



Good Eaton Gourmet, Ltd
PERSONAL CHEF SERVICE

Food Questionnaire

Please complete as many of the questions below about your food preferences so we can customize your menus to your liking.

Circle any known food allergies you may have to: (Milk) (Eggs) (Soy Products) (Fish) (Shell Fish) (Peanuts) (Tree Nuts) (Wheat Products) (Other)

Check and circle your preferences and add comments. Cross out any foods that you don't like and never wish to see.

1. Meatless Meals (vegetarian) _____
2. Soups - main dish - cold? hot? _____
3. Pasta - entree? - hot? cold? _____

4. Meats:

- Beef (steak/roasts/ground round)
- Pork (chops/roasts/ribs/bacon/ham/ground)
- Veal (stew/ground/scallops)
- Lamb (chops/stew/ground/roasts)
- Meatloaf (veg. herb curry/apple, turkey & mush./country style with glaze)
- Meat and vegetable/pasta casseroles

Comments: _____

5. Poultry:

- Chicken (breasts/thighs/ground/etc.)
- Turkey (breasts/smoked/ground/scalloped/etc.)
- Chicken or turkey meatloaf
- Chicken or turkey and vegetable/pasta casseroles

Comments: _____

6. Fish/Shellfish:

- Fish (bass, yellowtail, orange roughly, catfish, snapper)
- Shrimp
- Scallops
- Crab
- Lobster
- Tuna (canned, in oil or water?)

Comments: _____



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7. Salads:

- Fresh Green (choice of greens/lettuces, such as Romaine, red leaf, bibb, mixture, spinach, etc.)
- Fruit
- Rice
- Pasta
- Jello
- Salads as a main dish?

Comments: _____

8. Salad Dressings:

- Mayonnaise
- Ranch
- Vinaigrette
- French
- Oil/vinegar
- Red wine/vinegar
- Thousand Island
- Other (identify)

Comments: _____

9. Vegetarian / Vegetables:

- Lasagna
- Kale
- Bock chow
- Vegetarian Pasta Dish
- Black Bean Chili
- Jambalaya
- Fish/ Shrimp Salad
- Other (identify)

Comments: _____

9. Spaghetti & Meatballs _____

10. Macaroni & Cheese - old style/spicy/new world with veggies _____

11. Beans and Grains - quinoa/bulgur/barley _____

12. Nuts - walnuts/cashews/almonds/hazelnuts _____

13. Cheese _____



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14. Quiche _____

15. List any vegetables or fruits you don't ever want to see _____

16. List any other food dislikes _____

17. Rate your preference for spicy foods - bland/mild/moderate/very _____
18. Bread preferences _____
19. Do you have any favorite recipes that I can prepare for you? _____

20. Do you have a barbecue and want meals prepared for cooking on it? _____

21. Do you have a wok and want meals prepared for cooking in it? _____

22. International cuisine? - Mexican/Curries/Italian, etc. _____
23. Additional comments _____

