



LAKES
REGION
COMMUNITY
COLLEGE

CULINARY ARTS

Why Culinary Arts?

This two-year program prepares students for entry to mid-level employment in a variety of culinary venues. It combines a foundation of culinary and management skills the industry demands. The curriculum incorporates opportunities to learn and work in a student-operated restaurant. Summer employment in culinary complements the learning experience. These workplace opportunities provide the student with hands-on knowledge and the benefit of work experience.

Potential Jobs/Careers:

- Food Service Manager
- Kitchen Manager
- Chef
- Head Chef
- Prep Cook
- Banquet Chef

Potential Salary:

There is a wide range of jobs in the culinary industry. See below for the average annual salary range in NH for a food service manager.

- Entry Level **\$47,070**
- Mid-Range **\$69,784**
- Experienced **\$78,540**

**New Hampshire Occupational Employment & Wages 2020, published by the NH Economic and Labor Market Information Bureau – Salaries are based on 40 hours of work, not including overtime.*

Estimated Program Cost:

Year 1: \$7,095

Year 2: \$7,740

for a total of \$14,835

**Costs are based on in-state tuition and do not include fees, supplies, or books. *Additional fees may apply; all prices are subject to change.*

Did you know?

"Lakes Region Community College gave me a great start into the culinary industry. I was able to express my passion for cooking and use that passion in my career. My collaboration with my instructors has lasted beyond college and I still network with them to this day. My college experience was life changing."

— Matthew O'Brien
Sous Chef Manchester Country Club
Culinary Arts Graduate 2009

Degree & Certificate Requirements

DEGREE Requirements

FIRST YEAR Fall Semester Credits

CULA146L	Bakery Production	3
CULA151L	Culinary Fundamentals	3
CULA152L	Sanitation & Safety	3
ENGL100L	English Composition	4
ESNT120L	College Essentials	1
TOTAL		14

FIRST YEAR Spring Semester Credits

CULA158L	Restaurant Facility & Menu Design	3
CULA159L	Cost Control	3
HOS113L	Introduction to Worldwide Cuisine	3
HOS114L	Dining Room Management I	3
ELECTIVE	Mathematics Elective	3
TOTAL		15

FIRST YEAR Summer Semester Credits

CULA232L	Culinary Co-operative Education (300 hours required)	3
TOTAL		3

Total Credits for Year = 32

SECOND YEAR Fall Semester Credits

CULA253L	Introduction to Garde Manger	3
CULA254L	Classical Cuisine	3
HOS222L	Quantity Food Purchasing	3
BIOL127L	Nutrition for Health & Fitness w/Lab	4
ELECTIVE	Social Science Elective	3
TOTAL		16

SECOND YEAR Spring Semester Credits

CULA147L	Hot & Cold Plated Desserts	3
CULA255L	Italian Cuisine	3
CULA256L	U.S. Regional & Infusion Cuisine	3
ELECTIVE	English Elective	3
ELECTIVE	Humanities/Fine Arts/Foreign Language Elective	3
TOTAL		15

Total Credits for Year = 31
Total Credits for A.S. Degree = 63

CERTIFICATE Requirements

		Credits
CULA146L	Bakery Production	3
CULA151L	Culinary Fundamentals	3
CULA152L	Sanitation & Safety	3
CULA254L	Classical Cuisine	3
CULA253L	Introduction to Garde Manger	3
HOS113L	Introduction to Worldwide Cuisine	3
CULA147L	Hot & Cold Plated Desserts	3
CULA255L	Italian Cuisine	3
CULA256L	U.S. Regional & Infusion Cuisine	3
ESNT120L	College Essentials	1
TOTAL		28