

Food Questionnaire

Here is your opportunity to let us know what you prefer in your customized menu. Please check preferences and add comments. Circle 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
- 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 and vegetable/pasta casseroles

Comments: _____

FISH/SHELLFISH:

- Fish (bass, yellowtail, orange roughly, catfish, snapper)
- Shrimp
- Scallops
- Crab
- Lobster
- Tuna (canned, in oil or water?)

Comments: _____

SALADS:

- Fresh Green (choice of greens/lettuces, such as Romaine, red leaf, bibb, mixture, spinach, etc.)
- Fruit
- Rice
- Pasta
- Jello
- Salads as a main dish?

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?

Comments: _____

VEGETABLES:

- Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, mustard greens)
- Yellow (corn, wax beans, squash, peppers)
- Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams)
- White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, mushrooms, leeks)
- Beans (black, ranch-style, pinto, kidney, lima, white, pink)

Comments: _____

GRAINS:

- Rice
- Couscous
- Quinoa
- Wheat/granola
- Corn
- Other (identify)

Comments: _____

BREADS:

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

Comments: _____

SEASONINGS:

- Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder
- Fresh garlic, parsley
- Pepper—white, black or red
- Salt—regular or Kosher

Comments: _____

FATS/OILS:

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

Comments: _____

MILK AND MILK PRODUCTS:

- Cheeses (parmesan, cheddar, swiss, muenster, fontina, etc.)
- Milk (skim, 1%, 2%, whole)
- Cottage cheese
- Yogurt
- Sour cream
- Half and half

Comments: _____

EGGS:

- Whole
- Yolks only
- Whites only
- Eggbeaters substitute

Comments: _____

OTHER:

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

Comments: _____

