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 (pimiento, 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, hazelnuts, 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 __________________________________________________________________________________________________________________________________