

Mishcheriakova Ekaterina

Development of a Christmas Menu for a Finnish restaurant

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MIKKELIN AMMATTIKORKEAKOULU

Mikkeli University of Applied Sciences

DESCRIPTION

 <p>MIKKELIN AMMATTIKORKEAKOULU Mikkeli University of Applied Sciences</p>		Date of the bachelor's thesis May 2014	
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Abstract <p>The choice of topic is based on personal interest of organization of the restaurant business in the hotel and creation of menu. The main goal of diploma project is development of the concept of the Christmas menu, that based on the Russian cuisine of the Huviretki restaurant in the Cumulus hotel. In this project I also explore the work cycle of the Huviretki restaurant and organization of food services in the hotel.</p> <p>The main methods of explore were interviews, analysis of information that were obtained from restaurant sources and own analysis of menu. In the result of this research the concept of the Christmas menu, process maps of every dish, prices of all dishes, nutritional value and alcoholic suggestions to a menu have been developed. This menu was compiled in accordance with all rules and regulations of the Huviretki restaurant. Later this Christmas menu will be presented in the main menu of the restaurant from 21 December 2013 to 31 December 2013.</p>			
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1 INTRODUCTION

Russia and Finland have very close tourism communication. While vacations in Finland have popularity among Russian tourists, as long Finns will have interest to the Russian culture and Russia language. Due to the fact that Finnish restaurant located at the hotel, so during the Christmas holidays a huge number of Russian tourist is coming to visit this restaurant. In my project I would like to tell you about Christmas and Russian cuisine.

The main goal of my work is a development of the Christmas menu for the «Huviretki» restaurant and the theoretical synthesis of information about the features of the restaurant in the hotel. The objects of the survey are the restaurant itself and the creation of the Russian menu. The subjects of survey are the consideration the national dish of Russian cuisine and the creative approach to design menus for its successful functioning.

For achieving these objectives it is necessary to solve the following problems: 1) the study of the literature on the subject of research, collection and collation of relevant sources of information, and 2) study of the peculiarities in the development of the menu (registration, the name and description of dishes and special menus for banquets and conferences), and 3) analysis the restaurant at the hotel, especially the operation.

My thesis consists of the theoretical and practical parts. The theoretical part includes a description of the hotel, restaurant and bar (the main information about the additional services in the hotel, like a room service, the service guests, and the restaurant menu). Also present information about principles in the formation of the menu and facts about traditional Russian cuisine. The practical parts of me work includes a development of the Christmas menu. From the search of dishes Russian cuisine, to the preparing advertisement brochure, finding right alcohol suggestions and calculation price for all dishes.

In my work I have used following researching methods. The first method is the data collection for the restaurant and the hotel in the facility interviews; and the second method is the analysis of information, that was obtained from sources believed its own analysis of the restaurant and the menu.

Currently, traveling occupies a significant place in the leisure time of people. The place where there is a possibility to spend the night plays a significant role. People are very careful in their

choice of hotel or private apartment. For the both part of people quality is a very important factor of price. There are a lot of information systems nowadays, that allow you to choose from the location. You can go on the website of the hotel and watch what it offers, what special, seasonal offers hotel has at the moment and what can be expected. But everyone knows that the hotel is not only the place where you can spend the night, but also the place where people eat, for example, breakfast. Nowadays every hotel has its own restaurant. It can not only serve internal visitors, but also can serve guests from the street. The amount or does the lack of the restaurant directly depends on the class of hotel. Size of the restaurant is calculated in the accordance with the nicely surprised by the hotel. In order to increase economic efficiency, this is achieved due to the breakfast and bar, the restaurant at the hotel has all kinds of banquets, conferences, seminars and other celebrations.

The restaurant business is developing in many directions now. You can see a large number of various pubs, sushi bars, bistros and pizzerias on the streets. An important step in the development of this area is the renewal of forgotten folk traditions. Thus we can see the restaurants, the menu which includes dishes of the national cuisine, in our case Russian. The choice of Russian cuisine is not accidental. For efficient operation of restaurants and cafes necessary literacy, developed menu. That it falls under the visitor's attention when they are choosing a place for lunch, dinner or celebration. Of course this is not the only aspect that is subject to scrutiny and interest of customers to choose the place. Worked to the smallest detail design can not avoid the question about the design of the menu. For a discussion on this topic should be based on research in the psychology of the consumer and of course on the real-life examples.

The relevance of this work lies in the fact that such an important issue for many restaurateurs - how to attract and retain customers, the menu is an important factor, along with design, design of the restaurant, its corporate identity and qualifications of staff.

2 PROPOUSE THE WORK

When I had passed practice at the «Huviretki» restaurant I had created the idea to do a new weekly menu for the restaurant. Due to the large number of tourists during the Christmas holidays, I decided to create a menu, which can be based on these motives of Russian cuisine. The practical significance of the work is determined by the followed by introduction of a

thematic menu to the main menu of the «Huviretki» restaurant in time from 21 December 2013 to 31 December 2013.

This chapter is describing the characteristics of the hotel, restaurant and bar. I paid great attention to the «Huviretki» restaurant, because it is the main object of my study. I give review of the operation and the main characteristics of the «Cumulus» hotel. It is need to fully understand the structure of this complex service delivery.

2.1 The hotel «Cumulus»

The object of my research is the «Cumulus» hotel, which is located in Mikkeli, Eastern Finland (Finland, 50100 Mikkeli) at Mikonkatu 9. Near the hotel you can see a large number of office buildings, major shopping centers, the building of the police, and about 200 meters from the train and bus station and other city events.

For a better understanding of the hotel's structure, I consider it the rooms in the hotel.

Table 1. Characteristic rooms in the hotel (According to the official website of the hotel «Cumulus» <http://www.cumulus.fi>).

Category	Number of rooms
Single rooms	44
Double rooms	90
Triple rooms	2
Superior rooms	10
Non-smoking	134
Apartment with sauna	1
Disabled	3

Total number of rooms in the hotel is 136. In the room's capacity for an extra bed, mattresses are available for children 4-14 years old and cots for infant 0-2 years old. Each hotel room «Cumulus» is equipped with modern TV with the ability to view 11 channels, radio (4 stations) and a hair dryer. In some of the rooms have a mini-bar. Pets are allowed at the hotel «Cumulus» for an additional surcharge of 10 € / room / night. Service dogs free of charge.

As services the following is provided:

- Free parking for hotel guests «Cumulus», the ability to use the sockets for car engine heaters.
- Children's playroom.
- Gym, 3 saunas for 1 to 20 people, 9 meters long swimming pool.
- Room Service.
- The lobby bar.
- Laundry and ironing room.
- Safe deposit boxes
- Free internet access. Hotel Highway ADSL. Wireless connection

The hotel's staff speaks several foreign languages: Finnish, Swedish, English, German, Russian. Methods of payment in Hotel: cash, bank cards Visa, AmericanExpress, EuroCard, MasterCard, DinersClub. The hotel is equipped with facilities for both large and small conferences; there is the necessary modern functional equipment and a variety of opportunities for recreation conference rate. On the ground floor opposite the reception administration has a lobby bar - a nice place to meet friends or business conversation. The lobby bar offers a large selection of drinks for your taste.

2.2 «Huviretki» restaurant

«Huviretki» restaurant is situated on the first floor of the hotel «Cumulus ». The restaurant has a category of “hotel restaurant”. In this case, the restaurant doesn't consider internal institution; it has its own separate entrance, separate name and a separate advertising campaign. The restaurant has 125 seating places.

In an interview for the Finnish cooking magazine chef Kalevi Lotta said:

“This is a cozy gourmet restaurant and communication under the roof hotel “Cumulus”
(Electronic magazine, “The best recipes of the region Mikkeli”)

The restaurant is open every day. From Monday to Thursday from 11.00 am till 11.00 pm, from Friday to Saturday the restaurant is open from 11.00 am till after midnight, on Sunday from 12.00 am till 9.00 pm. For the hotel customers “Huviretki” is open from 6.30 am, providing visitors with breakfast. The restaurant has a trading room, bar, cocktail lounge with a bar.

Interior of the hotel restaurant is placed on the brochures in hotels and tourist brochures. The importance given to the decoration, this is done using a variety of decorative and finishing

materials, light and optical effects, photos. Showcase contains information about the specifics of the kitchen, a set of services. Room decoration is made in the same style.

The basic principles of creating the interior are complexity and propriety in the design. For decoration used materials such as felt covering and wood, that creates a feeling like a “home”. In the color scheme in the restaurant design mainly used beige, brown and red colors. It has a lot of wooden and brick attributes. The walls are painted with a floral design, some just have a sloppy handling and one can see the bricks. On the walls hang paintings and a lot of old kitchenware, such as pans or clay pots. Furniture was made of dark wood. In the dining room are old cupboards and chests that are resistant for the waiters. On the floor we can see a spread out red-beige color carpet. In the sales area can see the large window openings that give fairly light. In the dining room there are always fresh flowers or flower arrangements and candles in various decorative sconces. The restaurant has a summer terrace. There is wooden furniture, umbrellas and hedge.

The restaurant has a high level of comfort at the expense of equipment and comfortable furniture, high quality visitor services and a variety of culinary, confectionery, food and beverages. In the customer service participates - manager, head waiter, waiters and bartenders.

2.3 “Parnell's” Irish bar

«Parnell's» accommodates 80 people, is executed in the Irish style. The title of the bar is named after the central figure in the history of the Irish nationalist Charles Parnell. The bar is a very popular with locals and offers a great selection of beers from different countries (Ireland, Finland, Czech Republic and England). The beer is served in a pint or ½ pt, which has 0.56 liters and 0.28, respectively, also have the options of beer in a glass container of 0.5 and 0.33 liters. The bar kept all the traditions of Ireland's gay. The visitors are encouraged to have fun with live music - jazz and play your favorite games (chess, wooden tower, maps, and much more). The interiors of the pub told the guest about Ireland. In the logo also features the leaf cell faith, which is known as a symbol of Irish-Celtic national consciousness. Bar was made of wood with the green textile materials. On the tables and bureau in this bar you can see the old things for example, lamps and jugs to the typewriter, a lot of pictures on the walls. The bar is open from 16.00, receives visitors on all days except Sunday.

3 THE ORGANIZATION OF FOOD SERVICES IN HOTELS

I have paid particular attention on the development of this part of my work. The book "Organization of service in hotels and tourist complexes" by Sorokina was helped me to learn the main ideas of hospitality management; therefore I have used this book and translated it into English.

Department of food service in the hotel represents an integral part of the hospitality industry. The restaurant in the hotel is not only the face of the hotel; it's also the main source of income (about one-third of income the entire hotel complex).

At the organization of service in the restaurants of hotel complexes usually include following food conditions:

1. Full Board (FB), that is, three meals a day (breakfast, lunch, dinner):
2. Half Board (HB), that is, two meals a day (breakfast plus lunch or dinner):
3. Bed and Breakfast (BB) it means only breakfast (one meal a day).
4. All inclusive. Special conditions of food are created in hotels, working in the system of club leisure (except for three meals a day, during the entire day with a large selection of free snacks, alcoholic and other beverages (all included in the cost). (Grigorieva 2002, 14)

In the all hotels a special attention is paid to the breakfast. From breakfast starts the day of guests and we can assume that from his organization depends largely on what will be the beginning of the day for hotel guests. The breakfast is visited by nearly of all the guests staying at the hotel. (Sorokina 2007, 160-161)

The hotel restaurant is distinguished the following types of the breakfast:

Continental breakfast includes coffee, tea or hot chocolate, sugar, cream (milk), lemon, two kinds of jam, honey and baked products, oil. On Sundays, breakfast is complemented by a cold egg. In many European countries, a continental breakfast is included in the price of hotel accommodation;

Extended breakfast it is addition to continental breakfast, juices (orange, grapefruit, and tomato), a dish with sliced ham, cheese and sausage, egg dishes, yogurt, cottage cheese, dry cereal;

English breakfast. The classic version begins with a morning tea or coffee (maybe a hot chocolate), brought to the room. It also includes sugar, pastries, toast, butter, honey, jam. Can be supplemented with egg dishes (scrambled eggs with ham or bacon, fried eggs on bread, scrambled eggs with ham or mushrooms, etc.), fish dishes, cereal (oatmeal or soup with milk or water with sugar or salt). The English breakfast is served in the same manner as the advanced; American breakfast includes ordinary drinking water with ice cubes, fruit juices, fresh fruit (grapefruit, watermelon, berries and milk or cream) or stewed fruits (plums, peaches), a dish of cereal (corn, rice flakes), a small portion of meat, cake;

Champagne breakfast has the timing from 10.00am till 11.30am. It includes coffee, tea, alcoholic drinks (champagne, wine), a small cold and hot appetizers, soups, salads and desserts. Served like a buffet. The breakfast with champagne is usually served at the official occasion; Brunch is an alternative to breakfast and lunch. Time of serving from 10.00am till 2.00pm. Uses composite elements included as a breakfast and a lunch: hot and cold drinks, biscuits, butter, jam, sausage, cheese, soups, hot meat dishes and desserts. Served like a buffet. (Sorokina 2007, 161-162)

In organizing the breakfasts, lunches and dinners use different methods of service.

Although there are many types of eating establishments offering many types of meal experiences, there are basically only two types of food menus: the *table d'hote* and the *a la carte*. From these two types of menus there are in practice many adaptations of each. (Davis 2008, 146)

Table d'hote means food from the hosts' table and may be identified by:

- Being a restricted menu.
- Offering a small number of courses, usually three or four.
- A limited choice within each course.
- A fixed selling price.
- All the dishes being ready at a set time. (Davis 2008, 146)

Table d'hote menus can be offered for breakfast, lunch and dinners. Their many adaptations are used for:

- *Banquets*: A banquet menu is a fixed menu at a set price offering usually no choice whatsoever to the customers, unless the client informs the caterer in advance that certain guests require, say, a vegetarian or kosher type meal, and is available to all guests at a predetermined time.

- *Buffets*: Buffet type meals vary considerably depending on the occasion, and the price paid, from the simple finger buffet, where all items prepared are proportioned to a small size.
- *Coffee houses*: A coffee house menu is a more recent form of table d'hote menu that is commonly used today in hotels and restaurants.
- *Cyclical menus*: These are a series of table d'hote menus, for example for three weeks, which are repeated again and again for a set period of, for example, four months. These are often used in hospitals and industrial catering as an aid to establishing a pattern of customer demand for a menu item and as a result assist in purchasing, preparation of items and staffing requirements. (Davis 2008, 146-148)

A la carte means a free choice from the card or menu and is identified by: Being usually a larger menu than a table d'hote menu and offering a greater choice; Listing under the course headings all of the dishes that may be prepared by the establishment; All dishes being prepared to order; Each dish being separately priced; Usually being more expensive than a table d'hote menu; Often containing the exotic and high cost seasonal foods. Part of an a la carte menu may contain *a plat du jour* or 'speciality of the house' section. This consists usually of one or two main dishes, separately priced, which are already prepared and change daily. A la carte menus are, because of their size and the unknown demand of each item, more difficult to control than the typical table d'hote menus. (Davis 2008, 148)

In the restaurant «Huviretki» is given to particular attention on the breakfast also. For guests can enjoy a continental breakfast. The restaurant uses a breakfast Buffet for internal use only. On weekdays, breakfast starts from 6:30 am till 9:30 am, Saturday and Sunday from 6.30 am till 10.00 am.

The breakfast is traditional Scandinavian menu that includes vegetables, fruits, and 3 to 5 kinds of sausages, cheeses, natural and fruit yoghurts, cottage cheese, eggs, a mixture of wild berries, blend of exotic fruits, cranberry mousse, and white chocolate mousse. Porridge, scrambled eggs, heated sausages, bacon, meat balls, given a choice of butter or margarine, several kinds of bread, carrot cake, Karelian pies, various cereals, nuts and jams. On the separate table a selection of products without lactose.

Breakfast is served in the previous day. All products are placed in the appropriate dish and covered with cling film. Quantity and size of portion determine the number of potential visitors

of the day. The trolley with prepared breakfast stays to the refrigerator. In the morning all of the products offered on the distribution line (for cold and hot appetizers).

If the products must be prepared, the kitchen staff doing the following: the bread put in the combi oven, depending on the amount used at different times and temperatures mostly for standard program for 160 ° C and 10 minutes. Hot food (scrambled eggs, sausage, meatballs, bacon) are heated in the microwave, and then put out into the dining room in special containers, they are called steam tables, which maintain the required temperature. Eggs cooked in 7 minutes. Porridge is cooked in a special pot directly into the dining room. In breakfast time the restaurant produced the following type of drinks. Clients can choose between two types of milk fat 1.5% and 0% fat and two types of juice, apple and orange. Also they present black, green or fruit tea, coffee from the coffee machine, and cream.

Only one kitchen staff works in the morning (workday from 6.00 am) to make all the dishes in the dining room, to the extent necessary to add products to the distribution and to replace the dirty dishes. Clean dirty dishes from the tables also the task for kitchen staff. Dishes made on specially prepared trolley in the two sides of the dining room. With the accumulation of dishes on a trolley, it being taken away to the sink and immediately starts the dishwasher.

Approximate number of visitors on breakfast on weekdays from 50 to 100 people, on holidays and weekends the number of visitors is 200 - 250. About service in lunch and dinner in «Huviretki» I will tell later.

3.1 The management structure

Work in the hotel's restaurant is closely connected not only with the restaurant operations, but also with all departments of the hotel, including room service, conferences, and so on. This is the main difference from the usual city restaurant.

If the hotel restaurant is empty during lunch and dinner it is a major concern for many managers. And if you can sell breakfast for all guests like "forced" to include it in the accommodation services in one package, but for lunch and dinner managers should develop special programs to attract visitors.

When the hotel is located on the place with the high cross, you might think about the device as outdoor terrace. The outdoor cafe is not only for generate revenue it is also for serve as good publicity hotel restaurant, by attracting customers go there from the street. Service department at the restaurant should not forget about the banquet service. If the restaurant does not have banquet halls, you can organize offsite catering at various venues in the city, offering high quality service and a varied menu, which will bring significant additional income. (Sorokina 2007, 164)

3.2 Restaurants and bars

Types of catering enterprises and the number of seats in them are dependent on the destination hotel, its level of comfort. (Grigorieva 2002, 6) Usually the hotel can include a one or more restaurants or not be at all. The hotels restaurants are classified by type in accordance with hotel in which they are located. In large hotels belonging to the famous hotel chains, usually in this hotel are located two restaurants - a luxury brand and a small restaurant with a low level of prices on food and beverages. The hotels restaurants are serve as "their" clients as well as customers from the street, on the general public. (Kabushkin, Bondarenko 2001, 14)

The main manager and organizer of all the work on the preparation and service of guests in the restaurant is a restaurant headwaiter or restaurant manager. Preparing for the restaurant service consists of cleaning the room, furniture arrangement, receiving and preparation for use of table linen, crockery, cutlery, pre-serving tables. (Timokhina 2009, 23)

The hotel profitable contains the bars, as the sale of beverages gives much more profit than the sale of food products. Bar is a catering company with a breakfast bar which implements the mixed spirits, alcoholic and non-alcoholic beverages, snacks, desserts, flour confectionery and bakery products, purchased goods. Guests can relax in the cozy atmosphere of the bar, listen to music and etc.

The bars can be classified according to their location in the hotel building:

- Vestibule bar is a comfortable place for meetings and talks. Under the correct leadership it can be a good source of profit;
- The restaurant bar is traditionally the most attractive element of the interior of the restaurant;

- Auxiliary bar is a point of sale, located in the depth of hotel building, on the floor. This bar serves as a warehouse for wine, beer and other drinks to serve guests in guest rooms;
- Banquet bar is located in the banquet hall. Used exclusively to serve banquets and conferences. Typically, banquet bar has a large stock of expensive and popular wines, spirits, beer;
- A pool bar. Any high quality hotel (not just a resort) not-impossible without the pool and bar with him, where guests can relax with a glass of an exotic cocktail or some other beverage;
- Mini-bars are small bars with a fridge in the guest rooms. It is intended for supplying guests drink at any time of day. The key to the mini-bar is usually embedded in a package that guest receives upon registration. If the guest is not going to use the mini-bar, the key does not take. Reserves drinks in the mini-bar replenished daily, and the cost of alcohol consumed additionally included in the total score;
- Night bars at dance halls, inviting artists and musicians;
- Sports bars are becoming popular as an integral part of modern living at sports venues, halls.

The bars are projectable in the hotels can specialize in an assortment of products sold or the method of its preparation (milk, cocktail bars, wine, beer, grill bars) as well as on the specifics of visitor services (video-bars, a variety show-bars). (Grigorieva 2002, 8-10)

The efficiency of the bar measured by the level implementation of beverage (pour / cost percentage). It is calculated by dividing the cost of sales over a period of drinks on the amount of revenue for them. The more frequently checked the level of implementation, the better control of over the work of the bar. The optimal level of implementation is 16-24%. (Secrets of the hospitality industry)

The hotel “Cumulus” has the one restaurant and two bars. The restaurant «Huviretki» and bar “Parnells” are working separately. But «Huviretki» has own restaurant bar, which caters to guests during the working hours of the restaurant. It has the bar counter and three soft sofa with little table for customers. The bar counter is located directly near the entrance in the hotel and reception. This is a convenient place to wait and meeting guests.

3.3 Department of the room service

Currently, there are many classifications of rooms on various grounds, such as classification by number of beds (single, double, etc.), or for other purposes (business class rooms, apartments) is called number of the hotel rooms. (Kabushkin, Bondarenko 2001, 28)

Number of the hotel rooms is a total number (places) of different category in hotels of which are managed by hotel management, management of a hotel chain, management on management of hotels, global booking system and reservation of seats. Number of the hotel rooms is controls by the special directorate which consists of service of the porter, service of maids, service of the maintenance, the joint service group, security service operates. The head of directorate bears responsibility for rendering the main hotel services and maintenance of a number of the hotel rooms according to the accepted standards. (Sorokina 2007, 116)

Number is a room consisting of one or several places of residence, equipped according to the requirements shown to hotel of this category. (Sorokina 2007, 116) Service - is the result of direct interaction between the artist and the consumer, as well as the contractor's own work to meet the needs of the consumer. The concept of "service" has universal significance, it is immaterial and can't be measured, it can only be estimated.

The content of accommodation services is as follows: first, the use of special facilities available (hotel rooms) and secondly services are performed directly the hotel staff - by receptionist at the reception registration of guests, by maids cleaning hotel rooms, etc. (Sorokina 2007, 37) The term "room service" is used in relation to the maintenance of residential rooms. In this chapter, regard it in a more narrow sense - the supply of food and drinks in the hotel room.

To improve the quality of work food department of the hotel requires the following: first, to establish the timely execution of orders, especially breakfast, because this service is most popular among the guests; second, continuously made lower prices for services department. Depending on the number of rooms, contingent staying at the hotel, auxiliary floor buffets are on each floor of a residential hotel or a buffets on a few floors. If there is no hotel of floor cupboards, meals in the room will be organized directly from the restaurant. (Grigorieva 2002, 12)

Serving in hotel rooms requires special training. It is associated not only with the performance of the wishes of guests, laying the table, the sequence of serving dishes, technology services, but also to the rules of conduct for staff in the room. The hotels customers make phone orders directly to the headwaiter and maids that supports continuous communication with the headwaiter.

In making the order it is necessary to take into account and to fix the following data:

1. The number of rooms in which to serve breakfast, lunch or dinner;
2. The number of guests served;
3. A detailed description and quantity of ordered meals, snacks, beverages
4. The time of ordering.

For service in the guest rooms use a special dining dishes and equipment (metal deep dishes with lids, metal coffee pots, teapots, creamers, various stands, instruments and equipment for heating and maintaining the temperature of hot food and drinks available in the room), rectangular trays, service trolleys of different designs, lightweight portable folding tables.

To ensure the supply of food into the rooms close to the transfer of the main restaurant of the hotel provide for a special elevator that connects it to the residential floors. The number of in the rooms-eating should be no more than 1-3% of the feed in restaurants and food consumption ratio – 3:5. (Grigorieva 2002, 13-14) An operational and accurate transmission of information is the key to good service in the rooms.

The hotel “Cumulus” uses in practice the system of “room service”. If you want to do order something, you should call the administrator at the reception. Once you have dictated the order, he writes it on to the computer. Your order will appear in the kitchen and staffs start cooking your dishes. When your food is ready, the waiter takes it to your room. For this action he/she uses a special stairs or elevator. Customers pay for their order when checking out of the hotel.

3.4 Department of public events

For many years, public events accompanied by food and drink - something common, those are:

- official banquets, which the country's leaders give in honor of distinguished guests
- receptions and banquets on the occasion of national holidays

- banquets organized by the public, party, scientific and business circles to mark the end of conferences and meetings
- charity performances with dancing and refreshments
- holiday dinners with dancing, organized by the leadership of the company to its employees
- Weddings

More often such events are called the banquets. A wider term is a mass event.

Mass events may be organized in the hotel room, and with the departure of foreign territory. Food can be cooked in the kitchen as a hotel, and where the event is being organized. (Kabushkin, Bondarenko 2001, 67-68). Order to hold the event or just order a banquet issued for each event separately and contains a large amount of information.

One of the most important requirements to the hotels business purpose is to allow banquet services. For this purpose the premises catering, located in the hotel complex, along with the dining room in the main, there must be special banquet rooms (maybe several rooms of different sizes and for different types of banquets), and the need for staff with appropriate knowledge and skills. (Grigorieva 2002, 22)

The banquets carried out as a solemn feast in breakfast, lunch or dinner time. The reason for this may be an anniversary, a friendly, family celebration. The most frequent banquets are held by public, academic and business organizations on the occasion of the end of the various meetings, negotiations, conferences, meetings and other events.

Banquets can be classified as follows:

- 1) by way of organizing a meal at the table - sitting or standing
- 2) on the participation of staff in the service:
 - complete when all operations (receiving product, shipping it to the room, serving meals and drinks. Cleaning dishes, etc.) carry out the servers that provides higher standards of service
 - part, when a number of functions transferred guests shifting food, filling glasses) to help streamline the process of care, reduce the number of staff
- 3) the assortment of food and beverages
 - general purpose
 - banquet tea
 - banquet cocktail

- banquet buffet

The organization of any banquet includes receiving and ordering, preparing for the banquet service. Organized, efficient work in preparation for the service banquet depends on how much detail and in a timely manner and containing all details of the banquet between the customers and the leadership of the restaurant. Therefore, it is desirable that the one who will directly supervise the preparation and service of the banquet guests were informed in detail about the features of this order. The orders for banquet service receive directly manager or headwaiter for service banquets. An order may be made in writing or by telephone, as a result of the visit.(Grigorieva 2002, 27)

When you receive an order for catering services to meet the customer offer rooms for banquets, agree with him a plan of arrangement of tables, seats guests of honor (if it is a feast at the table, then the plan accommodate guests at each table individually, based on the rate of 60-80 cm per rights), the approximate layout of banquet hall.

When ordering, specify whether guests enjoyed a “cocktail-appetizer”, we need flowers for decorations, the music during the banquet and dances. The banquet menu is taking the order. The range of dishes of this menu is determined by the nature of celebration and wishes of the customer. The usually the menu includes:

1. Cold appetizers
2. Hot appetizers
3. The hot dishes (1 or 2 items)
4. One dessert
5. Hot drinks (1 or 2 items)
6. Fruits
7. Cake
8. Wine and spirits and soft drinks (Grigorieva 2002, 28)

It is important that employees engaged in selling catering services were provided appropriate technical and visual means, for example such as:

- Color slides, photographs by a variety of price levels and models of buffets, appetizers, main dishes offered on the menu
- Image of different setups of tables and chairs

- The possibility of technical equipment events computers, a stage, a dance floor, lighting, microphones, musical instruments
- Pictures, videos of the measures. (Grigorieva 2002, 23-24)

The “Cumulus” hotel quite often meets such type of the guests. For conferences and banquets, there are two beautiful halls. The conference rooms are Saimaa and Norppa. Both halls are made of wood, on the floor blue carpet. Tables and chairs can be moved around in the halls at the request of guests. These rooms book for conferences and presentations. Also they are used for banquets and various celebrations. The hotel also has simple meeting rooms №1,2,3 with more simple interior. For the conference, you can order only a coffee break or a complete meal. The restaurant prepares everything to a specified time for a specified number of guests. For the banquet must make a reservation in advance of the proposed menu.

Table 2. Feature conference rooms fund (According to the official website of the hotel «Cumulus» <http://www.cumulus.fi>).

Type of meeting room	Area, m²	Maximum number of participants
Meeting room №1	70	40
Meeting room №2	70	40
Meeting room №1+№2	140	80
Meeting room №3	77	40
Saimaa	65	40
Norppa	65	36
Saimaa+Norppa	130	80

The menu for banquets and conferences have consists of three different options. Each menu includes several positions for appetizers, main dishes, desserts and drinks, both alcoholic and non-alcoholic suggestions. It depending on the selected menu tables is fixed by the rules of cutlery serving. Put on the table candles, flowers or related attributes for chosen theme, like Christmas, Halloween and so on. This type involves serving waiter service.

Table setting in a separate banquet hall is called “Buffet”. For such appointments covered several tables, which are set meals and customers use self-service. It requires special movable equipment. The waiters only monitors on the table with “Buffet” and fullness of dishes. Also the waiters pour drinks.

4 PRINCIPLES IN THE FORMATION OF THE MENU

The most important element of a service process management in enterprises is the food menu. It euphemistically referred to as "authorized representative" of the restaurant, engaged in constant communication company with the guests. The menu is a list, located in a specific sequence of foods and beverages. Which are available on the premises (in a restaurant, cafe, and bar) for the entire duration of the halls. (Grigorieva 2002, 24)

4.1 Drawing up the menu

When menus are should distinguish between the width and depth of the suggestions of dishes and drinks. Under the proposal refers to a large wide selection of different dishes: game meats, poultry, pork, veal and fish dishes from the sea and river fish, vegetarian, meal dishes. Depth of assortment indicates the presence different food in one product type. Offer a deep range of specialist companies - fish, vegetarian restaurants, pizza, ravioli. (Grigorieva 2002, 26)

In drawing up the menu should take into account seasonal food, a variety of dishes on the species, methods of heat treatment, rational use of raw materials, contingent feeding. Snacks and dishes, side dishes and sauces to them on the menu one day have to be varied in composition of products and processes for their preparation. (Grigoreva 2002, 27)

The drinks menu created separately for the food menu. This may be a price list or a wine list. Price List is a list of alcoholic drinks, beer, water, indicating their price. The wine list could include: the name of the wine, the price, a brief description of each wine, temperature, flow, an indication of its compatibility with a particular dish, in addition, can be represented and better information: the year of harvest, grape growing region, the history of wine making etc.

The wine list, as well as price lists are issued in hard copy, the cover of which may be the emblem of the enterprise, photos terrain growing grapes, wine samples, etc. (Grigorieva 2002, 39) The various types of beverage menus are numerous, but for simplicity they may be grouped as being of six kinds: full wine menus, restricted wine menus, banquet/function menus, bar menus, room service beverage menus and special promotion beverage menus. (Davis 2008, 168)

The restaurant “Huviretki” has the brochure only with wine, it is called wine list. The wines are divided into red, white and sparkling. For each wine there is the corresponding formulation and the proposal to accompany a dish from the main menu of the restaurant. There is name, year and country of producer. Also in the main restaurant menu has for each category of dishes a recommendation on the wine list. The dosage of drinks is 8cl, 16cl, 75cl. To select the strong or soft drinks your must contact with the waiter and ask him about that.

4.2 Features of the menu

Appearance of the menu should reflect the market concept, shape and design company. The palette of colors used in the design of the menu must match colors used in the decoration of the restaurant premises. Font size and clarity are determined by the light of the hall, as the poor lighting in the room makes it difficult to enjoy reading the menu. (Grigorieva 2002, 38)

The menu should be comfortable, attractive, and impeccable in terms of literacy. The list of the dishes on the menu has to take into account the tastes of potential visitors to get the desired profit. Prices should arrange regular visitors and not to scare away casual clients. Successful design makes the visitor a variety of associations, affect mood, and hence to choose from. (Karabut 2011)

Menu design it is not just a list of courses and registration. The design is a development of the concept, and to it always contains the price. They can be high or low, as long as they were having a client and were available. So when setting the prices on the menu should take into account the average income level of residents.

Thus, menu design involves attention to factors such as the list of dishes, menu design and price. Menu design is associated with the interior of the restaurant is very closely. In the preparation of the menu necessary to try to take into account the tastes of all types of visitors: the elderly, people of middle age, young people, teenagers, and children. In the main menu should be dishes that preliminary indications are necessarily will appeal to a certain type of visitors.

Menu design is to be a real masterpiece of art; otherwise there will be a proper impact on the visitor. In the development of the menu is huge value has the experience and skills. In the design of the menu can be involved all the colors of the rainbow, but we must remember that this or

that color can make to the guest is not the impression that originally planned. For example, the entire restaurant is decorated in an elegant and simple style. But the menu is startling in its number of colors. In this case, the menu design is clearly not compatible with the design of the restaurant, which can cause internal irritation of the visitors. On the contrary, too strict menu design in combination with the "fun" design of the whole institution and may not please the guests. (Karabut 2011)

It is important to choose a font. The font should be clear, concise, the name of food and drink, prices, and leave entitlement should be easy to read. Spelling errors, wrong names, correction of the hand, strikethrough - completely excluded. Using common header single font and other factors result in the fact that each dish will be treated equally.(Karabut 2011)

The content and design of the menu is the most important step in the development of the restaurant's menu, this design should be based on the selected type of restaurant, the traditional dishes of this type, perceived or real customer preferences institution. Menu page should be split into two columns. In the first column with the names of dishes and the second column with prices. (Karabut 2011)

In many places that claim to elite status in the menu, in addition to the list of dishes, there is a message about the ingredients from which this dish is made. The menu could be described as advertising, if it has a message about the ingredients or the method of manufacturing the dishes. After all, sometimes the visitor a deaf ear advertisements on TV, radio or the one that is printed in newspapers and magazines. But the menu is like a printed advertisement; a visitor is likely to read it very carefully, so the menu should try to make the most informative. The text should be as concise, yet he has really cast a spell on the visitor, forcing him to buy that in a normal situation, he never would order.

For which important to the description of meals: first, to ensure that the visitor never thought that acquires a "pig in a poke", and secondly, the description of the dish is a testament to the prestige of the restaurant. (Karabut 2011) For a long slow process of reading the menu order, so you need to be maximally concise, accurate and honest as possible. If it is a unique way of cooking, then you need to specify this information. For example, in the oven for roasting, grilling, frying pan, smoking, etc. If you are using ingredients that can be called unusual and unique, we can find it. You can list all the ingredients, which made a particular dish. It is also possible to focus on the geographical origin of the product, the process of registration and other side dishes.

If you are using a well-known, the traditional name of the dishes, it is not necessary describe a method of cooking. From the foregoing it can be very obvious conclusion that the design of the menu should be the real art. Then will have a chance not just to attract the attention of visitors, but also to win his sincere location.

To provide menu with interesting information on the various dishes, drinks and ingredients, but to overload one menu much information should be avoided. To do this, you can make some menu: regular, dessert, wine, and children. The menu should be changed periodically, and thus will vary and information. Usually the visitor read through the entire menu, then evaluate and original approach to registration. (Karabut 2011)

A few words about the menu in the restaurant “Huviretki”. Menu type «A 'la carte» available in hard copy like a magazine in four languages (Finnish, Swedish, English and Russian). The menu has a light-grey color with photo of most popular dishes. There is a description of each dish and its price. The menu with prix fixe called “Black - white menu”, “menu Huviretki”, which include a three-position starter, main course, dessert. Both have a fixed price menu with wine and without wine.

The main menu include following positions:

- Starters and soups
- Salads
- Fish and vegetable dishes
- Grill
- Burgers and sneaks
- Fresh pasta
- Pizza
- Desserts

For each item the restaurant offers wine to your taste. For example:

“With desserts, we recommend the honey sweet Late Harvest Sauvignon Blanc dessert wine or the rich and spicy port Dow’s LBV port.”

Also near to the dishes can be placed short content - Lactose / Gluten:

“L = Lactose-free, LL = low-lactose, G = Gluten-free, but in the kitchen for cooking some dishes using products that contain gluten, K = classic dish of the restaurant “Huviretki”

The restaurant offers a seasonal menu or weekly menu, for example "Mexican weeks." The menu consists of several themed dishes include a starter, main course and dessert, with recommendations drinks.

4.3 Russian cuisine

For the development of the menu, I read a lot of books about Russian cuisine. This chapter based on the book, Kovalev and Mogilny "Russian cuisine. Tradition and customs" and the book Rabinovich "Essay about material culture of the Russian feudal city" I think that is important for the formation of preferences in Russian cuisine is a historical factor. So what is the traditionally Russian cuisine? Based on the data of the book, now give reasoning's on a theme Russian cuisine. Human nutrition has always been one of the major problems for any nation. In this area, reflected many of the features of national life in general. "Man is what he eats," - said sometime. So what's eating our Russian ancestors?

In nutrition vast majority of Russian citizens are determined by the development of agriculture in the country, which from the beginning was of a pronounced agricultural nature. Consequently, in the food of citizens were bound to affect both total agricultural nature of the country and the regional characteristics of agriculture. As well must be said about preparation of products for the future and their subsequent storage.

An indispensable part of any urban estate was crate and cellar. In the crate were stored products, the port is not very soon, in the cellar stored of perishable foods. The meat in the northern areas where the winters are long and severe, usually used frozen (mainly cattle were slaughtered in late autumn, so as not to be spent on food in the winter), in the southern regions it was salted, smoked, lard overheat. Salted beef called corned beef, salted and smoked pork called ham. Fish is also are smoked or salted. For storage of dried and wind meat and fish in the urban estates there were special built ground was drying, often were located on the second floor.

The vegetables are salted or make sour on the future. The bottoms of the barrels sticking cucumber seeds, findings in the cellars XV - XVI centuries, suggest about salting cucumbers. The cabbage a make sour or chopped cabbages and also stored in barrels and cellar. There were also kept pickled mushrooms, pickled berries and vegetables, a variety of beverages.

(Rabinovich 1998, 215) Since that time, Russian people developed the habit of storing all for the future, the love of all kinds of pickles.

So can we not forget about savory food, is used by all people: rich and poor, young and old, secular and spiritual it is course the bread. Originally the norths part of the Russia, where the main cereal crop was rye an ordinary people eating mainly rye (black) bread, in the south part, wheat (white). So is now we eat a white or rye bread. The assortment of bread products in Russian city cuisine was very rich since ancient times. Of sour dough baked pies with various fillings like a cabbage, porridge (later with potatoes), with garden and wild berries, meat, on the north part with the fish, also pancakes, larks and fir cones, the Pascha or pasochen (high round bread made from wheat flour). (Rabinovich 1998, 220)

From unleavened dough prepared a variety of cakes (in the south, “Knishi” with butter, bacon, baked cream, cottage cheese), “Sochen” (cakes with cottage cheese), pancakes and pies, cheesecakes and “shangi” (cakes, open at the top, with cheese, potatoes or other fillings) “kolobok” (cakes like ball) and all kinds of gingerbread with honey. Gingerbread made in a special form seems the urban invention. In the XIX century anyway had a wide sales stuffed marshmallows called "Tulskiy" and "Vyazemskiy" gingerbread. (Rabinovich 1998, 220-233) This gingerbread was quite varied in their member ingredients, size, shape and ornamentation. It is a very important accessory of various rituals and favorite goodies. So currently we buy gingerbread from Tula, bake a selection of pastries and preparing national dishes for the holidays. (For example, in the holy day of Easter) (Rabinovich 1998, 233)

So can we not forget about porridge. For example, from a mixture of products or buckwheat with peas or liquid millet porridge, which in XVIII - XIX centuries cooked with potatoes, onions and vegetable oil. Special mention should be a ritual sweet porridge “Kytia”. (Rabinovich 1998, 217)

Important places in Russian cuisine have always played liquid meals like pottage, “hlebovo” (soups in our modern sense of the word), “repitsa” or “repnoe”, cabbage soup and also “borsch”. (Rabinovich 1998, 234). One might add that Russian cuisine throughout its long history has absorbed and creatively reworked many different culinary traditions - from the Tatar-Mongolian to French cuisine as a result of becoming one of the most diverse cuisines in the world. (Sbitneva 2004, 43)

It can be said to the 18th century Russian cuisine was not very rich. However, since the 18th century began extensive development cooking. It's came the fashion to prescribe chefs from France. They gave our kitchen chops, sausages, omelet's and fruit drinks. And at this particular time in Russia was brought soups. Before the French liquid dish we are called pottage and "Yushki" (from the word fish soup, which signified the first meal of noodles, cereals and vegetables). The French introduced and unusual for the Russian style serving dishes all exhibited on the table at the same time. (Kovalev and Mogilny, 1990, 76)

With Ukraine came to us soup with pork belly and veal (it was fed with hot flavored "Pampushki"). Russian and French chefs (in the 19th century they work tackles in Moscow and St. Petersburg restaurants) made in Ukraine recipe for "borsch" lard new details. They began to prepare "borsch" on the bone or meat broths. Also they added to their beans, squash, turnip and sour apples. Ingredients remained unchanged, were beets, cabbage, carrots, potatoes, parsley, onions and tomatoes. In the 19th century, one of the main "royal" Russian cuisines has become the starlet. (Kovalev and Mogilny 1990, 86). In 1867, Théophile Gautier wrote it about her: 'Outside Russia, even in the Isa-scan tables, it is unknown gastronomic phenomenon. And I must say, starlet deserves its reputation ... One slice of the Volga river starlet on an elegant wishbone is travel '(Gautier 1988, 24)

Russian salad "Vinegret", it was considered at all times traditionally Russian, so it is impossible to forget the caviar, well, about as many people think a traditional Russian alcoholic drink is vodka. However, it should be noted that the vodka was wound up in Russia from Italy only in the 14-15th century, and for a long time been banned. Caviar also has always been a rather festive product, but the salads, including the Russian salad "Vinegret", added Russian cuisine enriched only in the 19th century. (Kovalev and Mogilny 1990, 82)

Relying on all of the above I can say that Russian cuisine is rich indeed, as it includes a lot of traditional Russian dishes (soups, porridge, vegetables), many borrowed in the 18-19th century the meals (soups, salads, fruit beverages). All these meals of course attract a native Russian people (in this case it should be noted that not all Russians like the national cuisine, but I think this is a predisposition to everyone.) But also a lot of foreigners are respected Russian cooking tradition. Many creative people like the national cuisine.

4.4 The traditional Christmas dinner

The Christmas is a bright holiday, and in Russia it is always eagerly awaited and widely celebrated. In a series of traditional festivities, skating and divination Russian people didn't forget about the feast, because of the lent, which was preceded by Christmas. It was not so severe, with permission, and sometimes there is a fish on the table, but it was the lent.

Russians hadn't got a special Christmas fish dish, on the Christmas table meat was very important. Slaughtered cattle for Christmas, salted ham, smoked ham, stuffed with sausage, pig heads and stomachs. At the Caroling - went to the night before Christmas in the streets and chanted: "Post guts and legs into the window!" (Akopov 2010 № 96). Schi (soup) was full of meat too. After lenten schi they cooked rich schi with lamb or beef, whiten their milk or cream. But Christmas cooking has begun with another thing - on Christmas Eve with the first star had to try sochivo (it is also - kolivo or kutia). And only then, after the morning service - to raise a glass and ate roast goose or a pig's head. It rolled Christmas! Rejoice, boys - it's Christmas time!

In some provinces people were baking special pancakes on Christmas. There were gifts for friends. Also people invited relatives to eat the pancake - ovsyaniki. Oat was generally considered to be one of the symbols of Christmas celebrations. Vasiliev evening, the eve of the New Year in the old style, also called the Ovsenev. (Akopov 2010 № 96). Pryazhenina (meat sauce) is perfect addition to oatmeal pancakes. In Belarus, it is called Machanka, from the word "dip" - dipped into a thick meat gravy not only pancakes, but also traditional Belarusian potato pancakes, boiled potatoes, a fresh-baked bread.

In the northern Russian provinces people baked "Kozyli" (cookies) for dessert. It was the intricate cookies in the form like cows, sheep, goats, deer. In every house a housewife with children fashioned their by hands, passing the tradition from generation to generation. Sometimes they used tin seizure. Test options for "Kozyli" are very different, from a simple unleavened rye to gingerbread - with butter and egg yolks. On Novgorodchiny they have their own option - volume "Cows" from unleavened dough substituted by on milk. Even the birds of this test, molded and baked for Christmas, called "cows". (Akopov 2010 № 96). To keep warm at Christmas, people drank sbiten (hot honey beverages). Children were offered drinks a non-alcoholic version, adults drank strong sbiten, with beer, brandy, vodka or wine.

Christmas table in every Russian home looked festive in a special way. Often it remained for the duration of the covered Christmas time (12 days from Christmas to Epiphany), and a variety of treats were not cleaned from it - in anticipation of the uninvited, but always a welcome guest

or of carols. Under the most elegant tablecloth was made to put a bundle of straw - as a reminder of the birth of baby Jesus in the stable at Bethlehem. In some Russian regions this custom has been preserved until now. (Akopov 2010 № 96).

By tradition, the Christmas table should consist of 12 courses

1. Kutia - porridge of wheat threshing
2. Vary or uzvar - compote of dried fruits: pears, apples, plums and cherries
3. Kapustnyak, seasoned with vegetable oil and millet
4. Peas, cooked until soft
5. Vegetable soup with carp and mushrooms
6. Grilled fish
7. Hold fish
8. Dumplings with plums, pears, cabbage and potatoes
9. Pancakes or pampushki (for borsh)
10. Millet or buckwheat porridge, cooked in a special way
11. Lenten cakes with cabbage, plums, pears, etc
12. Stuffed cabbage (meatless option with vegetables and cereals, often with rice, sometimes with buckwheat or millet). (Mezhieva 2007, 24)

Currently the traditional Christmas dinner has undergone some of the change. Each family celebrates Christmas Day, but not every family is now adheres to eating meatless treats. Christmas dinner was to remind the New Year, which treats on the table does not dispense with the traditional snacks of vegetables, main course, so-called hot for which serve fish, poultry or meat and dessert. About some dishes New Year and Christmas table, about traditional Russian dishes of national cuisine will be discussed in the section on the technology of cooking.

5 CREATING OF THE CHRISTMAS MENU

This section is devoted to the practical part of my job. For writing this section was conducted interviews with the manager and chef of the restaurant «Huviretki». During the meeting, were solved questions about the topics menu, where it was decided to create a menu with Christmas

motifs on the basis of Russian cuisine, the timing of. Also there were raised the issue of the number of courses offered on the menu, used products, offers and price drinks in question.

5.1 Development of the Christmas menu

During the work on this chapter I have been studied a lot of books with the history of Russian cuisine and recipes of dishes. The most of useful for me is the book "Russian cuisine in the tradition", "Practical Encyclopedia of Russian cuisine" and "16 dishes of Russian cuisine." I chose the recipes for their menu from these books.

Created by me the menu based on the motives for Russian Christmas traditions. In response to the influx of tourists, including Russian, during the Christmas holidays. Christmas is everybody's favorite holiday since the childhood. Many cuisines of the world are famous for their exquisite dishes just for Christmas. Russian cuisine is not an exception to this.

Any lunch in Russian house begins with a snack. If it is normal, everyday lunch, then a snack served one or two dishes - for example, vegetable salad or cold cuts. And if holiday dinner and have guests in the house, the table literally breaking from the snacks. (Yasnovskiy, Yashmolkin 1981, 34). When you try everything and will find that completely full, it turns out that it is - only a prelude to dinner, a dense lunch and more to come ... (Yasnovskiy, Yashmolkin 1981, 35)

In accordance with the theme of the menu was necessary to choose the classic Russian dishes for the Christmas table. The menu was decided to create from 3 appetizers, 3 main courses and 3 desserts. The menu is written on three languages (Finnish, English, Russian) as focused on all categories of customers. It is available for residents of Finland, Russian tourists and visitors from all over the world who visit the restaurant during the Christmas holidays. The menu in English language is presented in table form below with a brief description of each dish. The ready menu as a booklet are presented in Appendix 1-2.

Table 3. Christmas Menu

Appetizer
<p>“Zrazy” with fresh vegetables</p> <p>Mashed potatoes stuffed with mushrooms and onions, fried in breadcrumbs, served with fresh vegetables and sour cream.</p>
<p>Russian salad “Vinegret”</p> <p>Boiled potatoes, beets, carrots, pickles, green onions seasoned with vegetable oil, served decorated with herring and onions.</p>
<p>Russian salad “Olivier”</p> <p>Boiled potatoes, carrots, eggs, pickled green peas and cucumbers, boiled beef dressed with mayonnaise sauce, served with fresh dill.</p>
The main course
<p>Chicken breast on the toast</p> <p>Roasted chicken fillet stuffed with mushrooms and onions, served on toast of white bread with fresh vegetables.</p>
<p>Grilled salmon with vegetables</p> <p>Roasted Salmon fillet served with steamed vegetables and mushrooms.</p>
<p>The Stroganoff</p> <p>Finely chopped beef tenderloin, grilled with onions in the sour cream, served with mashed potatoes, fresh vegetables and herbs.</p>
Dessert
<p>Classic Russian pancakes with toppings to choose from</p> <ol style="list-style-type: none"> 1. Caviar and sour cream 2. Honey and walnuts 3. Cottage cheese and orange jam

5.2 Design of the menu

The menu projected is made with Christmas motives, so the design I chose colors that everyone associated with this magic winter moment. Shades of blue and white can symbolize different things, such as snow, clear blue sky, ice, white smoke from the furnace and of course frost on the window. After analyzing these aspects, created the style of the menu item that corresponds to the Russian tradition, the design by Russian menu used patterns Gzheli. This is the art of painting white porcelain tableware and decorative elements with luxurious blue patterns, ornaments and flowers. This is the art of painting white porcelain tableware and decorative elements with luxurious blue patterns, ornaments and flowers. Gzhel is a village near Moscow, the birthplace of this art and now this place is a symbol of unique folk craftsmanship that bears his name. Objects created Gzhel craftsmen are famous all over the world, many people collect Gzheli collection at home. That is why his menu, I chose this version of Russian art, it is recognizable and loved by many. (Alesakhin 2008, 21)

On the first page there is a menu name Christmas menu on the Russian tradition in two languages, English and Finnish, and relevant to the content patterns, and colors. The menu includes the classic names for Russian dishes. They identified the appropriate underlined for faster searching. According to the study of the materials of the preparation of the menu, under each of them there is a brief description of the dish. This will allow the guest to accurately represent the composition and presentation of meals. After all, for many customers, who will try dishes from the menu, it will be a "debut" in Russian cuisine. The order of dishes on the menu is in compliance with the filing them on the table. First presented appetizers, followed closely is the main or second course and then dessert.

The font of the menu is created continues GZHEL patterns. It is read in three languages that are represented. In addition to the thematic framework for the reversal menu printed only two large objects. Such as the Firebird is a character known Russian fairy tales and the Russian girl. This is done in order not to overload and do not detract from the main - food choices. In the program Illustrator I created the Booklet for the menu. Illustrator is a vector drawing program, with a wide range of drawing tools to control color and text.

5.3 Technology of the preparation dishes

The menu includes three appetizers, three main courses and three desserts, so I spend an analysis of each category of dishes, followed by a detailed analysis of my selected dishes. At each station is present recipe for a dish, a description of technology of preparation and method of serving and the motive of choice of dish.

Each dish is chosen by me from cookbooks about Russian cuisine. It is prepared in accordance with the standards used in the restaurant. To create technological maps for all dish I needed to cook the dishes at my home kitchen and make the appropriate photo to it. They are essential to the chef for understanding dishes and the right design. For each dish created flow chart in accordance with the instructions of the chef. Technological maps are created on the Russian and English languages. All technological maps in English language are presented in Appendix 3.

Russian table in the winter time is rich in vegetable dishes. On holidays on the table exhibited a variety of billets, pickles, fresh and steamed vegetables, salads. Holiday table is complete without a mushroom, and the main course is a herring. To it are served hot with boiled potatoes.

5.3.1 Appetizer

1. Zrazy with fresh vegetables.

As the first are selected potato appetizers Zrazy with fresh vegetables. After analyzing several culinary articles, I can say that Zrazy came to Russian cuisine from Poland, where they were prepared originally rescued from whole pieces of meat. The name comes from the Polish word «Zrazy» and is translated as “cut piece”. Zrazy widely used in various countries, including in Russia, where they began to prepare during Great Lent or Christmas from potatoes, as in the post is prohibited to use in food products of animal origin. Christmas fast there comes 40 days before Christmas (January 7), thus, falls at the time of my last post and the menu until January 6, inclusive. Potato “Zrazy” came to the rescue a very popular dish at the time of the potato “Draniki”, which was used in the formulation of raw potatoes, he was to be roasted in sunflower oil. A potato for Zrazy must first boil and pounded from the resulting mass to form a “cake” and optionally can add a variety of toppings, vegetables or mushrooms. Thus, it was established a new Lenten dish. Now this dish can also be considered vegetarian.

In our case, the recipe potato Zrazy present fungi (champignons), fried with onions. Formed from the potatoes with mushroom “cake” envelop in breadcrumbs and fry in vegetable oil until golden brown. One portion served 2 “Zrazy”, dish decorated with fresh vegetables. Dish served with the sour cream. It is often used in Russian cuisine as a sauce or filling dishes. (Appendix 3(1))

To estimate the mass exit 1 dish in grams, its calorific value and op-determination content of nutrients I used the site <http://www.fineli.fi/>. All data are processed and entered in the table. (Appendix 5)

Thus, the mass of the dish “Zrazy with fresh vegetables” on the yield is 434 grams. The energy value of food is 1691, 66 kJ / 404, 31 kcal. The content of protein / fat / carbohydrates is 8,95g / 19,85g / 43,59 g, respectively. (Appendix 5(1), Table 1)

2. Russian salad “Vinegret”.

A bright spot on the Russian holiday table is allocated vinaigrette. It is selected me as the second appetizer. The word comes from the French vinaigrette "vinegr" - vinegar. So called in the old salad of boiled vegetables seasoned with vinegar. (Complete set of cards, 1981, 35) At present, a salad dressed with sunflower oil or mayonnaise. This salad can be rightly considered as the oldest, the first mention of it date back to the 19th century. Until that time, all the vegetables were used separately, but in the process of cultural exchange between the countries, they were to mix, that has turned the most delicious and colorful. The Recipe from the times is not undergone fundamental changes, only slightly amended. Prepares of salad of boiled vegetables, with the addition of pickled cabbage or pieces of herring. Adding or rutabagas cranberry shows current Russian features.

The option, that I choose, contains herring, as it is written earlier, is one of the main refreshments the holiday table. Vegetables, potatoes, beets, carrots, boiled until tender, cut into small cubes and add those pickles. Dressed salad with sunflower oil, top decorated with slices of pickled herring and onion rings, add dill and parsley.

By tradition vinaigrette should immediately bring to the table, as due to the cold air and (if put salad in the refrigerator) lost its taste, color mix and topping settles to the bottom of the dish. It is also believed that the salad has a positive effect on the digestive system. And it is not the

calories, because it contains mostly prescription only vegetables, which in turn have a positive effect on the body, especially in the winter. (Appendix 3(2))

A weight dish out «Russian salad “Vinegret”» is 154 grams. The energy value of food is 884, 1 kJ / 211.3 kcal. The content of protein / fat / carbohydrates is 7,15g/ 13,095g / 14,827g, respectively. (Appendix 5(1), Table 2)

3. Russian salad “Olivier”.

For many decades on the holiday table we can see Olivier salad, known abroad as the Russian salad. So let us turn to history. Its creator was who came to Russia to French chef Lucien Olivier. In the early sixties of the XIX century he held in Moscow a French restaurant Hermitage, which is very revered in those days. Lucien Olivier was able to add to the traditional Russian cuisine of unique notes of French chic than secured his fame as one of the best chefs of the time. He created a salad, Olivier salad that played a significant role. The salad was wearing his creator's name, which was quite obvious to the Russian tradition of names. The recipe was unique because salad dressing was made by the chef and held a closely guarded secret. In his recipe Olivier took: two boiled meat grouse, a boiled beef tongue, adding about 100 grams of black pressed caviar, 200 grams of fresh lettuce, boiled crayfish 25 or 1 can of lobster, half a tin of very small pickled cucumbers (pickles), half a tin of soya Kabul (a kind of pasta then produced from soybeans), two crumbled fresh cucumber 100 grams of capers (prickly vegetable crop, which is marinated flower buds), finely chopped five eggs, hard-boiled. And Dressed with all Provencale sauce, which was to be prepared in French vinegar, two fresh egg yolks and pound (400 grams) of olive olive oil. (Cooking Magazine, Collection, Plekhov 2012)

Up to now the same day came completely changed the recipe to all your favorite Olivier. From the old recipe was only Provencale sauce, also known as mayonnaise and eggs. The ingredients that make up became available for everyone to prepare a salad. As the meat the filler began to use in a salad of boiled beef, chicken or ham to your taste. Also at the request or added salt or fresh cucumbers. Prepare the salad Olivier to celebrate New Year night, is a certain tradition among Russian people. It can be found on almost every holiday table.

To prepare the salad, in our case with the beef, it is necessary to cut boiled potatoes, carrots, eggs, pickles and green peas, finely chopped boiled beef. Salad dressed with mayonnaise sauce with the addition of dill and parsley. (Appendix 3(3))

A weight dish out «Russian salad Olivier » is 144 grams. Energy value of food is 1114 05 kJ / 266 kcal 26. The content of protein / fat / carbohydrates is 9,63 g / 19,05 g / 13,09g, respectively. (Appendix 5(2), Table 3)

5.3.2 The main course

In Russia it is called the second course. The traditional holiday menu included a 2-3 second dish was served one after the other. Fried, steamed, baked, boiled, cooked in various ways to products are fed to the table during all the holiday dinners. Dishes prepared with side dishes, vegetable or cereal, sauces were the must-have items.

1. Chicken breast on the toast.

Since ancient times, the appearance of dishes from birds was associated with the onset of the long-awaited holidays such as New Year, Christmas or Easter. The Slavic peoples are often used in food of swans grouse, cranes, herons, wild ducks, partridges, from poultry were welcomed chickens, ducks, geese and other birds. On large feasts dishes from a bird were the main decoration of holiday table. A characteristic feature of Russian cuisine is the cooking game and poultry carcasses intact. Popular are stuffed with products such as duck and goose with apples, chicken stuffed with rice and raisins or prunes, goose and duck, stuffed with a savory saffron milk caps or milk mushrooms, and more. It is difficult to imagine a modern holiday table without these traditional products. Dishes are always extremely beautiful and are playfully decorated, they confirm an old Russian proverb, "A bird on the table - a holiday at home." Submission of baked chicken on New Year's table is considered one of the world's oldest traditions. It always fits into the New Year's feast, and its preparation does not give much trouble.

Our version of cooking is simple, but very interesting. Ordering in a restaurant on one person, limits us to prepare any part of the bird. I chose a chicken filet stuffed with sauteed mushrooms with onions. Fillet fried until tender. When submitting placed on pre-prepared bread toast with a topping of fresh vegetables and mushroom sauce. This option allows us to cook poultry observance of tradition and makes a variety of our menu. (Appendix 3(4))

A weight dish out the «Chicken fillet on toast» is 444 grams. The energy value of food is 2201.19 kJ / 526, 08 kcal. The content of protein / fat / carbohydrates is 47.98 g / 24.46 g / 20.10 g, respectively. (Appendix 5(2), Table 4)

2. Grilled salmon with vegetables

At all times, in Russia as the everyday and holiday table distinguished by a rich assortment of fish dishes. And in the church holidays, such as the Annunciation, attributable to the posts (the Great, Christmas, etc.), when forbidden to eat meat and dairy foods, fish dishes occupy a dominant position on the table. Fish dishes are very nutritious. Fish contains proteins, fats, minerals, and biologically active substances (amino acids, vitamins) and other compounds. It is easily digested in the body and is obtained from it a delicious and varied cuisine. In the modern holiday table can be seen dishes made from different varieties and species of fish and different ways of cooking. Fish cooked boiled, fried, stewed and baked dishes.

The fish ration Russian people is the main place red fish, sturgeon fish that is a travesty. It was the main Russian fish dish. Also the number of exclusively Russian dishes included carp and perch, baked in cream, salted herring and salmon.

For the menu, select salmon fillet is roasted until tender and served with roasted vegetables (zucchini, carrots and onions) and mushrooms. (Appendix 3(5))

A weight dish out the "Grilled salmon with vegetables" is 364 grams. The energy value of food is 2182.86 kJ / 521.7 kcal. The Protein / fat / carbohydrates is 31.81 g / 40 78g / 6, 09g, respectively. (Appendix 5(3), Table 5)

3. The Stroganoff

The dish of meat is probably the are the most common dish at all times on Russian soil. In times of harsh Russian winters, it was necessary to eat tightly to conserve energy and nutrients. In the food consumed not only the meat of wild animals, but the animals and meat - lamb, pork, and beef. On the festive table always have been popular dishes from the large and portion pieces of meat, stuffed meats, homemade sausages in natural casings and many others. For the preparation using three different techniques of thermal processing, such as the roasting, stewing, casserole, cooking. The role of the gravy in the meat dishes plays juice formed when

frying, and clotted cream and melted butter, which is poured boiled vegetables or flavored oatmeal, which is a side dish. Sauces for meat, that is gravy on the flour, butter, eggs and milk, are not peculiar to traditional Russian cuisine. Many of the meat dishes are cooked on complex technologies, due to their destination for holiday table. Modern Russian holiday table has kept the tradition of former times, and meat dishes on it occupy a place of honor at the head table. The important role of the Orthodox people plays offensive post (in the Orthodox calendar days of fasting more than 200). Typically, the first few days of eating meat food after long positions coincide with the big holidays - Christmas, Easter.

The selected me meat "The Stroganoff" is not a national, Russian dish, but it is thought up especially for Russian Count Grigory Stroganov. Recipe scraping the meat is not a complex composition, which will need to prepare chilled beef tenderloin. Thus, the course and received the name of which, "Beth" in French means "beef" and "Stroganov" - name of the graph. The meal will need to beef tenderloin. The meat is used from the back of the leg. Meat thickness of 1-2 cm should be cut along the grain. Then they need to fight off neatly. Pieces should be no more than 7.5 millimeters thick. Then, the broken-off pieces of meat cut into cubes of 3-4 centimeters. The resulting pieces are placed evenly in the pan, sprinkle with salt, pepper and fry, stirring constantly, for 3-4 minutes. Onion cut into half rings and fry until soft. For the sauce, flour combined with sour cream and onion, steamed 5 minutes. Seasoned meat with cream sauce and bring to a boil.

When serving dish placed 200gramm mashed potatoes, topped with cooked meat with sauce. Decorate with dill. (Appendix 3(6)). A weight dish out the "The Stroganoff" is 475 grams. The energy value of food is 2208.95 kJ / 527.94 kcal. The content of protein / fats / carbohydrates is 34.99 g / 27.05 g / 33, 01g, respectively. (Appendix 5(3), Table 6)

5.3.3 Dessert

For dessert, a Russian kitchen there is a wide list of dishes and products. All varieties of casseroles, a variety of cakes, cookies, cakes, ginger cakes, muffins and breads, pancakes, as well as jellies, compotes, drink made from honey, fruit drinks are much loved by the Russian people since ancient times. Dessert is served at the table when all the food has been removed, it would play a separate role and on the holiday table. There are several kinds of desserts that are prepared in view of the upcoming holiday, such as Easter, make a meal on the night of the mass of curd and raisins and nuts, called "Easter" Easter cakes and baked. Mardi Gras, which

has long lost its ritual significance, has become popular festival associated with the wires of winter and beginning of spring, which lasted a whole week. Considered to be a symbol of the sun and in all families bake pancakes, it is believed that a pancake is a symbol of the sun.

For dessert, I chose pancakes. Since they are one of the most popular products of Russian national cuisine and refreshments are essential for many holidays. Cook pancakes made from yeast (sour) test on a small cast-iron skillet, the size of a saucer. There are plenty of recipes for pancakes and even more toppings to them. The technological map "Pancakes" is presented in Appendix 3(7).

1. Classic Russian pancakes with caviar and sour cream

The pancakes with caviar are considered the most "Russian" of all the options. It also looks festive and generously served at the table. To prepare the pancakes on our recipe we do not need yeast, due to the fact that yeast dough must insist, to wait when it rises and immediately bake pancakes, I chose a simple and affordable recipe pancakes from our grandmothers. We need milk, to which are added salt, sugar, flour, eggs and vegetable oil. It is added, so damn not "stick" to the pan. Next, all the ingredients are kneaded until a homogeneous mass is baked pancakes and a thickness of 3 millimeters.

One portion will require three pancakes, in this case, turn off their little corner and put in a bigger edge caviar. On top of the dish is sprinkled with dill, served with sour cream. (Appendix 3(8)). A weight dish out «Pancakes with caviar and sour cream» is 467 grams. The energy value of food is 3064, 65 kJ / 732, 45 kcal. The content of protein / fat / carbohydrates is 30, 25 g / 40.26 g / 58, 75g, respectively. (Appendix 5(4), Table 7)

2. Classic Russian pancakes with honey and walnuts

The pancakes with honey are also considered one of the most popular dishes in Russia. The honey fritters are a treat that is relevant at the holiday table. The custom of cooking pancakes with honey filling originates from the Honey Spas. It's an old Russian festival that takes place at a time when the honey collected in large quantities (mid August). Honey is stored in large quantities in the family through the winter, so to see the pancakes with honey on the holiday table is easy.

For our version of pancakes need three pancakes cooked to the recipe, which was discussed earlier. Pancake smeared with honey and rolled into a tube, one cut in half, on top when served

with walnuts (Appendix 3(9)). A weight dish out «Pancakes with honey and walnuts» is 432 grams. The energy value of food is 4682.06 kJ / 1119.01 kcal. The content of protein / fat / carbohydrates is 24.54 g / 66.51 g / 98.53 g, respectively. (Appendix 5(4), Table 8)

3. Classic Russian pancakes with cottage cheese and orange jam

Pancakes with cottage cheese came from a pagan celebration of Kostroma. In the song, which is sung "And Kostromushki pancakes with cottage cheese", they began to prepare not only for a holiday, they went into the everyday life of Russian people. It is a holiday when seeing off the spring and summer meet, it is celebrated to this day he is better known as the Midsummer holiday, the holiday of the summer solstice, on the night of 23 to 24 June. In towns and villages held mass celebrations in the water, many still commit purification rites, at the dawn of this festive day decided to swim, just assumed that a day Kupala some blooms once a year, fern, preparing food, and most important of which are pancakes with cottage cheese.

Recipes for fillings are fairly simple combinations. In our case, for 1 portion taken 3 pancakes, cottage cheese is ground with sugar and spread orange forward. (Also used a variety of jams and fresh berries). Put on top of cheese, wrap it in an envelope and pancake pour jam. The technological map is presented in Appendix 3(10).

A weight dish out «Pancakes with cottage cheese and orange jam» is 722 grams. The energy value of food or 1170.29 kJ / 5196.7 kcal. Protein / fat / carbohydrate is 41.49 g / 29.98 g / 175.90 g respectively. (Appendix 5(5), Table 9)

Thus, the menu consists of 9 courses Russian national cuisine. Data output ready meals are shown in Table.

Table 4 Calculation of the dishes on the menu.

№	Name of food	Total, g
Appetizer		
1	“Zrazy” with fresh vegetables	434
2	Russian salad “Vinegret”	154
3	Russian salad “Olivier”	144
The main course		
1	Chicken breast on toast	444

2	Grilled salmon with vegetables	364
3	The Stroganoff	475
Dessert		
1	Pancakes with caviar and sour cream	467
2	Pancakes with honey and walnuts	432
3	Pancakes with cottage cheese and orange jam	722

5.4 Alcohol Suggestions

As you know the most popular alcoholic drink in Russia was considered vodka. But it is necessary to look into the history and the idea of alcoholic beverages in those days change the framework. Since ancient times in Russia were drinking alcoholic beverages such as kvass, sbiten, less liqueur and berry wine of soft drinks prefer jelly, fruit drinks and tea. Spirits, that is vodka, appeared as Ivan the Terrible and was not available, drink for farmers. It was only sold in closed "tsar boars framework of" where is forbidden to take drinks with them and were incredibly high prices.

After analyzing the selected menu for meals and historical data to give a brief offer of drinks. All drinks are selected from the existing data on the time of car-you list in the restaurant «Huviretki».

Appetizer. For all kinds of appetizer is a good mix of vodka. It is suitable for meat, cold vegetables (salad), and appetizers such as fish. Our snack menu includes all of the categories. Thus, everyone is invited to vodka «Finlandia» (7,30 € / 4 cl).

The main course. For chicken fillet stuffed with mushrooms proposed classical-parameter semi-dry white wine from the Riesling grape, with fruity notes and acidity. Kendermann Classic Riesling, made in Germany. (6,40 € / 12 cl, 38,00 € / 75 cl)

Grilled salmon is combined with good white wines.– To it is requested to dry, fresh wine with fruity notes of all known varieties of wine-town Chardonnay. Reserve St. Martin Chardonnay, France (5,90 € / 12 cl, 35,50 € / 75 cl)

For meat The Stroganoff serves rich, dark red color, with notes of ripe fruit and spice wine from Syrah grapes. Adobe Syrah Organic, Chile (6,90 € / 12 cl, 39,90 € / 75 cl)

Dessert. For pancakes with caviar is offered semi-dry fruity sparkling wine Xenius Cava Demi Seco, a manufacturer of Spain (36,50 € / 75 cl). Pancakes with honey and cheese are invited to savor a cup of hot tea.

5.5 Calculation of the menu

To work on this chapter, I used the program Microsoft Excel (which hosts all the necessary calculations), and data from the supplier.

The company «Kespro» is the main supplier of restaurant «Huviretki». It is a subsidiary of «Kesko Food», which provides HoReCa in Finland. The Kespro HoReCa has a wide range of fresh foods, frozen foods, alcohol and drinks, dishes and cutlery. The company «Kespro» has six retail spaces in Finland.

According to the presented data on the prices of products, I have calculated the price on food per kilogram for simplify further work. (Appendix 6). In according to the recipe of dishes and the cost of necessary ingredients we obtain the following data recorded in the table. (Appendix 7)

The calculation is performed in the following order:

1. Determine the list of the dishes for which prepared a calculation (9 dishes)
2. On the basis of process maps establishes standards attachments of all ingredients in the finished dish
3. Determined by the purchase price of raw materials and ingredients
4. Is calculated the cost of the raw set dishes by multiplying the quantity of raw material to the selling price and summing over all positions nomenclature of ingredients
5. The raw material cost of a meal is obtained by dividing the total by 100
6. Selling price of the finished dish is calculated by increasing raw material costs on the value of the trade margin (in %) established by order of the manager.

From the obtained data, we are doing the summary table which includes the cost of all dishes on the menu. In the table we use item:

- The cost per kilogram
- The cost without supplement
- The cost with extra charge in 75%, according to the instructions of the restaurant manager

«Huviretki»

– Price including 14%, which is a tax on the Purchasing and Selling Prices in Finland (food).

The data obtained about the value of the products are transferred to the manager of the restaurant for further analysis with the chef and the decision on the final cost of food. Because this menu will be introduced to the work of the restaurant row from December 21 to December 31, 2013, the prices of some products may vary. But, in my opinion, it will be minor changes in price, so the main indicators remain the same.

Calculation is made based on one dish.

Table 5 The cost of the dishes

Weight of use	kg	Ingredients/	Price on use	Price of the whole amount	Added percentage of profit	Price + Percentage of profit	Price + 14% Taxes	Price for the menu (Example)
0,434	kg	Zrazy with fresh vegetables	4,65 €	2,02 €	200%	6,06 €	6,90 €	6,90 €
0,154	kg	Russian salad Vinegret	5,79 €	0,89 €	400%	4,45 €	5,07 €	5,20 €
0,144	kg	Russian salad Olivier	6,21 €	0,89 €	400%	4,45 €	5,07 €	5,20 €
0,444	kg	Chicken breast on the tost	8,37 €	3,71 €	300%	14,84 €	16,91 €	16,90 €
0,354	kg	Grilled salmon fillet with vegetables	13,48 €	4,77 €	250%	16,69 €	19,03 €	19,20 €
0,475	kg	The Stroganoff	12,79 €	6,08 €	200%	18,24 €	20,79 €	20,90 €
0,467	kg	Pancakes with caviar and sour cream	8,70 €	4,06 €	75%	7,01 €	7,99 €	7,20 €
0,432	kg	Pancakes with honey and walnuts	7,25 €	3,13 €	75%	5,47 €	6,23 €	5,50 €
0,722	kg	Pancakes with cottage cheese and orange gam	4,70 €	3,39 €	75%	5,93 €	6,76 €	5,90 €

Thus, the sale price is equal to the total value of food commodities set + margin enterprise + sales tax.

In the analysis of prices, we can see that the price including all percentages (the profit, tax on the purchase and selling) is not as high, but compared to the prices of the main menu in the restaurant (for example, chicken sandwich - 16,30 €, Pepper Steak - 32 90 €).

According to this data manager can be taken a decision to increase the percentage of profit for the restaurant, which will increase the profits of the enterprise. The fact that cost of dishes without extra charge is not high indicates the effectiveness of the menu from the economic point of view as to the resulting cost can be added to a larger percentage of profits of the enterprise, which will lead to an increase in revenue. And as the Christmas menu is seasonal menu is a great benefit for introducing it to the work of the restaurant.

5.6 Advertisement

To promote this menu, the brochure that corresponds to the subject and design of the menu can be created. The brochure is written in two languages (English and Finnish), so its every guest was able to read without causing him discomfort due to not owning a particular language.

On it there is accompanying Gzheli patterns and way of Russian beauties, which, as it invites Russian dishes of national cuisine. On the brochure indicated, are associated three most famous dishes with prices for them. The promotional booklet contains the date of this menu.

To promote this menu, you have the product; you will need to use marketing strategies to attract customers. In this strategy, the focus is on product advertising. To do this, place the booklet in all avenues of the hotel. In the halls for conferences in hotel elevators, use the restaurant's outdoor advertising and web site. Also the waiters and the manager will talk about the new menu after making to the order. (Appendix 4)

6 CONCLUSION

«Huviretki» is a restaurant in the hotel and works in the existing customer segmentation. The main visitors of the restaurant are tourists. But it is also correctly created and beautifully decorated advertising to visitors the desire to go to a restaurant, so it is often visited by customers from the street. The "tasty" menu allows to them become a regular visitor restaurant. Design of the restaurant is made in accordance with the concept of the enterprise (the restaurant at the hotel «Cumulus»).

Summing up the work, I can say about successful implementation all of the goals. During the work on thesis project, I have done the following work: Created ten technological maps. Maps were prepared in accordance with the recommendations of the chef «Huviretki». This is technological maps for use in the kitchen (maps are in English, and then they will be translated into Finnish). For each technological map was prepared Photo dishes prepared by me in accordance with the recipe; Calculated cost of dishes at the presented data. The resulting information is transmitted to the restaurant manager for further analysis;; Calculated the energy value and the content of nutrients for each dish; Recommendations are given for alcoholic accompaniment to all dishes in the menu; Created on advertising brochure for the Christmas menu. The brochures for the menu and advertising can be changed and add the necessary information (For example information about alcohol suggestion). Using Illustrator program allows you to do it quickly. The price for the menu will be added in the brochure later.

In such a way, I analyzed the all work cycle restaurant in the hotel, especially its functioning. Also by me discussed in detail the service department of public events and room service department. Investigated a lot of literature for the correct draw up the menu, for the correct of writing of text the menu, using color-schemes and artistic composition.

In my view the created menu is important for all types of clients. Dishes from the menu can try both inhabitants of Finland and the foreign tourists. Also, every Russian tourist will wants to try their "home atmosphere" and eat all your favorite dishes. As for the age category of the menu is aimed at people of all ages. An elderly person can choose a meal with fish and vegetables, and the child can taste sweet pancakes. In the menu is included dish which have focus on vegetarian food.

The main purpose for creating the Christmas menu for the restaurant «Huviretki» is made. Cooperation with the restaurant «Huviretki» will continue for improvement the menu.

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APPENDICES

Appendix 1

Outer side of the menu



Закуски

Зразы со свежими овощами
Картофельное пюре, фаршированное шампиньонами с луком, обжаренное в панировке из сахарей, подается со свежими овощами и сметаной.

Винегрет с сельдью
Вареный картофель, свекла, морковь, соленые огурцы, зеленый лук заправленные растительным маслом, подаются украшенные сельдью и репчатый луком.

Салат «Оливье» с говядиной
Вареный картофель, морковь, яйца, соленые огурцы, маринованный зеленый горошек, отварная говядина заправленные соусом майонез, подается со свежим укропом.

Главное блюдо

Куриное филе, фаршированное грибами на хлебном тосте
Поджаренное филе бройлера, фаршированное пассированными шампиньонами с луком, подается на тосте из белого хлеба со свежими овощами.

Жареный лосось с овощами
Поджаренное филе лосося подается с тушеными овощами и грибами.

Бефстроганов с картофельным пюре
Мелко нарубленная говядина вырезка, обжаренная с репчатый луком в сметанном соусе, подается с картофельным пюре, свежими овощами и зеленью.

Десерт

Классические русские блины с начинкой на выбор:

Икра со сметаной
Мед и грецкий орех
Творог с апельсиновым джемом




**Jouluinen menu
venäläiseen tapaan**



**Christmas menu by
Russian tradition**



Inner side of the menu

Alkuruoat	Appetizer
 <p><u>"Zrazy" tuoreiden kasvisien kera</u> Sienillä ja sipulilla täytettyjä, leivänmurvilla leivitettyjä perunoita sekä tuoreita kasviksia ja hapankermää.</p> <p><u>Venäläinen vinegret salaatti</u> Keitettyä perunaa, juureksia, porkkanoita, suolakurkkua, vihreitä sipuleita kasvisöljyllä, sillin sekä sipulin kera.</p>	<p><u>"Zrazy" with fresh vegetables</u> Mashed potatoes stuffed with mushrooms and onions, fried in breadcrumbs, served with fresh vegetables and sour cream.</p> <p><u>Russian salad "Vinegret"</u> Boiled potatoes, beets, carrots, pickles, green onions seasoned with vegetable oil, served decorated with herring and onions.</p> <p><u>Russian salad "Olivier"</u> Boiled potatoes, carrots, eggs, pickled green peas and cucumbers, boiled beef dressed with mayonnaise sauce, served with fresh dill.</p>
<p><u>Venäläinen oliivisalaatti</u> Keitettyä perunoita, porkkanaa, kananmunaa, säilöttyjä vihreitä papuja ja kurkkua, keitettyä naudanlihaa mayoneesikastikkeella ja tillillä</p>	<p><u>The main course</u></p> <p><u>Chicken breast with mushrooms on toast</u> Roasted chicken fillet stuffed with mushrooms and onions, served on toast of white bread with fresh vegetables.</p>
<p><u>Pääruoat</u></p>	
<p><u>Kananrintaa ja sienitoast</u> Paistettua kanan filettä sieni sipuli täytteellä, paahdoleivän ja tuoreiden kasvisien kera.</p>	<p><u>Grilled salmon with vegetables</u> Roasted Salmon fillet served with steamed vegetables and mushrooms.</p>
<p><u>Grillattua lohta ja kasviksia</u> Grillattua lohta höyrytettyjen kasvisien ja sienien kanssa</p>	<p><u>The Stroganoff with mashed potatoes</u> Finely chopped beef tenderloin, grilled with onions in the sour cream, served with mashed potatoes, fresh vegetables and herbs.</p>
<p><u>Stroganoffia ja perunamuusia</u> Grillattua naudan sisäfilettä, sipulia ja hapankermää perunamuusin, tuoreiden kasvisien ja yrttien kera.</p>	<p><u>Dessert</u></p> <p><u>Classic Russian pancakes with toppings to choose from</u></p>
<p><u>Jälkiruoka</u></p> <p><u>Perinteiset venäläiset pannukakut valinnaisilla täytteillä</u></p> <p>Kaviaari ja hapankerma Hunaja ja saksanpähkinöitä Leipäjuustoa ja appelsiinihilloa</p>	<p>Caviar and sour cream Honey and walnuts Cottage cheese and orange jam</p> 

Technological maps for use in the kitchen

“Zrazy” with fresh vegetables	
RECIPES:	
Mashed potatoes	180 g
Champignons	40 g
Onion	30 g
Breadcrumbs	20 g
Tomato Cherry	2 pcs.
Cucumber	3 pcs.
Sour cream	80 g
Salt	2 g
Pepper	2 g
TECHNOLOGY PROCESS	
<p>For stuffing: cut onion into strips and saute it, finely cut and fried mushrooms. Mix onions with fried mushrooms, salt and pepper are added.</p> <p>Form the potato mass do the cakes. Put minced mushrooms and onions in the middle of the cake and connect the edges so that the stuffing was inside the product. Then paneer the product in breadcrumbs, forming a brick with oval edges, and fry it on both sides.</p> <p>From the potato mass is formed like cutlet. Put the cutlet in the middle of minced mushrooms and onions and connect the edges so that the stuffing was inside the product. The product is then in breadcrumbs paneer, shaping the edges of the oval brick, and fry on both sides.</p>	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
<p>2 pcs. per serving Serve with sour cream and fresh vegetables</p>	



Russian salad “Vinegret”	
RECIPES:	
Potatoes	30 g
Beetroot	25 g
Carrot	15 g
Pickled cucumber	10 g
Onion	15 g
Herring salted	35 g
Vegetable oil	10 g
Dill	5 g
Parsley	5 g
Salt	2 g
Pepper	2 g
TECHNOLOGY PROCESS	
Cooked peeled potatoes, beets and carrots, peeled cut into slices pickled cucumbers, onions - half rings.	
Prepared vegetables combined, add vegetable oil, mixed.	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
When implementing put on top splitted herring fillets, cut diagonally into thin slices, onions and herbs.	



Russian salad “Olivier”	
RECIPES:	
Boiled beef	20 g
Potato	40 g
Carrot	15 g
Pickled cucumbers	15 g
Pickled green peas	5 g
Egg	15 g
Mayonnaise sauce	20 g
Dill	5 g
Parsley	5 g
Salt	2 g
Pepper	2 g
TECHNOLOGY PROCESS	
Boil the potatoes and carrots and clean. Cooked and peeled potatoes and carrots, pickles and boiled beef cut into small cubes. Sliced products are mixed, add canned peas, salt, ground black pepper and mayonnaise and mix thoroughly.	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
Salad is prepared as required and implement a batch pan immediately after cooking. When served decorate with parsley salad on lettuce leaf	



Chicken breast with champignons on toast	
RECIPES:	
Chicken breast	1 pcs
champignons	40 g
Onion	10 g
Toast	1 pcs
Lettuce	1 pcs
Tomato Cherry	2 pcs
Cucumber	3 pcs
Sour cream	80 g
Salt	2 g
Pepper	2 g
TECHNOLOGY PROCESS	
Fry the onions until golden brown add the mushrooms and fry until cooked.	
Incision in the side of fillets. In the "pocket" to put mushrooms with onions and fry on both sides until cooked.	
Toast fry on both sides until golden brown	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
When served a leaf of lettuce put on toast, then fit fillet with mushrooms	
Decorated with fresh vegetables.	
Served with sour cream	



Grilled salmon with vegetables	
RECIPES:	
Salmon fillet	150 g
Zucchini	25 g
Carrot	25 g
Champignons	25g
Onion	5 g
Lettuce	1 pcs
Sour cream	80 g
Salt	2 g
Pepper	2 g
TECHNOLOGY PROCESS	
Cut into cubes zucchini, carrot into circles, champignons into slices, onion into rings. Extinguish with salt and pepper.	
Fillet of salmon fry until cooked	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
When served on the lettuce put a salmon over ready vegetables with sour cream	



The Stroganoff with mashed potatoes			
RECIPES:			
Beef (tenderloin, thick, thin edge)	150 g.	For sauce: Flour	6 g
		Sour cream	45 g
		Dill	5 g
Onion	60 g.	Parsley	5 g
		Salt	
		Pepper	
		For the a side dish: Mashed potatoes	200 g
TECHNOLOGY PROCESS			
<p>Meat is cut along the grain by plate thickness of 1 cm beat off to 0.5 cm and cut across the grain into strips of 3-4 cm. These pieces are placed evenly with a thin layer in the pan, sprinkle with salt and pepper and fry, stirring constantly, for 3-4 minutes .</p> <p>Onion cut into half rings and fry until half</p> <p>For the sauce, flour combined with sour cream, stir well and add the onion, steamed 5 minutes</p> <p>Pour cream sauce with onion in meat and bring to a boil.</p>			
DESIGN REQUIREMENTS AND IMPLEMENTATION			
<p>Serve the meat, putting it on a plate with sauce and mashed potatoes.</p> <p>Decorated with greenery.</p>			



Classic Russian pancakes	
RECIPES:	
Milk	1 L.
Eggs	2 pcs
Vegetable oil	120 g
Flour	300 g
Salt	10 g
Sugar	50 g
TECHNOLOGY PROCESS	
<p>In milk dissolve salt, sugar, add flour, eggs and mix until a homogeneous mass, then introduce into 60 grams of vegetable oil and stirred again form a homogeneous mass.</p> <p>Bake pancakes on both sides, lubricating oil, the thickness of pancakes should be at least 3 mm.</p>	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
<p>Served by 3 pcs per serving.</p>	



Pancakes with Caviar	
RECIPES:	
Pancakes	3 pcs
Caviar	30 g
Dill	5 g
Sour cream	80 g
TECHNOLOGY PROCESS	
Pancakes lubricate by caviar and fold by corner	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
3 pancakes for 1 portion	
Serve in the form of a fan, decorated with dill	
The sauce - sour cream	



Pancakes with honey and walnuts	
RECIPES:	
Pancakes	3 pcs
Honey	50 g
Walnuts	60 g
TECHNOLOGY PROCESS	
Roll into a tube. One pancake cut in half, pour the honey on top	
DESIGN REQUIREMENTS AND IMPLEMENTATION	
3 pancakes for 1 portion When serving sprinkle with crushed walnuts	



Pancakes with Cottage cheese and jam**RECIPES:**

Pancakes	3 pcs
cottage cheese	150 g
sugar	50 g
orange jam	200 g

TECHNOLOGY PROCESS

Cottage cheese was triturated with sugar.

In the middle of the pancake put 50g of orange jam spread out over the surface.

On top of the pancake lay out 50g of cottage cheese.

Pancake wrap in an envelope

DESIGN REQUIREMENTS AND IMPLEMENTATION

3 pancakes for 1 portion

When serving stacked in line.

On the top of each envelope is put jam. Decorate with mint



Advertisement



Jouluihen menu venäläisen tapaan

Christmas menu by
Russian tradition

Kokeile perinteisiä venäläisen
keittiön makuja



Venäläinen oliivisalaatti
Russian salad "Olivier"

Stroganoffia
The Stroganoff



Perinteiset venäläiset
pannukakut
Classic Russian pancakes

21.12-31.12.2013




Nutritional value and mass of dish

Table 1. “Zrazy” with fresh vegetables.

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Mashed potatoes	180	gram	180	137.77	21.73	3.437	2.67
Champignon	40	gram	40	40.62	0.15	3.884	1.02
Onion	30	gram	30	30.72	1.459	2.492	0.39
Breadcrumbs	20	gram	20	73.24	14.98	0.206	2.1
Tomato	40	gram	40	9.11	1.38	0.12	0.22
Cucumber	40	gram	40	4.37	0.56	0.04	0.22
Sour cream 10-12% fat	80	gram	80	105.83	2.56	9.6	2.1
Salt	2	gram	2	0.05	0	0	0.01
Black paper	2	gram	2	5.6	0.766	0.066	0.22
Total			434	404.31	43.585	19.845	8.95

Table2. Russian salad “Vinegret”

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Potato boiled	30	gram	30	22.73	4.627	0.06	0.56
Red beetroot	25	gram	25	9.6	1.725	0.05	0.25
Carrot	15	gram	15	4.98	0.847	0.03	0.09
Pickled cucumber	10	gram	10	12.9	2.995	0.01	0.05
Onion	15	gram	15	35.17	3.743	1.934	0.55
Baltic herring salted	35	gram	35	44.81	0	2.695	5.16
Oil	10	gram	10	72.61	0.025	8.2	0
Dill	5	gram	5	1.5	0.045	0.04	0.18
Parsley	5	gram	5	1.37	0.055	0.01	0.07
Salt	2	gram	2	0.05	0	0	0.01
Black paper	2	gram	2	5.6	0.766	0.066	0.22
Total			154	211.3	14.827	13.095	7.15

Table3. Russian Salad “Olivier”

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Beef boiled	20	gram	20	33.62	0	1.1	5.88
Potato boiled	40	gram	40	30.31	6.169	0.08	0.75
Carrot	15	gram	15	4.98	0.847	0.03	0.09
Pickled cucumber	15	gram	15	19.34	4.492	0.015	0.08
Pickled pea	5	gram	5	3.45	0.468	0.02	0.25
Boiled egg	15	gram	15	21.4	0.045	1.537	1.88
Mayonnaise	20	gram	20	144.66	0.206	16.15	0.22
Dill	5	gram	5	1.5	0.045	0.04	0.18
Parsley	5	gram	5	1.37	0.055	0.01	0.07
Salt	2	gram	2	0.05	0	0	0.01
Black paper	2	gram	2	5.6	0.766	0.066	0.22
Total			144	266.26	13.093	19.049	9.63

Table 4. Chicken breast on toast

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Chicken breast fried	1	medium-sized portion	1	264.19	0.013	9.836	43.6
Champignon	40	gram	40	40.62	0.15	3.884	1.02
Onion	10	gram	10	10.24	0.486	0.831	0.13
Toast	1	medium-sized portion	1	81.03	13.796	n/a	n/a
Lettuce	1	small piece	1	5.05	0.392	0.08	0.45
Tomato	40	gram	40	9.11	1.38	0.12	0.22
Cucumber	40	gram	40	4.37	0.56	0.04	0.22
Salt	2	gram	2	0.05	0	0	0.01
Black paper	2	gram	2	5.6	0.766	0.066	0.22
Total			364	402.25	17.543	14.856	45.87

Table 5. Grilled salmon with vegetables

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Salmon filet	150	gram	150	292.98	0	20.25	28.04
Squash/zucchini	25	gram	25	4.51	0.625	0.1	0.14
Carrot	25	gram	25	8.17	1.39	0.05	0.16
Champignon	25	gram	25	25.39	0.094	2.427	0.63
Onion	5	gram	5	1.51	0.24	0.01	0.06
Lettuce	1	small piece	1	5.05	0.392	0.08	0.45
Oil	10	gram	10	72.61	0.025	8.2	0
Salt	2	gram	2	0.05	0	0	0.01
Black paper	2	gram	2	5.6	0.766	0.066	0.22
Total			284	415.87	3.532	31.183	29.71

Table 6 The Stroganoff

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Beef	150	gram	150	229.05	0	12.6	28.95
Onion	60	gram	60	61.44	2.918	4.984	0.77
Wheat flour	6	gram	6	19.67	3.642	0.132	0.63
Sour cream 10-12% fat	45	gram	45	59.53	1.44	5.4	1.18
Dill	5	gram	5	1.5	0.045	0.04	0.18
Parsley	5	gram	5	1.37	0.055	0.01	0.07
Salt	2	gram	2	0.05	0	0	0.01
Black paper	2	gram	2	5.6	0.766	0.066	0.22
Mashed potatoes	200	gram	200	149.74	24.145	3.819	2.96
Total			475	527.94	33.011	27.051	34.99

Table7. Pancakes with caviar and sour cream

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Low-fat milk 1.5% fat	200	gram	200	91.15	9.6	3	6
Egg	25	gram	25	35.66	0.075	2.583	3.13
Oil	25	gram	25	181.54	0.063	20.5	0
Wheat flour	60	gram	60	196.75	36.42	1.32	6.34
Salt	2	gram	2	0.05	0	0	0.01
Sugar	10	gram	10	40.59	9.99	0	0
Caviar	30	gram	30	39.69	0	1.62	6.24
Dill	5	gram	5	1.5	0.045	0.04	0.18
Sour cream 10- 12% fat	80	gram	80	105.83	2.58	9.6	2.1
Total			437	692.76	58.753	38.643	24.01

Table8. Pancakes with honey and walnuts.

Food	Amount	Unit	Mass g	Energy kcal	Carbohy- drate g	Fat g	Protein g
Low-fat milk 1.5% fat	200	gram	200	91.15	9.6	3	6
Egg	25	gram	25	35.66	0.075	2.583	3.13
Oil	25	gram	25	181.54	0.063	20.5	0
Wheat flour	60	gram	60	196.75	36.42	1.32	6.34
Salt	2	gram	2	0.05	0	0	0.01
Sugar	10	gram	10	40.59	9.99	0	0
Honey	50	gram	50	165.16	40.4	0	0.25
Walnut	60	gram	60	408.11	1.98	39.13	8.82
Total			432	1119.01	98.53	66.51	24.54

Appendix 5(5)

Table 9 Pancakes with cottage cheese and jam.

Food	Amount	Unit	Mass g	Energy kcal	Carbohydrate g	Fat g	Protein g
Low-fat milk 1.5% fat	200	gram	200	91.15	9.6	3	6
Egg	25	gram	25	35.66	0.075	2.583	3.13
Oil	25	gram	25	181.54	0.063	20.5	0
Wheat flour	60	gram	60	196.75	36.42	1.32	6.34
Salt	2	gram	2	0.05	0	0	0.01
Sugar	60	gram	60	243.54	59.94	0	0
Cottage cheese	150	gram	150	134.73	3.532	2.26	24.67
Orange jam	200	gram	200	286.88	66.273	0.339	1.35
Total			722	1170.29	175.90	29.98	41.49

The price on food per kilogram.

№	Products	Price per kg, €
1	Potatoes	1,50
2	Fresh champignons	5,82
3	Onions	9,16
4	Lettuce	5,39
5	Cherry tomatoes	3,92
6	Cucumbers	2,59
7	Zucchini	3,58
8	Mashed potatoes	3,86
9	Beet	1,50
10	Carrots	1,28
11	Parsley	5,52
12	Dill	0,27
13	Walnut	34,41
14	Green peas pickled	2,69
15	Marinated cucumbers	2,25
16	Herring salted	15,14
17	Chicken fillet	15,16
18	Salmon fillet	25,93
19	Beef	29,95
20	Caviar	54,92
21	Honey	11,71
22	Toast	4,00
23	Breadcrumbs	10,22
24	Cottage cheese	4,49
25	Milk	0,99
26	Sour cream	3,57
27	Eggs	7,55
28	Salt	0,29
29	Pepper	33,11
30	Sugar	3,41
31	Mayonnaise	5,00
32	Vegetable oil	0,37
33	Flours	0,82
34	Orange jam	10,35

Calculation price for all dishes

Table 1 Zrazy with fresh vegetables

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,180	Mashed potatoes	3,86 €	0,69 €
0,040	Champignons	5,82 €	0,23 €
0,030	Onion	9,16 €	0,27 €
0,020	Breadcrumbs	10,22 €	0,20 €
0,040	Cherry tomatoes	3,92 €	0,16 €
0,040	Cucumber	2,59 €	0,10 €
0,080	Sour creame	3,57 €	0,29 €
0,002	Salt	0,29 €	0,00 €
0,002	Pepper	33,11 €	0,07 €
Total			2,02 €

Table 2 Russian salad "Vinegret"

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,030	Potatoes	1,50 €	0,05 €
0,025	Beet	1,50 €	0,04 €
0,015	Carrot	1,28 €	0,02 €
0,010	Pickled cucumber	2,25 €	0,02 €
0,015	Onion	9,16 €	0,14 €
0,035	Herring salted	15,14 €	0,53 €
0,010	Oil	0,37 €	0,00 €
0,005	Dill	0,27 €	0,00 €
0,005	Parsley	5,52 €	0,03 €
0,002	Salt	0,29 €	0,00 €
0,002	Pepper	33,11 €	0,07 €
Total			0,89 €

Table 3 Russian salad “Olivier”

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,020	Beef	22,95 €	0,46 €
0,040	Potato	1,50 €	0,06 €
0,015	Carrot	1,28 €	0,02 €
0,015	Pickled cucumber	2,25 €	0,03 €
0,005	Pickled green peas	2,69 €	0,01 €
0,015	Egg	7,55 €	0,11 €
0,020	Mayonnaise	5,00 €	0,10 €
0,005	Dill	0,27 €	0,00 €
0,005	Parsley	5,52 €	0,03 €
0,002	Salt	0,29 €	0,00 €
0,002	Pepper	33,11 €	0,07 €
Total			0,89 €

Table 4 Chicken breast on toast

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,160	Chicken breast	15,16 €	2,43 €
0,040	Champignons	5,82 €	0,23 €
0,010	Onion	9,16 €	0,09 €
0,030	Toast	4,00 €	0,12 €
0,040	Lettuce	5,79 €	0,23 €
0,040	Cherry tomatoes	3,92 €	0,16 €
0,040	Cucumber	2,59 €	0,10 €
0,080	Sour cream	3,57 €	0,29 €
0,002	Salt	0,29 €	0,00 €
0,002	Pepper	33,11 €	0,07 €
Total			3,71 €

Table 5 Grilled salmon with vegetables

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,150	Salmon fillet	25,93 €	3,89 €
0,025	Zucchini	3,58 €	0,09 €
0,025	Carrot	1,28 €	0,03 €
0,025	Champignons	5,82 €	0,15 €
0,005	Onion	9,16 €	0,05 €
0,040	Lettuce	5,39 €	0,22 €
0,080	Sour cream	3,57 €	0,29 €
0,002	Salt	0,29 €	0,00 €
0,002	Pepper	33,11 €	0,07 €
Total			4,77 €

Table 6 The Stroganoff

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,150	Beef	29,95 €	4,49 €
0,060	Onion	9,16 €	0,55 €
0,006	Flour	0,82 €	0,00 €
0,045	Sour cream	3,57 €	0,16 €
0,005	Dill	0,27 €	0,00 €
0,005	Parsley	5,52 €	0,03 €
0,002	Salt	0,29 €	0,00 €
0,002	Pepper	33,11 €	0,07 €
0,200	Mashed potatoes	3,86 €	0,77 €
Total			6,08 €

Table 7 Pancakes with caviar and sour cream

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,200	Milk	0,99 €	0,20 €
0,025	Egg	7,55 €	0,19 €
0,025	Oil	0,37 €	0,01 €
0,060	Flour	0,82 €	0,05 €
0,002	Salt	0,29 €	0,00 €
0,010	Sugar	3,41 €	0,03 €
0,060	Caviar	54,92 €	3,30 €
0,005	Dill	0,27 €	0,00 €
0,080	Sour cream	3,57 €	0,29 €
Total			2,41 €

Table 8 Pancakes with honey and walnuts

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,200	Milk	0,99 €	0,20 €
0,025	Egg	7,55 €	0,19 €
0,025	Oil	0,37 €	0,01 €
0,060	Flour	0,82 €	0,05 €
0,002	Salt	0,29 €	0,00 €
0,010	Sugar	3,41 €	0,03 €
0,050	Honey	11,71 €	0,59 €
0,060	Walnuts	34,41 €	2,06 €
Total			3,13 €

Table 9 Pancakes with cottage cheese and orange jam

Weight of use, g	Ingredients	Price on use	Price of the whole amount
0,200	Milk	0,99 €	0,20 €
0,025	Egg	7,55 €	0,19 €
0,025	Oil	0,37 €	0,01 €
0,060	Flour	0,82 €	0,05 €
0,002	Salt	0,29 €	0,00 €
0,060	Sugar	3,41 €	0,20 €
0,150	Cottage cheese	4,49 €	0,67 €
0,200	Orange jam	10,35 €	2,07 €
Total			3,39 €