

Food Questionnaire

Name _____ Date _____

Here is your opportunity to let me know what you prefer in your customized menu. Please check preferences and add comments. Please cross out any foods that you don't like and never wish to see.

MEATS:

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

Comments: _____

POULTRY:

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

Comments: _____

FISH/SHELLFISH:

- Fish (bass, orange roughy, catfish, snapper, salmon, swordfish, halibut, tilapia, tuna, flounder, sole)
- Shrimp
- Scallops
- Clams, Mussels
- Crab
- Tuna (canned, in oil or water?)

Comments: _____

SALADS:

- Fresh Greens (Romaine, red leaf, bibb, mixture, arugula, spinach, etc.)
- Fruit
- Rice
- Pasta
- Jello
- Salads as a main dish? With poultry or meat?

Comments: _____

SALAD DRESSINGS:

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

Comments: _____

SOUPS:

- Creamed (name type) _____
- Hot
- Cold
- Chunky
- Clear
- With meat/poultry?
- Soups as a main dish?
- Extra soup for the week? (A minimal extra charge)

Comments _____

VEGETABLES:

- Green (peas, green beans, broccoli, spinach, asparagus, peppers, cabbage, pea pods, green onions, celery, arugula, swiss chard)
- Yellow (corn, wax beans, squash, peppers)
- Red (pimento, red cabbage, beets, tomatoes, peppers, carrots, sweet potatoes/yams)
- White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, turnips, mushrooms, leeks)
- Beans (black, pinto, kidney, lima, white, pink, chick peas, lentils)
- Other (eggplant, zucchini, olives, capers, artichoke hearts, avocado)

Comments: _____

GRAINS:

- Rice
- Couscous
- Quinoa
- Wheat/granola
- Barley
- Corn
- Polenta
- Pasta (entrée? hot? cold?)
- Other (identify)

Comments: _____

BREADS:

- Wheat
- White
- Rolls (white, wheat, sour dough, etc.)
- Cornbread
- Biscuits
- Muffins
- Tortillas
- Pizza

Comments: _____

SEASONINGS:

- Oregano, sage, basil, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, thyme, chive, curry, ginger, cinnamon, nutmeg, dill
- Fresh garlic
- Pepper—white, black or red
- Salt—regular/ Kosher/ Sea salt

Comments: _____

FATS/OILS:

- Butter
- Margarine
- Canola Oil
- Corn Oil
- Olive Oil
- Vegetable Oil
- Sunflower Oil
- Peanut Oil
- Shortening

Comments: _____

MILK AND MILK PRODUCTS:

- Cheeses (parmesan, cheddar, swiss, mozzarella, goat, feta, muenster, blue, fontina, monterey jack)
- Milk (skim, 1%, 2%, whole)
- Cottage cheese
- Yogurt
- Sour cream
- Half and half
- Cream

Comments: _____

EGGS:

- Whole
- Yolks only
- Whites only
- Eggbeaters substitute

Comments: _____

OTHER:

- Vegetarian entrees
- Tofu
- Soy-based meatless products
- Nuts (pecans, peanuts, peanut butter, macadamias, walnuts, halzenuts, almonds, cashews, Brazil, pine nuts etc.)

Comments: _____

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

List any other food dislikes _____

List any known food allergies _____

Rate your preference for spicy foods - bland/mild/moderate/very _____

Do you enjoy wine with your meals? Dessert? _____

Is it ok to use alcohol in your meals? _____

Do you have any favorite recipes that I can prepare for you? _____

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

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

International cuisine? - Mexican/Middle Eastern/Italian/Asian/Jewish/Indian, etc. _____

Do you prefer home-style or gourmet meals? Or both? _____

What kind of portion size do you like? - small/medium/large _____

What is your favorite restaurant? _____

Describe a typical meal for you _____

How do you want your food packaged? - single/double/etc. servings _____

Any additional comments _____

