

Chef Sophie



September
2009

ALL INCLUDED MONTHLY OR BI MONTHLY PLAN FRESH + FROZEN SERVICE

FIXED FEE, COST OF FOOD INCLUDED

You choose the entrées in the list we send you one week before the cookdate, we shop at our favorite store, and we cook for you.

In this formula, what you pay is the service for grocery shopping, preparing, cooking, packaging but also the groceries.

Everything is made to save you time and the hassle of spending hours thinking of balanced menus, shopping, cooking and cleaning.

We do the job for you. You just have to open your fridge and choose what you will have for lunch or dinner with little or no work.

This formula is perfect for families and people on a budget and in with a busy schedule as well as people who don't have time to shop or prepare. Just grab a frozen entrée and dessert before going to bed for the next day. This is the only planning you will need.

Our list of entrees for this plan is extensive and will depend on the market. We will also propose specials: lobster in September, Oyster casserole in December, etc.

But you will always have the traditional meatloaves, beef stews, chicken marsala etc. on the list of entrees as well as a large selection of soups and easy to handle lunches. The vegetables proposed as side dishes and salads will be seasonal from local farmers.

(fresh service means fresh produce ready to consume for up to 5 days)

We provide

- A one-on-one interview to discuss your culinary preferences and dietary needs
- Shopping for the freshest ingredients
- We supply all our own cooking equipment
- Meal preparation in your own kitchen
- Packaging and storage of each meal in convenient portions, ready to freeze
- A clean and spotlessly tidy kitchen

Lunches and dinners (individual entrees for lunch and family dishes for dinner)

Casual lunch and dining

Lunch: soup or entrée to go + dessert

Dinner: entrée = protein with starch and greens + dessert

10 lunches and 10 dinners for 4 people	\$1,100.00
10 lunches and 10 dinners for 3 people	\$975.00
10 lunches and 10 dinners for 2 people	\$750.00
10 lunches and 10 dinners for singles	\$550.00

Just dinners

Casual dining

Dinner: entrée = protein with starch and greens + dessert

10 entrées for 4 people	\$650.00
10 entrées for 3 people	\$575.00
10 entrées for 2 people	\$525.00
20 entrées for singles	\$490.00