



Course Plan

Lifestyle Classes - Set Menu Plan

City & Guilds, London - Accredited Qualification - Lifestyle Classes (Set Menu Plan)

S No	Theme	Menu Plan
1	French -1	<p>Cream d'asperges <i>(a fresh, easy and creamy asparagus soup)</i></p> <p>Roulade de poulet provençale et pommes au gratin avec légumes grillés <i>(fillet of stuffed chicken served with traditional tomato sauce from provence, baked potatoes french style and grilled vegetables)</i></p> <p>Beef steak with béarnaise and pepper sauce with mashed potatoes and buttered snow peas <i>(an ever-popular classic)</i></p>
2	French -2	<p>Cream of tomato soup with garlic croutons <i>(a fresh, simple, delicious, creamy tomato soup best served warm)</i></p> <p>Rendered duck breast with orange glaze, turned potatoes and steamed broccoli <i>(seared duck breast glazed with a orange juice pan sauce)</i></p> <p>Filet de poisson au four avec beurre blanc citronne et ragout haricot <i>(baked fish served with a citrus butter cream sauce and a richly seasoned stew of beans)</i></p>
3	Italian - 1	<p>Seafood risotto <i>(traditional Italian first course of creamy arborio rice with seafood)</i></p> <p>Pasta with mushroom alfredo <i>(pasta in a mushroom cream sauce)</i></p> <p>Minced beef lasagne <i>(baked pasta layered with bolognese, bechamel and parmesan)</i></p> <p>Penne with pesto and chicken and vegetables <i>(penne and chicken tossed in a basil, pine nut and olive oil sauce)</i></p>
4	Italian - 2	<p>Fresh filled pasta <i>(fresh handmade pasta stuffed with assorted fillings and served with appropriate sauces)</i></p> <ul style="list-style-type: none"> - Cannelloni - Ravioli with butter and sage sauce - Tortellini alla formaggi
5	Italian - 3	<p>Pizzas and calzone <i>(traditional Italian flat bread topped with roma tomatoes, mozzarella and other goodies)</i></p> <ul style="list-style-type: none"> - Pepperoni, Margherita, seafood, rocket leaf & gorgonzola - Healthy option (wholemeal base)
6	Indian - 1	<p>Chicken dum ka biryani with raita <i>(an aromatic blend of delicately marinated chicken and long grained rice with saffron in authentic mughalai style)</i></p> <p>Murgh makhanwala <i>(succulent pieces of marinated chicken cooked in a smooth cashew nut gravy, popularly known as butter chicken)</i></p> <p>Mutton korma <i>(mutton cubes gently simmered in a blend of onions, tomatoes and spices)</i></p> <p>Paneer pasinda <i>(cubes of cottage cheese in a delicious and flavoursome creamy sauce)</i></p>





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7	Indian - 2	<p>Chicken tikka <i>(grilled boneless cubes of tender chicken marinated in a rich blend of spices and yoghurt)</i></p> <p>Murgh malai kebab <i>(grilled boneless cubes of tender chicken marinated in a delicate cardamom flavoured cream)</i></p> <p>Sheek kebab <i>(grilled minced lamb on skewers, marinated in a flavoursome blend of spices)</i></p> <p>Fish tikka <i>(grilled fillet of fish marinated in a rich blend of spices and yoghurt)</i></p> <p>Hariyali kebab <i>(grilled boneless cubes of tender chicken marinated in a rich blend of green herbs and yoghurt)</i></p> <p>Shikampur <i>(fried melting in the mouth kebabs of ground lamb and chickpeas)</i></p>
8	Thai	<p>Tom ka kai <i>(chicken in a delicately flavoured coconut milk soup)</i></p> <p>Tod mun pla <i>(spicy fish cakes)</i></p> <p>Pad Thai <i>(stir fried rice noodles with vegetables and shitake mushrooms)</i></p> <p>Chicken green curry with khao <i>(chicken with coriander and coconut milk served with Thai jasmine rice)</i></p> <p>Crispy stir fried beef in sesame and honey</p>
9	Middle Eastern	<p>Hummus <i>(garbanzo beans pureed with tahina)</i></p> <p>Moutabel <i>(grilled eggplant with tahina)</i></p> <p>Fattoush <i>(cos lettuce, tomatoes, cucumber tossed in lemon juice and served with dried khubus and sumac)</i></p> <p>Tabbouleh <i>(parsley, mint, tomatoes and burgul tossed in a tangy lemon dressing)</i></p> <p>Kibbeh <i>(deep fried mezzeh of spiced ground meat balls)</i></p> <p>Dawood basha with vermicelli rice <i>(minced meat balls simmered in a traditional onion and tomato sauce)</i></p>
10	Mexican	<p>Tacos with chilli con carne <i>(crisp corn tortillas with mincemeat, red kidney beans, sour cream, shredded lettuce and cheddar cheese)</i></p> <p>Nachos with cheddar and guacamole <i>(crispy corn tortilla chips served with melted cheddar and a blended avocado dip)</i></p> <p>Burritos with frijoles <i>(flour tortillas wraps filled with refried beans, guacamole, shredded lettuce and cheddar)</i></p> <p>Fajitas with spicy Mexican beef <i>(flour tortillas served with spicy Mexican beef, tomato salsa, guacamole and sour cream)</i></p> <p>Quesadilla with chicken and bell peppers <i>(flour tortillas stuffed with sautéed chicken and cheddar and grilled)</i></p>



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11	Appetizers/ Finger foods	Spanakopita with tzatziki <i>(spinach and feta greek pies in filo pastry)</i> Chinese spring rolls <i>(deep fried Chinese vegetable filled pastry rolls)</i> Vol -au – vents <i>(filled and garnished bouchees of puff pastry)</i> Buffalo wings with blue cheese dip <i>(delicious, juicy and spicy chicken wings served with a blue cheese dip)</i> Bruschetta <i>(Italian garlic bread toasted and topped with tomato, balsamic vinegar and fresh basil)</i> Paupiettes of chicken and prune <i>(chicken wrapped prunes in Worcestershire sauce)</i>
12	Gastronome Seafood	Seafood bouillabaisse <i>(a classical seafood soup from Marseilles)</i> Calamari rings <i>(crispy fried rings of squid)</i> Fish meuniere with sauteed spinach and pomme Lyonnaise <i>(pan fried fish with lemon, butter and parsley served with spinach and potatoes cooked with onions)</i> Shrimp in garlic sauce <i>(creamy shrimps sautéed in garlic)</i> Paella <i>(sensational seafood flavoured spanish rice with a delicate hint of saffron)</i>
13	Moroccan	Zaaluk <i>(smoked eggplant and tomato salad in olive oil)</i> Chicken with olives & pickled lemon <i>(Morrocan chicken with olives and preserved lemons)</i> Lamb tagine with couscous <i>(slow cooked traditional lamb stew served with couscous)</i> Grilled fish with chermoula <i>(grilled fish in a spicy garlic and coriander marinade)</i>
14	Chinese	Hot and sour soup <i>(classic tangy and spicy Szechuan soup)</i> Vegetable fried noodles <i>(soft cooked egg noodles tossed with julienned vegetables)</i> Egg fried rice <i>(a sumptuous stir fry of steamed rice and vegetables)</i> Beef in oyster sauce <i>(quick and easy stir fry of tender strips of beef in oyster sauce)</i> Chicken in citrus sauce <i>(crispy chicken in a sweet and tangy citrus sauce)</i>
15	Greek	Greek salad <i>(green peppers, cucumber, tomato and onions tossed in lemon juice and oregano topped with feta)</i> Greek moussaka <i>(sumptuous baked layers of potatoes, aubergine and mincemeat)</i> Kotopoulo skorthato <i>(lemon and garlic chicken with potatoes)</i> Garides me domatakai feta <i>(shrimp with tomato and feta)</i>





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16	Japanese	<p>Sushi <i>(Japanese rice and fish rolled in seaweed- nori sheets)</i></p> <p>Shrimp tempura with dipping sauce <i>(crispy fried shrimps in tempura batter)</i></p> <p>Beef teriyaki with fried rice <i>(quickly-browned beef sirloin strips and broccoli florets in teriyaki sauce)</i></p>
17	Tarts & pies	<p>Apple pie <i>(a delicious blend of granny smith scented with cinnamon encased in delectable short crust pastry)</i></p> <p>Chocolate truffle tart with a frangipane center <i>(an extravagance of chocolate with a delicate hint of almond)</i></p> <p>Fruit tartlets <i>(cream patisserie filled tarts topped with seasonal fresh fruits)</i></p>
18	Rainbow of macaroons	<p>Almond macaroons <i>(a rainbow of delicate almond meringue cookie sandwiches with chocolate ganache centers)</i></p>
19	Cookies	<p>Anzacs <i>(chewy rustic cookies from Australia & New Zealand)</i></p> <p>Butter cookies <i>(a crunchy buttery cookie delight)</i></p> <p>Almond cookies <i>(delicately flavoured almond rounds)</i></p> <p>Chocolate chip cookies <i>(lovely cookies with a burst of chocolate chips)</i></p>
20	Cold desserts	<p>Tiramisu <i>(a traditional Italian cheese cake with coffee soaked savoiardi fingers)</i></p> <p>Chocolate mousse <i>(an all-time chocoholics favourite)</i></p> <p>Vanilla panacotta with berry coulis <i>(a creamy Italian dessert flavoured with rich bourbon vanilla served with a seasonal berry sauce)</i></p> <p>Cold orange cheese cake <i>(a creamy yet light cheese cake with a whiff of valencia orange on a crumbly base)</i></p>
21	Baked desserts	<p>Baked cheese cake <i>(a traditional Philadelphia style cheese cake served with seasonal berry coulis)</i></p> <p>Crème brûlée <i>(a creamy vanilla bean custard with a flame caramelized sugar topping)</i></p> <p>Caramel custard <i>(a light baked custard with a caramel sauce)</i></p> <p>Hot chocolate fondant <i>(a rich, dark chocolate cake with a molten truffle core, served with a scoop of vanilla bean ice cream)</i></p>
22	Layered cakes	<p>Fruit gateau <i>(layers of sponge cake and fruit, iced with crème chantilly)</i></p> <p>Death by chocolate <i>(layers of dark chocolate cake, soaked with chocolate ganache, sandwiched with a truffle filling and finished with a glossy dark chocolate glaze)</i></p>





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23	Cup cakes	<p>Carrot, fig & cinnamon muffins with cream cheese topping <i>(a contemporary version of the traditional American carrot cake)</i></p> <p>Chocolate chip muffins <i>(a rich, moist chocolate muffin with a generous dash of chocolate chips)</i></p> <p>Red velvet cup cakes <i>(dramatic, velvety, bright red muffins, sharply contrasted by a white cream cheese frosting)</i></p>
24	Tea cakes	<p>Orange bundt cake <i>(a distinctive ring shaped cake, delicious with a hot cup of tea)</i></p> <p>Marble pound cake <i>(a childhood memory of swirls of vanilla and chocolate)</i></p> <p>Sour cream cake with a crusty walnut and cinnamon topping <i>(a delightfully moist accompaniment to a good cup of coffee)</i></p>