



CATERING & CULINARY INSTITUTE

...Where Hospitality Meets Mastery

From the office of the Rector

I am delighted to welcome you to Masterminds Catering and Culinary Institute (MCCI), Abuja campus. Masterminds was born out of a great passion for wealth creation and nation building through the acquisition of excellent skills and attitudes relevant for growth in the hospitality sector.



As a veteran of the hospitality trade, a seasoned chef, restaurateur, business owner and avid adventurer, I have watched with keen interest the factors militating against the development of this vibrant sector which could be the panacea to teeming unemployment and poverty in the land and it all boils down to skills management.

At Masterminds we are here to bridge that Gap by fostering the love for learning in our students and encouraging them to try new exciting activities to give them a solid foundation in the hospitality trade. Each employee at MCCI is genuinely concerned about the growth of our learners and our desire is to deliver an excellent learning experience.

Over the course of the years, we will continue to research and deploy new methods that will ensure inclusivity, creativity and productivity.

SEE YOU AT THE TOP!

Khadija Abiose Fashina (Mrs)

ABOUT US



Masterminds Catering and Culinary Institute is a place of learning devoted to filling the skills gap in the hospitality and tourism industry. We have a mandate to build human capacity to harness the opportunities available in the sector with an emphasis on youth empowerment, poverty alleviation and sustainability.

OUR STORY

Welcome to the centre for culinary arts and hospitality studies of Masterminds Catering and Culinary Institute (MCCI). Masterminds Catering and Culinary Institute Ltd was registered with the Corporate Affairs Commission of the Federal Republic of Nigeria on the 3rd of July 2018 (RC 1507372), with primary objectives to:

- Operate a hospitality and culinary arts institute of learning and examination;
- Provide training and education to everyone seeking to become experts in the field of hospitality (high school, gap year, undergraduates students, etc.)
- Provide consultancy services to establishments in the hospitality industry

Our programmes aim to offer you the practical competencies required for employment in the catering and hospitality industry in accordance with global standards. Our success is established on the unique combination of cutting-edge mastery in catering and hospitality as well as the understanding of professional culinary art.

We are in a world of constant change where the need for mastery in world skills have become the order of the day. It is no surprise that the greatest contributor to the worlds emerging economies is the hospitality and tourism industry. It is the vision and mission of Mastermind Catering and Culinary Institute to provide the requisite human resources that will drive exponential growth in these sectors locally and regionally. MCCI aims is to stimulate a new breed of students that would break the limits of the traditional methods of cookery/hospitality and reinvent a creative modern process to in the world.

We make our mark as a premium culinary, hospitality and tourism school with many of our graduates excelling in the culinary, hospitality and tourism sector, holding key positions in the sector around the world.

Once again you are welcomed to the world of endless possibilities where we Build Excellent Leaders in Hospitality.

A school for the master by the masters, where Hospitality becomes Mastery.



Vision

Africa's foremost institution for excellence in the hospitality trade.

Mission

We have a mandate to galvanize people from all walks of life into learning the skills set and culture that leads to a productive path in the hospitality industry.

Value Statement

MCCI is a place where learning is an adventure aimed at enhancing creativity while imbining courage to bring out our most authentic self as resourceful leaders impacting our environment positively and leaving behind a lasting and powerful legacy.

Core Values: MCCI

Mastery | Creativity | Commitment | Integrity



OUR PROGRAMS

- National Vocational Qualification Leel 1, 2 & 3 (NBTE Approved)
- National Innovation Diploma in Hospitality & Tourism Studies
- Food preparation & Culinary Arts, Level 2 City & Guilds
- MCCI Professional Certification Courses
- MCCI Professional Diploma Courses
- Culinary Lifestyle Classes
- Culinary Courses for Teens
- Summer grooming course for young school leavers
- Mixology & Bartending
- Customer Service & Relationship Management



NATIONAL SKILLS QUALIFICATIONS (NSQ 1, 2 & 3)

NBTE Approved

Overview

National Vocational Qualification Framework (NSQF) formerly National Vocational Qualification Framework (NVQF) is a system for the development, classification and recognition of skills, knowledge and competences acquired by individuals, irrespective of where and how the training or skill was acquired. The system gives a clear statement of what the learner must know or be able to do whether the learning took place in a classroom, on-the-job, or less formally. The framework indicates the comparability of different qualifications and how one can progress from one level to another. The program is meant to produce trainees with acquired skills and competence capable of carrying out travel and tourism trade operational tasks at levels 1, 2 and 3 accordingly.

Course Duration

Three (3) months course work and Nine (9) months field work.

Entry requirements

SSCE/NECO/GCE/WASCE: 4 credit level passes in not more than two sittings and MCCI entrance examination

Fee

NSQ level 1 N120,000 or N35,000 per module. NSQ level 2 & 3 N150,000 or N45,000 Per module.

Who is it for?

This program is targeted at young school leavers, uncertified and recertifying workers in hospitality and food industry.

COURSE CONTENT

NSQ Level 1

Food and Beverage -150,000

Production

UNIQUE QUALIFICATION NUMBER: TPLIHLG2FBP0000094

Guided Learning Hours: 680

Duration 4month

Fees:225,000

- Maintain a safe hygienic and secure work environment
- Work effectively as a part of hospitality team
- Communication system in a work environment-
- Maintain, handle and clean knives
- Prepare and cook vegetables-
- Prepare simple salad and fruits
- Prepare hot/cold sandwiches and canapes
- Prepare, cook rice and grains
- Prepare and cook pulse
- Prepare and cook fish
- Prepare meat and poultry
- Prepare and cook eggs
- Prepare and cook pasta
- Bake and finish simple bread and dough products-
- Prepare and cook “swallow”
- Make basic stocks
- Prepare and cook offal for basic dishes
- Prepare and cook Nigeria soup

Food and Beverage Service -150,000

UNIQUE QUALIFICATION NUMBER: TPLIHLG2FBS0000097

Course Duration:6 weeks

Guided Learning Hours:290

Fee:N150,000

- Maintain a safe hygienic and secure work environment-
- Work effectively as a part of hospitality team-
- Communication system in a work environment-
- Maintain, handle and clean knives
- Clean and store crockery and cutlery
- Carryout basic preparation for food and beverage service-
- Provide a counter and takeaway service
- Provide a table and tray service
- Prepare and clear areas for table and tray service-
- Prepare and clear areas for beverage service
- Carryout basic operation of a dispenser
- Provide a trolley service
- Serve beverages
- Prepare and serve cocktails
- Provide a buffet and carver service

FOOD SAFETY

UNIQUE QUALIFICATION NUMBER: TPLIHLG2FSHO00000103

Course Duration:6 weeks

Guided Learning Hours:330

Fee:N120,000

1. Maintain personal health and hygiene-
2. Work effectively as a part of hospitality team-
3. Communication system in a work environment
4. Understand how to raise food safety awareness in food and drink operations-
5. Assist provide a food and beverage service-
6. Assist promote sales of food or drink products by offering samples to customers
7. Produce cold starters and salads-
8. Principles of food labelling in food and drink- Prepare and present food for cold presentation
9. Observe food safety in a professional kitchen (manage food safety in a professional kitchen)
10. Compliance to support achieving excellence in food environment
11. Observe food safety when storing, preparing and cooking food
12. Organizational compliance in a food business-
13. Assist display food products in a retail food environment
14. Understand how to develop and promote a safety culture within food and drink operation



15. Understand food safety policy and practice in food and drink operations-
16. Basic principles of controlling biological
17. food hazards in food and drink operations
18. Determine shelf life for a food product-
19. Prepare and clear areas for food and beverage services-
20. Principles of allergens in food technology-
21. Understand how to maintain workplace food safety in food and drink operations
22. Understand safe sources and supplies of raw materials and ingredients in food
23. manufacture- Cleaning of food areas



HOUSEKEEPING OPERATIONS/ MANAGEMENT

UNIQUE QUALIFICATION NUMBER: TPLIHLG2HKO0000113

Course Duration:6 Weeks

Guided Learning Hours:330

Fee:n120,000

1. Maintain a safe hygienic and secure work environment
2. Work effectively as a part of hospitality team
3. Communication system in a work environment
4. Prepare beds and bed coverings
5. Identify public areas, cleaning agents and equipment
6. Clean and maintain public areas
7. Service toilets and bathrooms
8. Clean commercial and residential windows from inside
9. Provide a linen service
10. Prepare beds and bed coverings
11. Carry out routine and periodic deep cleaning of guest room
12. Use of different chemicals and equipment in housekeeping

LAUNDRY AND DRY-CLEANING SERVICE

1. Maintain health, safety and security at laundry & dry-cleaning work environment
2. Work effectively as a part of hospitality team
3. Communication system in a work environment
4. Collect soiled items and deliver laundered and cleaned items to customers
5. Classify items and make up load for cleaning
6. Dry cleaning processes within the textile care service
7. Washing processes within the textile care service
8. Remove stains by dry-cleaning Provide basic customer care in the textile care service
9. Tumble-dry items (remove stains by dry-cleaning)
10. Process cabinet roller towels in stage
11. Finishing processes within the textile care service
12. Garment and item finish using the ironing table/free steam press after dry-cleaning
13. Press and finish garment following laundry
14. Form-finish and garment using steam and/or air



FRONT OFFICE OPERATIONS

TPLIHLG2FOO00000106

Course Duration:6 week

Guided Learning Hours:320

Fee:N150,000

- Maintain a safe hygienic and secure work environment
- Work effectively as a part of hospitality team
- Communication system in a work environment
- Give customer a positive impression about yourself and organization
- Communication system in a work environment
- Compliance with front office procedures
- Make and receive telephone calls
- Use and maintain a manual filling system-
- Receive guest and handle guest luggage-
- Receive, store, deliver and secure guest, employee and organization's properties-
- Provide basic customer service
- Ethics in hospitality, leisure, travel and tourism sector
- Deal with the arrival of customers



NSQ LEVEL 2

Pre-Requisite Level 1

Supervision Level

**GLH - Guided Learning
Hours**



NSQ LEVEL 3

Pre-Requisite Level 1

Management Level

GLH

Duration:

Fee

NATIONAL INNOVATION DIPLOMA (NID)

HOSPITALITY AND TOURISM STUDIES

NBTE Accredited

The National Innovation Diploma in Hospitality and Tourism Studies is designed to produce middle level skilled and competent personnel capable of carrying out supervisory roles in the hospitality and tourism Industry.

The National Innovation Diploma in Hospitality and Tourism Studies is a terminal program and is structured to last a minimum of two years i.e. four (4) semesters and a maximum of four years. A total number of 1800 contact hours should be covered in any case before graduation. Modular certificates may be awarded at the end of a semester of 450 hours as stipulated by IEI standard.

And at least 3 months mandatory supervised industrial attachment.

Who is it for?

- Young school leavers looking for a pathway to University
- Unemployed or under-employed graduates looking for requisite employable skills.
- Employed graduates who desire relevant or additional skills.

Entry Requirements

The general entry requirements into the National Innovation Diploma in Hospitality and Tourism Studies are:

- Post basic Education Certificate (Post JSS) with at least 5 credit levels pass in SSCE or equivalent. The subjects include: Credit pass in English, Mathematics and any three of the following: Chemistry, Biology, Agricultural Science, Health Science, Commerce, Economics, Geography, History, Home Economics, Catering Craft, Tourism Craft, Food and Nutrition.
- NTC and NVC in relevant trade areas.
 - Unemployed or under-employed graduates looking for requisite employable skills.
 - Employed graduates who desire relevant or additional skills.

Course Duration

Two (2) Years



COURSE CONTENT FOR NID IN HOSPITALITY AND TOURISM STUDIES NID ONE (1) - FIRST AND SECOND SEMESTER COURSES

FIRST SEMESTER

- English and Communication Skills, I
- French I
- Citizenship Education
- Introduction to ICT
- Introduction to Book-Keeping and Accounting
- Transportation Studies
- Introduction to Hospitality
- Introduction to Tourism
- Food and Beverage Production, I
- Food and Beverage Service, I
- Accommodation Operation (House-keeping)

SECOND SEMESTER

- English and Communication Skills II
- French II
- Entrepreneurship I
- Tourism and Recreation Planning
- Geography of Tourism
- Travel Formalities
- Tourism Recreation Planning
- Food and Beverage Production II
- Food and Beverage Service II
- Front Office Operation I [Food and Beverage Costing & Control]

NID TWO (2)

FIRST AND SECOND SEMESTER COURSES

FIRST SEMESTER

- Report Writing
- Entrepreneurship II
- Air Fare and Ticketing
- Heritage Tourism and Recreation
- Tour Operations
- Food and Beverage Production III
- Food and Beverage Service III
- Customer Care Service
- Accommodation Operation (House-keeping) II
- Front Office Operation II
- Food Micro Biology and Hygiene

SECOND SEMESTER

- e-Hospitality & Tourism
- Food and Beverage Production IV
- Food and Beverage Service IV
- Bar and Liquor Operation
- Hotel Accounting
- Event Management Project

CITY & GUILDS

Professional Diploma Program Cookery (IVQ Level 2 - Diploma in Food Preparation & Cooking (Culinary Arts) (8065-02) City & Guilds, London)

Overview

If one is looking for a career in food production & catering, such as setting up a business enterprise of international standards or qualifying to take up employment as a Commis / Assistant Chef in the Hospitality Industry, this Internationally recognized Vocational Qualifications (IVQ) will initiate you on the right path and can secure employment in the international job market.



Length of course

Theory and intensive industry centered practical sessions, delivered over a span of 620 guided learning hours or six (6) months.

Examinations & Certification - City & Guilds, UK Certification

This certification is obtained upon successful completion of the External -International Examination conducted online at MCCI upon completion of the course.



Fee

₹ 1,200,000

COURSE PLAN: INTRODUCTION TO HOSPITALITY AND KITCHEN OPERATIONS

Theory modules with practical application through the course program;

- Source & use information in the hospitality industry
- Produce dishes using basic methods of cookery
- Cutting skills
- Participate in safe work practices
- Use hygiene practices for food safety
- Clean kitchen premises and equipment
- Participate in safe food handling procedures
- Receive and store stock
- Produce and serve food for buffets
- Plan and cost basic menus
- Sustainability in the food industry
- Prepare foods to meet special dietary requirements



Practical Cookery

Classification, selection, cuts, uses, techniques, equipment and tools, accompaniments, garnishes, hygiene best practices, health and safety practices, nutrition and dietary implications and sustainability practices

Select, Prepare & Cook Poultry

- Chicken, duck, quail and offal cookery
- Jointing, trussing, spatchcocking and rendering
- Plated main courses with accompaniments
- Classical preparations based on cut of poultry, method of cookery & technique.

Select, Prepare & Cook Meat

- Lamb, beef and offal cookery
- Plated main courses with accompaniments
- Classical preparations based on cut, method of cookery & technique

Prepare Select, Prepare & Cook Seafood

- Selection and cleaning of different varieties of seafood (Fish, Crustaceans and Molluscs)
- Plated main courses with accompaniments
- Classical preparations based on type of seafood, method of cookery & technique.

Prepare Salads, Appetizers & Sandwiches

- Vinaigrette based salads
- Variety of Sandwiches
- Mayonnaise based salads
- Appetizers (hot, cold, fried and baked)

Exposure in Pâtisserie for the Hot Kitchen Chef

- Introduction to baking ingredients
- Production of baked goods and desserts
- Short crust pastry
- Puff pastry
- Choux pastry
- Variety of cakes using different techniques
- Yeast doughs
- Cold desserts
- Baked desserts

Select, Prepare & Cook Meat

- Lamb, beef and offal cookery
- Plated main courses with accompaniments
- Classical preparations based on cut, method of cookery & technique

Prepare Vegetable, Eggs & Farinaceous Dishes

- Vegetable and fruit cookery
- Pulses and legumes cookery
- Eggs and breakfast cookery
- Grain and farinaceous cookery
- Potato cookery

MCCI PROFESSIONAL CERTIFICATE COURSES

Overview

These Continuous Program Development Courses are designed to equip the professionals in the Hospitality & Tourism industry with skills and knowledge for improved productivity and efficiency



Who is it for?

- Skilled & Unskilled workers in the hospitality industry
- Entrepreneurs in the hospitality industry
- Hospitality consultants
- Hospitality
- Fast food operators

Duration

Ten (10) days

Fee

#50,000

COURSES AVAILABLE

- Mixology (Non-Alcoholic drinks only)
- Tour Guiding
- Hospitality Business Development & Start-up
- Sustainability & Eco-Tourism
- Event Decoration
- Housekeeping Service Operation
- Cleaning Service
- Food Costing and Catering Service
- Hospitality and Business Marketing
- Food and Beverage Service Operation
- House Keeping Operation/Services
- Front Office Operation
- Customer Service and Relationship Management
- Hospitality Business and Marketing

Find more information on modules online

MCCI PROFESSIONAL DIPLOMA COURSES

Overview

These Continuous Program Development Courses are designed to equip the professionals in the Hospitality & Tourism industry with skills and knowledge for improved productivity and efficiency



Who is it for?

- Skilled & Unskilled workers in the hospitality industry
- Entrepreneurs in the hospitality industry
- Hospitality consultants
- Hospitality
- Fast food operators

COURSES AVAILABLE

	Duration	Fee
Bar Operations & Management	3 months	N70,000
Baking Patisserie & Confectionery	4 months	N250,000
Customer Service & Relationship Management	3 months	N70,000
Tour Guiding & Operation	6 months	N100,000
Food & Beverage Service Operation	6 months	N90,000
Event Planning Management & Decoration	6 months	N100,000
Front Office Operation & Management	6 months	N95,000
Housekeeping Operations:	6 months	N100,000
Hotel & Catering Operations	6 months	N120,000
Leisure & Tourism Management	6 months	N130,000
Hospitality Business Development & Entrepreneurship	1-year	N180,000
Advance Event Planning & Management	1year (8 months in school: 4months on field)	N127,500
Advance Housekeeping Operations & Management	1 year	N155,000
Mixology and Bar Operations	1 Month	N150,000

Find more information on modules online

CAREER PATHS



Front Desk Manager

Front desk operator
Receptionist
Customer Care Service

Food & Beverage Service

Silver Service Waiters
Bartender
Service Staff
Banquet Supervisors

Food & Beverage Production

Executive Chef
Head Chef
Sous Chef

Housekeeping Operations

Executive Housekeeper
Laundry Attendant
Facility Manager
Public Area Supervisor
Property Manager

Diverse Pathways

Event Planners
Entrepreneurship
Tour guides
Cabin Crew Members
(Air attendants)
Human Resource
Managers

DIPLOMA IN CUISINE MCCI CERTIFICATE

(3 MONTHS) N500,000

Eligibility: 16 years and above

This course is suitable for all people who have an interest in cooking and want to improve their existing culinary skills. The intensive structure will equip learners with the knowledge, skills and confidence to go into a career in the food industry, be it small scale catering, chalet cooking or working in professional kitchens. All relevant topics- theoretical and practical are covered. Our teaching is straight forward, we avoid using jargon. Assessments take place throughout the duration of the course, so that students can chart their progress. We will create time for career advice and personal development.

Online HACCP training to be completed before you begin the course. **-50,000**

- Introduction to a professional kitchen
 - Kitchen tour - Fire safety - Health and safety - Rules of the kitchen - Manual handling
- Kitchen machines, utensils and knives
- Knife skills and Cutting techniques
- Mise en place and kitchen sections
 - mise en place for stocks, sauces, and soups
 - mise en place for meats, poultry, fish and shellfish
 - mise en place for vegetables and fresh herbs
- Flavours (bitter, sour, sweet, umami, salty)
 - Spice
 - seasonings
- Differences between starters, mains, sides and desserts (portions and timing etc)
- Meat, poultry and game
- Fish and shellfish
- Sauces and soups
- Pasta and risotto
- Stew
- Stocks and dressings
- Breakfast Dishes(Pancakes, waffles, eggs and sandwiches)
- Cooking techniques (grilling, broiling, roasting, sautéing, pan frying, deep frying, steaming, submersion cooking, braising and stewing)
- Presentation skills
- Bakery and yeast products
- Pastry (Pastries, desserts and confectionery)



Practical Class

- Stock, sauces and soups
- Pasta - fresh pasta and dried pasta - production - storage and recipes

- Vegetables - vegetables - potatoes - grains and legumes
- Meat
 - classification and cleaning
 - white and red meats
 - storage and cooking techniques –(grilling, broiling and roasting - sauteing, pan frying and deep frying - steaming and submersion cooking , braising and stewing)
 - bases and broths of white and red meat - storage and recipes

Fish **50,000**

- classification, cleaning, white fish and shellfish, storage and cooking techniques
- sauteing, pan frying and deep frying
- steaming and submersion cooking
- braising and stewing - fish broths and shellfish bisque
- storage and recipes



Garde manger **50,000**

- salad dressings and salads
- hors d'oeuvre and appetizers



Baking and pastry **50,000**

- Baking mise en place
- Breads
- Pastry dough and batters
- Custard, creams and mousses
- Hot and Cold Plated Desserts



Nigerian Class **50,000**

- Breakfast dishes
- Rice, Yam and Beans dishes
- Soups, stews and swallow
- Nigerian Starters and Canapes
- Nigerian Drinks and Cocktails



Kitchen Management **50,000**

- Kitchen Layout
- Menu planning, budgeting and Costing
- Food styling and Presentation
- Entrepreneurship in the food industry
- Personality coaching for aspiring Chefs



CULINARY LIFESTYLE CLASSES



Treat yourself to culinary experiences from the world over, through our hands on lifestyle cooking classes in international cuisine, deserts and patisserie.

MCCI Abuja shares its expertise in providing hands on training in form of lifestyle cooking classes, for those seeking to pursue cookery as a hobby or a lifeskill. These classes make invaluable gifts for your loved ones or a fun time out to share with your friends or colleagues MCCI Abuja also offers personalized classes, specially customized team building events for groups and specialty classes that take one to higher culinary levels in the art of cookery.

MINIMUM ENTRY REQUIREMENTS

Age 12 - 75

COURSE START DATES

Class/session timings:

9:30am to 12:30pm (Morning session)

1:30pm to 4:30pm (Afternoon session)

The program runs on a cyclical basis and admission for the same are open through the year. Convenient dates can be chosen from the published date schedule on the website: www.masterminds.institute



THEME

WHAT YOU WILL LEARN

NIGERIAN SOUP:

- a.EdikangIkong b.Egusi c.Oha d.Ogbono
- e.Fisherman Soup f.Onugbu (Bitterleaf Soup)
- g.Groundnut Soup h.Obe Olepo I.Banga

3 Days
50,000

**NIGERIAN WESTERN:
CUISINE**

- a.Chicken peeper soup b.Party Jollof
- c.Ewagoin and sauce d.Obe Olepo,
- e.Ewedu and Gbegiri and Amala f.Eforiro
- g.Catch food| Ayamase or ofada sauce

2 Days
30,000

**NIGERIAN EASTERN:
CUISINE**

- a.Nkwobi b.Onugbu (Bitterleaf Soup)
- c.OfeNsala (whitesoup) with Pounded yam
- d.Ofe Ora e.OfeUtazi f.Banga Soup
- g.Catch food|Nkwobi

2 Days
30,000

**NIGERIAN NORTHERN:
CUISINE**

- a.Kayanciki b.MiyanTaushe c.MiyanKuka
- d.MiyanGyada Da TuwonShinkafa e.Dan Wa-ke
- f.Masa g.Catch food: allele

2 Days
30,000

**NIGERIAN SOUTHERN:
CUISINE**

- a.Fish Peppersoup b.Fisherman Soup c.Edikainkong
- d.Egusi e.Banga f.Okro sea food
- g.Catch food| ekpannkukwo

2 Days
30,000



THEME

WHAT YOU WILL LEARN

ITALIAN CUISINE:

a.Penny Arabiata b.Lasagne c.Pizza
d.Pasta and Bolognese Sauce e.Seafood Risotto
f.Alfredo g.Catch food| Classic Italian Meat Balls

2 Days
40,000

FRENCH CUISINE:

a.Cream of tomato sauce with garlic croutons
b.Fillet de Poisson au four avecbeurre blanc citronne et `ragout haricot
(baked fish served with citrus butter cream sauce and a richly
seasoned stew of beans)

2 Days
30,000

INDIAN CUISINE:

a.Chicken Tikka b.Mutton Kheema

1 Day
30,000

MIDDLE EASTERN:

a.Hummus b.Fattoush c.Kibbeh
d.Dawood Basha with Rice e.Ummali

2 Days
(40,000)

CHINESE CUISINE:

a.Egg Fried Rice b.Chicken Corn Soup c.Beef in Oyster Sauce
d.Sweet and Sour Fish Sauce

2 Days
30,000



THEME

WHAT YOU WILL LEARN

GREEK CUISINE:

a.Greek Salad b.Moussaka c.Baklava

2 Days
30,000

JAPANESE CUISINE:

a.Shrimp Tempura b.and Miso Chicken Noodles Stir Fry
c.Beef Teriyaki with Fried Rice d.Sushi (California roll)

2 Days
50,000

DIABETIC/:HYPERTENSIVE (HEALTHY OPTION)

a.Asian Chicken Salad with Peanut Steriyaki Flank Steak b.Banana Bread
c.Bread Fruit and Sweet Potato Pottage d.Oatmeal Cookies
e.Bulgar Couscous stir fr

2 Days
30,000

LOW CALORIES/HIGH PROTEIN: (HEALTHY OPTION)

a.Waldorf Chicken Salad b.Moroccan Couscous and Chicken
c.Chilli Con Carne

2 Days
30,000

GERIATIC DIET COURSE: (HEALTHY OPTION)

a.Bulgar Wheat Jollof and Lemon Chicken
b.Pan fried and Baked Sweet Potatoes
c.Meat balls d.Pasta and Steamed Vegetablese.Sugar Free Dessert

2 Days
30,000

DESSERT COURSE: (COLD AND BAKED)

a.Strawberry Cheese Cake b.Chocolate Mousse
c.No Bake Orange Cheese Cake d.Honey and Oats Bars
e.Swiss Roll f.Apple Pie g.Carrot Cake h.Tiramisu
i.Chocolate éclairs/profiteroles

3 Days
50,000



THEME

WHAT YOU WILL LEARN

CUP CAKES:

a.Red Velvet b.Chocolate c.Rainbow d.Blueberry Muffin
e.Apple Oats f.Cinnamon Muffins

2 Days
30,000

COOKIES:

a.Ginger Drop Cookies b.Peanut Cookies c.Checkerboard d.Almond Cookies
e.Chocolate Drop cookies f.Vanilla –Chocolate Cookies g.Butter Cookies
h.Short Bread

2 Days
30,000

RICE COURSE:

a.Jollof Rice b.Caribbean Rice c.NasiGoreng (Indonesian Fried Rice)
d.Oriental Rice (Chinese Fried Rice) e.Shrimp Fried Rice f.Nigerian Fried Rice
g.Rice Salad h.Coconut Rice i.Ofada Rice and Ayamese Sauce

3 Days
50,000

EGG COURSE:

a.Frittata b.Scrambled Eggs c.Poached Eggs d.Omelette
e.Spanish Omelette f.Egg enConcorde g.Crème Caramel
h.Deviled Eggs

1 Day
30,000

FISH COURSE:

a.White Fish Sauce b.Fish Pepper Soup c.Fish Stew d.Fish Pate
e.Fish Cakes/Fingers f.Grilled Tilapia g.Fisherman Soup

3 Days
50,000

MEAT COURSE:

a.Classic Italian Meat Balls b.Beef c.Shredded Beef in Green Pepper Sauce
d.Grill Steak e.Pepper beef Skewers f.Beef Stoganoff
g.Beef Goulash h.Peppered Beef Stew

3 Days
50,000



THEME

WHAT YOU WILL LEARN

CHICKEN COURSE:

a.Tandoori Chicken in Butter Sauce b.Spicy Chicken in Szechuan Sauce
c.Harissa Chicken d.Chicken Satay e.Chicken Lollipop f.Chicken Kiev Waldorf
g.Chicken Tenders h.Chicken Fajita i.Waldorf Chicken Salad

3 Days
50,000

BREAKFAST COURSE:

a.Pancakes and Waffle b.3 Styles of Egg c.Club Sandwich
d.Beef Burger e.Minced Beef Sauce f.Sweet Potato Croquette
g.Akara (Beans cake) and Accompaniment

2 Days
50,000

NIGERIAN FINGER FOOD/APETIZZER: (SMALL CHOPS)

a.Peppered Gizzard b.Spring Rolls c.Samosa
d.BBQ Chicken Wings e.Butterfly in Bread Crumbs
f.Banana Mosa g.Samosa h.Puff-Puff

2 Days
30,000

PASTRY/SNACKS COURSE:

a.Banana Bread b.Carrot Cake c.Cinnamon Roll d.Butter Cookies
e.Chocolate Chips Cookies f.Doughnut g.Meat Pie
h.Sausage Roll

3 Days
50,000

SALAD COURSE:

a.Hawaiian Salad b.Greek Salad c.Waldorf Chicken Salad d.Vegetable Salad
e.Asian Citrus salad f.Coleslaw g.Potatoes salad h.Fruit salad
i.Dessert

2 Days
30,000



BREAD COURSE:

a.Focaccia (Italian Bread) b.Dinner Rolls c.Cinnamon Bread
d.Wheat Bread e.Sour Dough Bread f.Brioche g.Classic White Loaf
h.Ciabatta i.Brown Bread j.Bagel

3 Days

50,000

VEGETABLE:

a.Stuffed Peppers b.Stir Fried Vegetables c.Vegetable Salad
d.Vegetable Medley e.Spaghetti Vegetables f.Minestrone Soup
g.Roasted Vegetable h.Eforiro

3 Days

50,000



THE BRIDAL MASTERCLASS

Weddings are exciting but when you're the bride it sometimes becomes overwhelming.

- Are you a bride to be?
- Are you a new bride?
- Are you wife that still finds it overwhelming to manage the home sometimes?

The Master minds Bridal Master class is exactly what you need.

The Bridal Master class is 1 week comprehensive classes for Ladies who want to learn how to manage their homes like super women (easily and effectively)

In this class you'll learn:

- Money Management
- Home Management
- Emotional Intelligence
- Food preparation and presentation
- The Hush Hush





THE ROYAL FOOD BOX

Experience royalty on a platter. Outdoor delivery services and catering services ONLY

Call to place orders on 08095559994
@theroyalfoodbox

WOOD-ASH BISTRO

Experience *Tuesday's* and *Friday's* the MCCI way!
Wood ash bistro, our in-house avant-garde restaurant is open to visitors on Tuesdays and Fridays for mouth watering food journey around the world.

Admission is strictly by booking.

Call 08095559994 to save yourself and your loved ones, a seat at the table.

@mastermindsinst



WOOD-ASH BISTRO RESERVATION PROCESS

Experience food from all around the world...



- **Step 1**
Go to our website at www.masterminds.institute or visit @mastermindsinst on Instagram
- **Step 2**
Send a DM or Place a call.
- **Step 3**
Select a date and check out your order.
- **Step 4**
Come in and Eat.

ROYAL FOOD BOX ORDERING PROCESS

Royalty on a Platter...

- **Step 1**
Go to @theroyalfoodbox on Instagram
- **Step 2**
Choose combo from the menu & place an order
- **Step 3**
Make payment
- **Step 4**
You pick up or we deliver

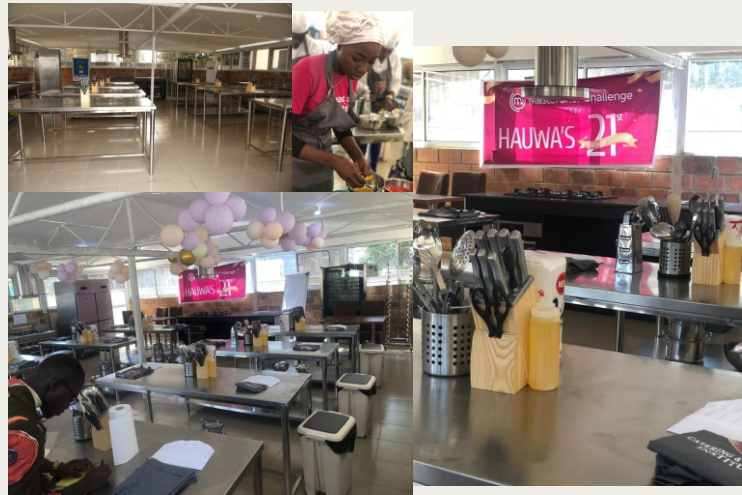


CORPORATE EVENTS

Whether you are searching for a great team building occasion, an exciting method to engage your customers or a fun new way to train your staff, we can curate a cookery occasion just for you.

Team Building

- Events for 8-50 people
- High quality sustainable, organic and locally sourced ingredients
- Team building
- Leadership & Development
- Corporate entertainment
- Bake-off/cook off style competition
- Tailor made menus
- All dietary requirements accommodated
- Christmans parties



We can put together a bespoke package just for you!
CONTACT US FOR MORE INFORMATION



**CATERING & CULINARY
INSTITUTE**

...Where Hospitality Meets Mastery

SKILLS ARE THE FUTURE OF WORK!

Explore skills in the hospitality trade with us.





CONTACT US

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