweetened and unspiced pickles, clams, oysters, scallops, liver, fishroe.

### Fruits

<table>
<thead>
<tr>
<th>5 percent</th>
<th>10 percent</th>
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<th>20 percent</th>
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<tbody>
<tr>
<td>Ripe olives (20 percent fat)</td>
<td>Lemons</td>
<td>Apples</td>
<td>Plums</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Oranges</td>
<td>Pears</td>
<td>Plums</td>
</tr>
<tr>
<td></td>
<td>Cranberries</td>
<td>Apricots</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strawberries</td>
<td>Blueberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Blackberries</td>
<td>Cherries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Gooseberries</td>
<td>Currants</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peaches</td>
<td>Raspberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pineapples</td>
<td>Huckleberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Watermelons</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Nuts

<table>
<thead>
<tr>
<th>5 percent</th>
<th>10 percent</th>
<th>15 percent</th>
<th>20 percent</th>
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</thead>
<tbody>
<tr>
<td>Butternuts</td>
<td>Brazil nuts</td>
<td>Almonds</td>
<td>Peanuts</td>
</tr>
<tr>
<td>Pignolias</td>
<td>Black walnuts</td>
<td>Walnuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hickory nuts</td>
<td>(English)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pecans</td>
<td>Beechnuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Filberts</td>
<td>Pistachios</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pine nuts</td>
<td>40 percent</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chestnuts</td>
</tr>
</tbody>
</table>

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

Whole Wheat Bread

Creamed Carrots

Cottage Cheese

Apricot Souffle

2

Color Scheme: Red and White.

Roast Veal

Peas

Creamed Potatoes

Perfection Salad

Whole Wheat Bread

Strawberry Sponge

3

Color Scheme: Red and White.

Prime Rib Roast

Browned 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
Color Scheme: Red and Yellow.

Planked Steak  Potato Roses
Buttered Carrot Rings  Radishes
Whole Wheat Rolls
Beet and Egg Salad
Strawberry Bavarian Cream  Coffee

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

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
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

Color Scheme: Red and Green

Lamb Roast   Mashed Potatoes
Creamed Asparagus
Buttered Rolls   Mint Jelly
Poinsetta Tomato Salad
Cocoanut Meringue Pie
Coffee

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
CHEESE BISCUITS
RASPBERRY ICE

BAKED TOMATOES
TOURAINE FRUIT SALAD
ECLAIRS

TEA

Color Scheme: Red and Green

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

MAYONNAISE
BUTTER

AND WHIPPED CREAM

COFFEE

Color Scheme: Pink and White

(Pink and White Sweet Peas)

JELLIED CHICKEN
POINSETTA TOMATO SALAD
BUTTERED ROLLS
ANGEL FOOD WITH WHIPPED CREAM AND STRAWBERRIES

ESCALLOPED POTATOES
RUSSIAN DRESSING
OLIVES

COFFEE

Color Scheme: Red and Green

VEAL CROQUETTES WITH TOMATO SAUCE

HOT POTATO SALAD
HOT ROLLS
STRAWBERRIES EN TARTE

STUFFED CUCUMBERS
APPLE JELLY
COFFEE

SALT ED NUTS
FORMAL LUNCHEONS

I

Color Scheme: Green and Gold

Flowers—Jonquils and ferns.
Nut cups—Handpainted jonquils; white place cards.

Bouillon

Veal Cutlets

Baked Stuffed Potatoes with Peppers

Creamed Carrots

Swedish Rolls

Yellow Tomatoes on Lettuce Leaf

Saltines

Orange Sherbet

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*

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
Color Scheme: Pink and Green
Rose nut cups, plain place cards, roses.

STRAWBERRIES
CREAMED CHICKEN IN TIMBALES POTATO ROSSES
BUTTERED ASPARAGUS RADISH ROSSES
HOT PARKER HOUSE ROLLS WAFERS PARFAIT
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 homemaker’s additional preparation, such family spirit may compensate.

Thanksgiving Day

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

BAKED SWEET POTATOES

BAKED SQUASH

CIDER

INDIAN PUDDING

NUTS

APPLE STUFFING

COLD SLAW

FOAMY SAUCE

COFFEE

3

FRUIT COCKTAIL

CHICKEN FRICASEE WITH BAKING POWDER BISCUIT

SCALLOPED SWEET POTATOES

BUTTERED ONIONS

PUMPKIN PIE

CELERY

St. Valentine’s Day

BREADED VEAL CUTLETS

SCALLOPED POTATOES

BUTTERED PEAS IN HEART SHAPED TIMBALES

ROLLS

TOMATO JELLY

PICKLES

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 Potatoes 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 Pickles
Mustard
Rolls
Vegetable Gelatin Salad
Pineapple Bavarian Cream
Coffee
II

Swiss Steak
Baked Potatoes
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