

CLIENT FOOD INTERVIEW

If you are interested in starting service with Annapolitan Palate please complete this form and return to: annapolitanpalate@gmail.com

We look forward to working with you.

Name: _____

Phone: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Adults in Home: _____ # Children: _____

Ages: _____

Monday Delivery Thursday Delivery

Days of Service (circle): 4 5 6 7

Interested in Service Starting Date: _____

Delivery Time of Day Preferred: AM Midday PM

Dietary Needs:

- Low Sodium
- Vegetarian / Vegan / Pescatarian
- Gluten Free
- Low cholesterol
- Diabetic
- Other _____

**** ALLERGIES:**

WHO: _____

WHAT? _____

**** ALLERGIES:**

WHO: _____

WHAT? _____

Favorite Foods _____

NoNo's (What you do not ever want)

Vegetables / fruits _____

Meats: _____ Cheese: _____

Other: _____

List any other food dislikes _____

Preferences:

Prefer Heavier: Fish Menu Meat Menu Vegetable Menu Starch Menu

Preference for spicy foods - bland/mild/moderate/very _____

Preference for meat temps - Rare MR Medium MW Well

Cuisine **Not** Interested In? – Mexican / Middle Eastern / Italian / French / Asian / Jewish Indian / American etc. _____

Traditional or Creative Gourmet meals? Or both? _____

Do you enjoy wine with your meals? Dessert? _____

Is it ok to use alcohol in your meals (always cooked off)? _____

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

Favorite Childhood meal? _____

What is your favorite restaurant? _____

Describe a typical meal for you _____

It is vital you be as honest and specific as possible. Circle or items you are interested in for your menus. ~~Strikethrough~~ anything you are not interested in.

MEATS:

- Beef (steak/roasts/ground round or sirloin/chili)
- Pork
(chops/roasts/ribs/bacon/ham/ground/chili)
- Veal (chops/stew/ground/scallops)
- Lamb (chops/stew/ground/leg/roasts)
- Game / Exotic Meats (Bison / Caribou / Moose / Venison)
- Sausage

Comments:

POULTRY:

- Chicken/Cornish hens
(breasts/thighs/ground/chili etc.)
- Turkey (breasts/ground/chili etc.)
- Chicken Sausage/Brats (in chili generally)
- Duck/Duck Breast
- Game / Exotic (Quail / Ostrich / Pheasant)

Comments:

FISH/SHELLFISH:

- Fish (bass, orange roughy, snapper, salmon, swordfish, halibut, tilapia, tuna, flounder, sole, cod, mahi-mahi, trout, rockfish, red snapper , skate, grouper, catfish, wahoo etc.)
- Shrimp
- Scallops
- Clams, Mussels
- Crab/Lobster
- Tuna (canned, in oil or water for South Beach Diet)

Comments:

SALADS:

- Fresh Greens (Romaine, red leaf, bibb, mixture, baby greens, arugula, spinach, etc.)
- Fruit
- Pasta
- Mayo Based / Vinegar Base / Natural Juices
- Salads as a main dish? With poultry / meat / Fish / shellfish

Comments:

SALAD DRESSINGS:

- Honey Mustard
- Balsamic Black walnut
- Ranch
- Vinaigrette (balsamic / red wine vinegar/ raspberry / apple cider)
- French
- Oil/vinegar with garlic and herbs
- Thousand Island
- Other (identify)

Comments:

SOUPS:

Creamed (name type) _____

- Hot
- Cold (Gazpacho / Melon / Cucumber)
- Chunky
- Clear
- with meat/poultry? _____
- Soups as a main dish?
- Extra soup for the week? (A minimal extra charge) Lunch to go?

Comments

VEGETABLES:

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

Comments:

GRAINS:

- White Rice/Brown Rice/Rice Pilaf/Wild Rice
- Couscous
- Quinoa
- Wheat/Granola
- Barley
- Corn
- Polenta
- Pasta (entrée? hot? cold?) Gluten Free Pasta
- Other (identify) _____

Comments:

BREADS:

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

Comments:

FATS/OILS:

- Butter
- Margarine
- Canola Oil
- Corn Oil
- Extra Virgin Olive Oil
- Vegetable Oil
- Sunflower Oil
- Safflower Oil
- Peanut Oil
- Sesame Oil
- Basil Oil (all flavored and herb oils - rosemary, chili, walnut, tarragon etc.)
- Grapeseed Oil
- Shortening
- Truffle oil

Comments:

SWEETENERS:

- White Sugar / Brown Sugar
- Splenda / Stevia
- Honey / A guava

MILK AND MILK PRODUCTS:

Cheeses (parmesan, cheddar, swiss, mozzarella, goat, feta, muenster, blue, gorgonzola, fontina, monterey jack, gruyere, ricotta etc.)

- Milk (skim, 1%, 2%, whole)
- Cottage cheese
- Yogurt
- Sour cream
- Heavy Cream
- Half and half

SEASONINGS:

Oregano, sage, basil, rosemary, tarragon, fennel, cumin, turmeric, cilantro, garlic powder/salt, paprika, parsley, celery, chili powder, thyme, chive, curry, ginger, cinnamon, nutmeg, dill etc.

- Fresh garlic
- Pepper—white, black or red
- Salt—regular/ Kosher/ Sea salt

Comments:

OTHER:

- Vegetarian entrees
- Tofu
- Nuts (pecans, peanuts, peanut butter, macadamias, walnuts, hazelnuts, almonds, cashews, Brazil, pine nuts, pistachios, etc.)

Comments:

EGGS:

- Whole / Boiled
- Yolks only
- Whites only
- Eggbeaters substitute

Comments:

Any additional comments

Date _____

Signature _____