

AMBROSIA Personal Chef Service

318 C Street Suite A
San Rafael, CA. 94901
(415) 454-4465
chefstroh24@yahoo.com

I'll do the cooking so you don't have to!

New Client Profile

_____	_____
Name	Phone (Home)
_____	_____
Address	Phone (Work)
_____	_____
Phone (Cell)	_____
_____	_____
Email	Fax

Welcome to Ambrosia! We know you'll be extremely satisfied with our services. We customize your weekly menus and shop for the freshest produce and highest quality meats, fish and poultry available. Your meals will be prepared, packaged and labeled along with simple re-heating instructions.

Chef Lisa Stroh is fully licensed and insured with a ServSafe Certificate (Certified Safe Food Handler) and Culinary Certificate from North Hennepin Technical Institute, Brooklyn Park, MN. All food is prepared in accordance/compliance with _____ regulations, specifications

Ambrosia will submit weekly invoices for services. Our fees will be billed as follows: \$50 per hour of cooking, plus the cost of groceries. A typical day will range from 3 to 6 hours, depending on the menu for the particular week's worth of food. Your grocery bill will reflect the menus you have selected. Payment is due on the day of cooking. No Charge for the consultation. We are glad to package your food in freezer quality reusable containers (such as Rubbermaid, Pyrex, Tupperware). If you prefer this option and do not currently own suitable sizes or quantities, we will purchase them for you for a flat fee of \$40.00. Fees will be adjusted to reflect

Ambrosia will not be liable for _____

- * 72 hour notice to make a change on the menu and /or cancellation policy
- * 50% deposit requirement for the food in advance
- * If you don't cancel in a timely manner you will be charged 50% of the bill

The above prices, specifications and conditions are satisfactory and are hereby accepted.

Ambrosia is authorized to perform the work as specified.

Client Signature

Date

Please review the following food choices and indicate your preferences. We will use this information to prepare your weekly menus!

Meals to be provided (please check preference):

Breakfast Lunch Dinner Snacks

Grains

- Breads:** white, wheat, raisin, rye, buns, rolls, muffins, English Muffins, Bagels, Pita Bread, Tortillas, crackers, biscuits, Cornbread, Fruit Breads
 Cereals **Rice:** Jasmine, Brown, Wild, Spanish **Pasta**

Meats

- Beef Ham Pork Sausage Lamb Veal

Poultry

- Chicken Turkey

Fish / Seafood

- Clams Cod Oysters Lobster Salmon Scallops
 Shrimp Tuna

Beans

- Pinto Beans Kidney Beans Black Beans Lentils
 Garbanzo Beans Lima Beans Green Peas Split Peas

Nuts/Seeds

- Almonds Pine Nuts Walnuts

Dairy

- Cottage cheese Milk Eggs Cheese Yogurt

Soy

- Tofu

Fruits

- Apples Bananas Nectarines Peaches Strawberries
 Oranges Grapefruit Apricots Cantaloupe

Vegetables

- Avocados Olives Broccoli Corn Kale Carrots
 Lettuce Yams Pumpkin Zucchini Potatoes Tomato
 Winter Squash

Spreads / Condiments

- Butter Margarine Peanut Butter Mayonnaise
- Mustard Ketchup syrup, honey, jam, jelly, marmalade

Juices

- Tomato Carrot Orange Apple Vegetable

Crackers / Snacks

- Animal, Graham, Rye crackers Soda, Saltine, Oyster crackers
- Matzo Bread Sticks Pretzels Popcorn
- Raw Vegetables & Dips

Soups

- Lentil Chile Onion Chowders Split Pea
- Chicken Noodle Minestrone

Allergies and/or Foods to avoid: _____

Special Requests: _____

Notes: _____
