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# TYPES OF MEALS

# SESSION OBJECTIVES

After the end of the session one should be able to understand the different types of Meals & their differences.

# CONTENTS

- Types of Meals
- Breakfast
- Lunch
- Dinner
- Supper
- Hi-tea
- EMT/AMT/PMT

# TYPES OF MEALS

## ➤ BREAKFAST-

- In French it is called “petite dejeuner” (small meal)
- The word derives from the idea of **breaking** the **fast** that happened overnight because of sleep
- Break fast can be light, like Continental breakfast or a heavy one like English breakfast.

## ➤ TYPES OF BREAKFAST –

### ➤ **CONTINENTAL**

- Refers to a small meal, originating in Europe consisting of juice, bread, tea / coffee

### ➤ **ENGLISH**

- Refers to a heavy meal consisting of six to seven courses and it is a major meal of the day

### ➤ **AMERICAN**

- It is a simple modification of the English breakfast without the fish preparations in it.

## ➤ **CONTINENTAL BREAKFAST –**

➤ Choice of chilled Juice (Fresh or canned) –  
like

Orange, Pineapple, Tomato, Mango, Grape  
fruit,

Sweet lime etc.

➤ Choice of bread – like Toast, Croissant,  
Muffins,

Danish pastry, Broiche, Doughnuts etc.

➤ Preserves – like Butter, Jam, Marmalade,  
Honey etc.

➤ Beverages – like Tea, Coffee, Hot chocolate,  
Horlicks etc.

## ➤ **ENGLISH BREAK FAST -**

- The English breakfast is heavy and is a major meal of the day
- A traditional English breakfast runs into six or seven courses --
- Choice of chilled juices- Pineapple, Orange, sweet lime etc.
- Stewed fruits - Apples, Prunes, Pears, stewed in sugar syrup, cinnamon and cloves
- Cereals - Oatmeal, Cornflakes, Porridge, etc. with hot or cold milk and sugar.
- Fish - Herring, Haddock, Sardines, etc, either smoked, poached or fried



- Eggs to order- various types of omlettes, fried eggs, poached eggs, scrambled eggs, boiled eggs
- Meat - grilled ham, bacon, sausages etc.
- Choice of bread- Toast, Croissant, Muffins, Danish pastry, Broiche, Doughnuts, French bread, Brown bread etc.
- Butter & preserves- Jam, Marmalade, Honey
- Fresh Fruits – Diced, sliced or whole fruits like Bananas, Papaya, Apples, Oranges
- Beverages - Tea / Coffee/ Bournvita / Hot chocolate etc.

## ➤ **AMERICAN BREAK FAST**

- Choice of chilled juices – Orange, Sweet lime, Grapefruit, etc.
- Choice of fresh fruits – Papaya, Melon, Banana etc.
- Choice of cereals - like corn-flakes, oatmeal, porridge, with cold milk or hot milk separately
- Choice of Eggs, to order - like scrambled eggs with ham, bacon & sausages etc.
- Choice of Bread – Toast, Croissant, Muffins, Danish pastry, Doughnuts, Brown bread etc.
- Preserves like – Jam, Marmalade, Honey
- Beverages like - Tea/coffee/hot chocolate

## ➤ BRUNCH -

- Brunch is a late morning or early afternoon meal, typically between 10:00am and 12:00pm
- It combines foods usually eaten for breakfast and lunch
- The term is a portmanteau of breakfast and luncheon.
- It comprises of juices, cereals, egg preparations, cutlets, fried fish, buttered rice, vegetable, quiche, large roasts of meat or poultry, cold seafood like shrimp and smoked fish, salads, soups, vegetarian dishes, many types and some desserts like pastries, soufflés, ice creams and tea coffee

## LUNCH –

- Also called as “dejeuner” in French
- Served between -12.30 to 3.00 pm.
- Lunch is usually not heavy, as people are busy working

## SUPPER --

- Also called as “souper” in French
- The term "supper" usually refers to an evening meal
- It should be noted that supper is not a common meal in many cultures
- In Britain, whereas "dinner" is a fairly formal evening meal, "supper" is used to describe a less formal, simpler family meal.
- In Australian English, supper may refer to a late light dessert or snack (such as toast and cereal) had some time after dinner.

## ➤ DINNER

- Dinner is the main meal of the day, normally eaten in the evening
- The meal normally consists of a combination of cooked, or sometimes uncooked, food ingredients like meat, fish, vegetables, rice, noodles, or potatoes
- The word "dinner" comes from the French word 'dîner', the "chief repast of the day".
- It is a relaxed meal
- A dinner can also be a more sophisticated meal

## ELEVENSES --

- Elevenses is a snack that is similar to afternoon tea, but consumed in the morning
- It is generally less savory than brunch, and might consist of some cake, tart, cheese straw, vegetable puff, chicken pie, with a cup of tea/coffee
- The name refers to the time of day that it is taken around 11 am
- The word "elevenses" is seen as a little old fashioned
- In Colombia the term *las onces* (the elevens in Spanish) is used to describe a similar meal

- Although in modern times, it has shifted in most respects to later in the afternoon, more closely reflecting the pattern of British “Tea time”
- In Australia and New Zealand, it is called Morning Tea or Smoko (often little lunch or play lunch in primary school)
- Choice of foods consumed at Morning Tea vary from cakes, pastries, lamingtons, biscuits, to just coffee.
- In the Royal Australian Navy it is commonly referred to as "Morno's".



## ➤ HI-TEA --

- High-Tea (also known as Meat Tea) is an early evening meal
- Typically eaten between 5pm and 6pm
- It would be eaten as a substitute for both afternoon tea and the evening meal
- The term comes from the meal being eaten at the 'high' (main) table, instead of the smaller lounge table
- It is now largely replaced by a later evening meal
- It usually consists of cold meats, eggs, fish, cakes and sandwiches etc.

## ➤ EMT

- Is also called as “Bed Tea”
- Tea / Coffee / Drinking cocoa / Health beverage is served early in the morning usually between 5.00am & 6.00am

➤ **AMT (Afternoon Tea)**

- Usually served during conferences during the morning break
- Timing is usually between 11.00am to 11.30 am
- Tea / Coffee is served with biscuits and cookies

➤ **PMT (Evening Tea)**

- Usually served during conferences during the evening break
- Timing is usually between 4.00 pm to 4.30 pm
- Tea / Coffee is served with biscuits and cookies

# Let's Recall

- Types of Meals
- Breakfast
- Lunch
- Dinner
- Supper
- Hi-tea
- EMT/AMT/PMT

# Bibliography

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