



FOOD QUESTIONNAIRE

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ (B.day) Date \_\_\_\_\_ Month \_\_\_\_\_

Other Adults (Names/B.days-Date & Month)

\_\_\_\_\_  
\_\_\_\_\_

Children (Names and Ages/B.days-Date & Month)

\_\_\_\_\_  
\_\_\_\_\_

Guests (Names and Ages) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Preferred Contact Number \_\_\_\_\_

Preferred Email Address \_\_\_\_\_

How did you hear about Chef Frances - THG? \_\_\_\_\_

Please **only** place a check mark next to the items you like and place notes in the comment section.

MEATS

- \_\_ Beef (steak/roasts/ground)
- \_\_ Pork (chops/roasts/ribs/bacon/ham/ground)
- \_\_ Lamb (chops/roast/ground)
- \_\_ Veal (stew/ground/scallops)
- \_\_ Meatloaf
- \_\_ Meat and vegetable/pasta casseroles

Comments(Meats): \_\_\_\_\_  
\_\_\_\_\_

POULTRY

- \_\_ Chicken (breasts/thighs/ground): \_\_ White Meat \_\_ Dark Meat \_\_ Mixed \_\_ Whole roast
- \_\_ Turkey) (breast/legs/ground): \_\_ White Meat \_\_ Dark Meat \_\_ Mixed \_\_ Whole roast
- \_\_ Cornish hen
- \_\_ Quail
- \_\_ Chicken or Turkey Meatloaf
- \_\_ Other ( list in comments)

Comments (Poultry): \_\_\_\_\_

Comments (Turkey): \_\_\_\_\_

FISH/SHELLFISH

\_\_ Fish – wild caught (salmon, snapper, flounder, grouper, cod) Other preferred, please specify: \_\_\_\_\_  
\_\_\_\_\_

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- Shrimp
- Scallops
- Crab
- Clams
- Mussels
- Oyster (cooked/canned)
- Mixed seafood
- Lobster
- Canned Tuna
- Canned Salmon
- Canned Sardines
- Other canned - Anchovies

Comments (Fish/Shellfish): \_\_\_\_\_  
\_\_\_\_\_

### **SALADS**

- Fresh Greens (Arugula, Spinach, kale, Radicchio/lettuces, such as Romaine, Red leaf, Bibb, Artisan mixture, etc.)
- Fruit in your salad
- Nuts in your salad
- Hot Salads as a main dish
- Cold Salads as a main dish

Comments (Salads): \_\_\_\_\_  
\_\_\_\_\_

### **SALAD DRESSINGS** (List other salad dressings in the comments)

- Ranch
- Vinaigrettes
- Thousand Island
- French
- Low fat/Low salt

Comments (Salad Dressings): \_\_\_\_\_  
\_\_\_\_\_

### **SOUPS/STEWES**

- Creamed (Name Favorite Type below)
- Bisque – Lobster/seafood?
- With Meat/Poultry?
- Beans/vegetables? (Minestrone)
- Soups/Stews as a main dish?
- Hot?
- Cold?

Comments (Soups/Stews): \_\_\_\_\_  
\_\_\_\_\_

### **VEGETABLES/LEGUMES** (Please list vegetables you will **not eat** in the comments)

**Green** (peas, green beans, Lima beans, pea pods, asparagus, peppers, collards, cabbage, celery, brussels sprouts, mustard greens, turnip greens, broccoli, zucchini, avocados, okra, kale, swiss chard)

**Yellow** (corn, wax beans, yellow squash, peppers)

**Red** (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes, yams, carrots, butternut squash, acorn squash)

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**White** (cauliflower, potatoes, parsnips, water chestnuts, bamboo shoots, bean sprouts, onions, mushrooms, leeks)

**Other Legumes/Beans** (chickpeas (garbanzo), lentils, kidney, black, navy, pinto, split)

**Other:** Capers, black olives (Kalamata), green olives, artichokes (fresh or canned), eggplant

Comments (Vegetables/Legumes): \_\_\_\_\_

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### GRAINS

Rice (brown, white (long grain, short grain (Arborio), wild, parboiled, list favorite below)

Couscous

Quinoa

Other (List below)

Comments (Grains): \_\_\_\_\_

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### BREADS

Loaf/Rolls (wheat, white, sour dough, etc.)

Cornbread

Muffins

Pancakes/Waffles

Tortillas (corn, white, wheat)

Comments (Breads): \_\_\_\_\_

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### SEASONINGS (List seasoning you will **not eat** in the comments)

Fresh & Dried Basil, thyme, oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, parsley, paprika, celery, chili powder, curry seasonings, Chinese/Thai/Japanese seasonings

Pepper (white, black, red)

Salt (regular, sea, Kosher)

Comments (Seasonings): \_\_\_\_\_

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### FATS/OILS (List fats/oils you will **not eat** in the comments)

Butter (low fat, butter cream, margarine)

Oils (canola, vegetable, sunflower, olive, sesame, walnut, almond, peanut, pecan, avocado, truffle, etc.)

Vegetable shortening

Comments (Fats/Oils): \_\_\_\_\_

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### MILK/MILK PRODUCTS (List any cheese you **do not** like in the comments)

Milk (skim, 1%, 2%, whole)

Soymilk

Almond milk

Yogurt

Sour Cream

Cottage cheese

Other Cheeses (parmesan, cheddar, Swiss, mozzarella, muenster, fontina, gruyere, blue, feta, goat, etc.)

Comments (Milk/Milk Products): \_\_\_\_\_

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**EGGS** (List types you will **not eat** in the comments)

- Whole
- Whites Only
- Yolks Only
- Egg Substitutes

Comments (Eggs): \_\_\_\_\_

**OTHER** (List any of the following you will **not eat** in the comments)

- Tofu
- Soy-based meatless products
- Nuts (pecans, peanuts, walnuts, almonds, cashews, etc.)
- Dried fruits

**Any Food sensitivities?**

Comments (Other): \_\_\_\_\_

**Fruits Disliked**

\_\_\_\_\_

**Foods Disliked**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Food Allergies (please specify all)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Spicy Foods** (rate preference) – bland/mild/moderate/very hot

\_\_\_\_\_

Do you have any **favorite recipes** I can prepare for you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Cuisines you enjoy** (List Cuisines you will **not eat** in the comments)

- Mexican
- Peruvian
- Thai
- Japanese
- French
- Italian/Mediterranean
- Chinese/Asian
- Jamaican
- African
- Cajun/Creole

(5)

Indian

American/International

Comments (Cuisines): \_\_\_\_\_

\_\_\_\_\_

**Favorite Foods/Restaurants**

\_\_\_\_\_

**Preference for Packaging Meals** (Specify if **you will provide** containers in the comments below)

Refrigerator       Freezer       Both

Individual       For Two       Family Style

Glass/Pyrex Containers       Reusable/disposable Containers

Comments (Cuisines): \_\_\_\_\_

**Appliance you will use to reheat your food**

Microwave Oven       Conventional Oven

Both microwave & conventional

Comments: \_\_\_\_\_

\_\_\_\_\_

**Which Meals (Lunch, Dinner, Dessert) would you like prepared?** \_\_\_\_\_

**Number Days per Week you/family will eat prepared food** \_\_\_\_\_

**Number of servings for each meal** \_\_\_\_\_

**Portion Control (Yes or No)** \_\_\_\_\_

**Sides with Service (no side with each entrée or 1-2 sides with each entrée)** \_\_\_\_\_

**Organic or Non-organic Groceries** \_\_\_\_\_

**Comments/Questions** \_\_\_\_\_

**Service Frequency (weekly, bi-weekly, bi-monthly, monthly)** \_\_\_\_\_

**Will you be interested in having us cater your in-home dinner party events (up to 10 – 20 persons, buffet style?)**

\_\_\_\_\_

**OTHER IMPORTANT INFORMATION**

**Security Arrangements necessary for me to be able to enter your home** \_\_\_\_\_

**Emergency Numbers and Contacts** \_\_\_\_\_

\_\_\_\_\_

**Other Comments/Concerns** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_