

MEAL PRESENTATION

A Simple Guide to the Do's and Don'ts of Meal Preparation

Meal Placement

The image below shows a classical plating technique that uses the three basic food items of starch, vegetables and main in a specific arrangement. Based on the face of a clock.

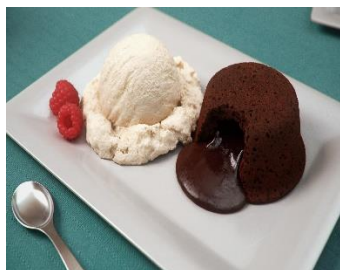


Main: Between 3 to 9 o'clock

- Starch: Between 9 to 11 o'clock
- Vegetables: Between 11 to 3 o'clock

Put gravy in jugs to preserve meal presentation

Height



Garnishing

Simple garnishing using herbs, fruit, cream, and chocolate,



Using Sauces to Create Plate Patterns



Plates & Crockery

Add to the presentation of the meal with colour and patterns



Poor Meal Presentation

No colour and messy meal plating



Drips and Spills on Plates

When plating meals try and be neat and tidy.



Talk to Church Resources about all your Foodservices needs for your Aged Care home.

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