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COURSE BROCHURE

Culinary Nutrition and Menu Cycle Planning Training Course

10 – 14 January 2027
Sharm El-Sheikh

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Registered in the United Kingdom and Saudi Arabia

Culinary Nutrition and Menu Cycle Planning Training Course

Ref: 3175_120640 **Date:** 10 – 14 January 2027 **Location:** Sharm El-Sheikh **Fees:** 5500 GBP

Culinary Nutrition and Menu Cycle Planning is a 1-week training course for chefs, catering managers and food service supervisors who shape what guests and staff eat, and it leads each participant to a balanced, costed menu cycle for their own outlet. Diners now expect dishes that suit their health needs, declare allergens clearly and still taste generous, while ingredient costs keep moving. Jupiter Prime Training offers this course on culinary nutrition and menu cycle planning.

Why Culinary Nutrition and Menu Cycle Planning Matters Now

Three pressures meet on every plate. Guests bring more varied dietary needs, from reduced salt to allergen-free requests. Allergen declaration rules have tightened, so one missing label can harm a guest. Food costs and waste weigh on every outlet budget. A kitchen that plans nutrition, portions and rotation together serves healthier food at a steady cost; one that improvises dish by dish faces complaints, waste and tired, repeated menus.

Who Gains Most from Culinary Nutrition and Menu Cycle Planning

- Kitchen leaders responsible for recipe standards, portion sizes and plate composition
- Catering leads who set menus for staff restaurants, schools, hospitals or events
- Food service supervisors who brief servers on allergens and special diets
- Purchasing staff who match ingredient orders to the planned rotation
- Outlet leads accountable for food cost percentage and guest satisfaction

A kitchen brigade that sends its head chef, sous chef and service supervisor together gains most, because rotation, recipe cards and allergen briefings then share one plan.

Culinary Nutrition and Menu Cycle Planning Capabilities

Participants move from instinctive menu writing to plates that balance nutrients, portions, allergens and cost.

- Assess the nutrient balance of a plate and a full day of meals — head chef sign-off
- Calculate standard portions and yields from recipe cards — food cost control
- Specify allergen and special diet controls from store to service — guest safety
- Adjust recipes to reduce salt, sugar and saturated fat without losing flavour — diner acceptance
- Design a menu rotation that avoids repetition and uses seasonal produce — purchasing decisions
- Build a costed menu cycle with selling prices and margins — outlet budget approval

Key Culinary Nutrition and Menu Cycle Planning Terms

- Menu cycle — a set of menus that repeats after a fixed number of days or weeks.
- Macronutrients — protein, carbohydrate and fat, the nutrients that supply energy and build tissue.
- Standard portion — the agreed weight or volume of each dish component served to every guest.
- Yield percentage — the usable share of an ingredient left after trimming, peeling or cooking.
- Cross-contact — the accidental transfer of an allergen from one food, surface or utensil to another.
- Food cost percentage — the cost of ingredients in a dish divided by its selling price.

Culinary Nutrition and Menu Cycle Planning Day by Day

Day 1: Nutrition on the Plate

- Macronutrient and Micronutrient Basics — What Each Dish Should Contribute
- Balanced Plate Proportions — Vegetable, Starch and Protein Shares per Serving
- Energy Needs of Different Diner Groups — Menus for Workers, Pupils and Patients
- Hydration and Beverage Choices — Drinks Offered Alongside Each Menu
- Reading Nutrition Labels on Bought Ingredients — Supplier and Product Selection

Day 2: Portions, Yields and Recipe Cards

- Standard Recipe Card Layout — Consistency Between Shifts and Outlets
- Yield Testing for Meat, Fish and Vegetables — True Ingredient Quantities
- Portion Control Equipment and Plating Guides — Waste and Guest Fairness
- Scaling Recipes Up and Down — Batch Sizes for Banquets and Small Services
- Dish Costing from Recipe Cards — Selling Price and Margin Setting

Day 3: Dietary Needs and Allergen Control

- Common Food Allergens and Intolerances — Which Dishes Need Clear Declaration
- Allergen Matrix for the Menu — Server Briefings and Guest Questions
- Cross-Contact Prevention in Storage and Preparation — Kitchen Layout Choices
- Plant-Based, Low-Salt and Diabetic-Friendly Options — Range of Special Diets Offered
- Cultural and Religious Dietary Requirements — Ingredient Sourcing and Menu Labels

Day 4: Recipe Adjustment and Menu Rotation

- Reducing Salt, Sugar and Saturated Fat — Flavour Techniques That Keep Diners Satisfied
- Ingredient Substitution Charts — Swaps for Health, Allergens and Availability
- Seasonal Produce Calendars — Rotation Built Around Price and Freshness
- Rotation Length and Repetition Rules — How Often Each Dish Returns
- Leftover and Batch Planning Across the Rotation — Waste Reduction Targets

Day 5: Practising the Costed Menu Cycle

- Nutrient Balance Check Across a Full Week — Applying Balanced Plate Proportions
- Allergen Matrix for the Draft Rotation — Applying Cross-Contact Controls
- Costing the Rotation from Recipe Cards — Applying Yield and Portion Data
- Guest Feedback and Plate Waste Review — Rules for Revising Dishes
- Completing the Balanced, Costed Menu Cycle — Outlet Sign-Off and Launch

Applying Culinary Nutrition and Menu Cycle Planning After the Course

- Run yield tests on the five highest-cost ingredients and update recipe cards and dish costs.
- Build an allergen matrix for the current menu and brief every server and cook on it.

Culinary Nutrition and Menu Cycle Planning Questions FAQ

What is culinary nutrition and menu cycle planning, and why does it matter now?

It is the practice of planning dishes so that each meal is nutritionally balanced, safely declared for allergens and costed across a repeating menu. It matters now because diners expect healthier, safer food while costs rise.

Which roles gain most from culinary nutrition and menu cycle planning?

Head chefs, sous chefs, catering managers and food service supervisors gain most. Each shapes recipes, portions or service briefings.

How does culinary nutrition and menu cycle planning differ from a clinical dietetics course?

It is a kitchen course rather than a clinical one. Clinical dietetics designs diets for individual patients; this subject turns nutrition into recipe cards, portions, allergen controls and a costed rotation.

What do you bring back from culinary nutrition and menu cycle planning?

You bring back a balanced, costed menu cycle for your own outlet. It comes with recipe cards, yield figures and an allergen matrix.

Culinary Nutrition and Menu Cycle Planning: The Way Forward

The balanced, costed menu cycle first informs which dishes stay on the menu and at what selling price. Head chefs use it to brief cooks, supervisors use its allergen matrix at service, and purchasing staff order from it. After the first rotation, revisit plate waste and guest feedback, then adjust portions and repetition rules.