

## FOOD QUESTIONNAIRE

Here is your opportunity to let me know what you prefer in your customized menu. Please **cross out** any foods that you **don't** like and **never** wish to see. **Circle** your preferences, and add any comments that would assist in the development of your meal plan.

1. Soups (chili, hearty stews, minestrone, etc.).
2. Rice – (white, brown, basmati, risotto, pilaf, jasmine, yellow saffron, wild).
3. Potatoes – (sweet, yams, baked, mashed, twice baked).
4. Pasta choices: (penne, rigatoni, capellini, linguine, fettuccine, fusilli, rice noodles, buckwheat noodles, soba noodles, etc).
5. Stuffed Pasta's – (shells, ravioli's, manicotti, tortellini, and gnocchi).
6. Preferred Pasta Sauces – (homemade gravy with/without meat, pestos, scampi, light marinara, lemon and caper, Bolognese, Alfredo).
7. Beef – (tenderloin, ground, sirloin, cubes, ribs, flank).
8. Ham – (smoked, proscuitto, bacon) usually used for flavor and/or stuffing's.
9. Sausage – (pork, beef, turkey, chicken, Italian, **new-wave (broccoli rabe and chicken, sun-dried tomato, Cajun & cilantro, Chorizo, etc.)** mild, sweet, hot)
10. Pork – (loin, chops, ribs, cubes).
11. Veal – (scaloppini, chops, stew cubes, ground).
12. Lamb – (chops, cubes, ground, boneless leg).
13. Chicken – (breasts, thighs, (skin or skinless), dark or white, ground).
14. Turkey – same as above.
15. \*Fish – (orange roughy, flounder, **mahi-mahi, sole, basa/swai**, snapper, Chilean sea bass, **tilapia**, cod, grouper, Alaskan Cod, halibut, etc.).
16. Steak fish – (tuna, **sword**, shark, **salmon**).
17. Shell Fish – (shrimp, clams, crab): primarily used for sauces/stuffing's, except shrimp.

18. Meatloaf – (traditional, new fashioned, (stuffed with vegetables and made of ground turkey or chicken).
19. Spaghetti and Meatballs as main entrée?
20. Lasagna (meatless, all vegetable, lower in fat, traditional, new age (veal and wild mushroom)
21. Casseroles (i.e., Pasta e Fagioli, Chicken and Rice, Tex Mex)
22. Beans and Grains – (couscous, bulgur, quinoa, millet, buckwheat, barley, Kasha, lentils, pinto, kidney, white).
23. Dried Fruit – (raisins, prunes, currants, cranberries, apricots, figs, dates)
24. Fruit – (apples, apricots, oranges, pears, limes, lemons, figs, pineapples)
25. Olives – (Kalamata, Spanish, Green, black, Greek varieties)
26. Nuts – (almonds, walnuts, hazelnuts, pecans, pine nuts).
27. Cheese: (mozzarella, provolone, Ricotta, cheddar, parmesan, Swiss, Fontina, feta, goat, gruyere, cottage, etc.).
28. **List vegetables you never want to see:**

29. *Circle your favorite vegetables:*

*acorn squash, artichokes (marinated or plain), asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, butternut squash, cabbage, capers, carrots, cauliflower, celery, corn, eggplant, fennel, garlic, greens (collard, dandelion, escarole, kale, leeks, mustard, scallions, spinach, Swiss chard, turnip, watercress) lima beans, mushrooms, okra, onions, parsnips, peas, peppers, potatoes, pumpkin, red onions, rutabagas, shallots, snow peas, squash, string beans, sugar snap peas, tomatoes, turnips, zucchini, etc.*

30. **List any other food dislikes not mentioned:**
31. List any known food allergies: (nuts, MSG, soy, red or yellow dye, Iodine)

32. List any herbs or spices that you can't have or do not wish to have – (salt, pepper, garlic, cumin, curry, cilantro, dill, etc.)
33. Any objections to using alcohol for cooking?
34. Circle preference for spicy food – (mild/medium /hot)
35. ***Miscellaneous Items to be considered:*** (yogurt, vinegar's, shredded coconut, coconut milk, polenta, anchovies, sour cream, mustards, soy sauces, tofu, peanut oil, sesame seeds, lemon zest, lime zest, sun-dried tomatoes, dried mushrooms, ever consider soy protein? Smart Ground: no fat, no sat. fat, no trans fat, low-carb, and high protein, only 70 calories per portion)

**\*Fresh Seafood subject to change on Menu, pending freshest fish available on day of service.**