

## Sample Personal Meals

3 Bean & Beef Chili  
Andouille Sausage & Shrimp Creole Skewers  
Asian Flank Steak  
Asian Seafood Turnover  
Baked Rockfish with Artichoke & Sun Dried Tomatoes  
Baked Tilapia with Spanish Style Sauce  
Beef Stew  
Beef Stroganov  
Beef Tenderloin Steaks with Gorgonzola Cheese  
Black Bean & Veggie Burritos  
Chicken Enchiladas  
Chicken Parmesan  
Chicken Tagine with Spring Vegetables  
Chicken, Shrimp, & Sausage Jambalaya  
Curried Pumpkin Soup  
Flounder Roulade  
Home-style Meatloaf & Pot Roast  
Kung Pao Chicken  
Mini Beef Wellingtons  
Mixed Pepper Steak with Onions  
Moroccan-Spiced Red Lentil Soup  
Mousaka  
Orange Flavored Beef & Snow Pea Stir Fry with Noodles  
Peanut-crust Orange Roughy with fried bananas  
Potato & Sage Sausage Soup  
Salmon Rillettes  
Seared Scallops with lemon & dill  
Shrimp with a Sesame Sauce  
Spicy Gazpacho  
Spicy Vegetarian Chili  
Spinach Quiche  
Tarragon & Basil Encrusted Tuna  
Thai Shrimp Stir fry with tomatoes & basil  
Three Cheese Lasagna with Meat Sauce  
Tofu, Greens, & Sun-Dried Tomato Strudel  
Tomato Herb Quiche



## Sample Catering Menu

### Appetizer:

#### **Clams Casino**

Cherry stone clams baked with finely chopped bacon, Parmesan cheese, & bell peppers.

### Salad:

#### **Grilled Mushroom Salad with Pecan Vinaigrette**

Tossed greens with grilled mushrooms topped with pecan vinaigrette & garnished with sliced pears, toasted pecans, & sprouts.

### Main Course:

#### **Chicken Roulade**

Rolled, skinless chicken breasts stuffed with goat cheese & sun-dried tomatoes & baked to golden brown.

### Side dish:

#### **Baby red potatoes**

Roasted with garlic butter & rosemary

### Dessert:

#### **Berry Tiramisu**

A fruity version of the Italian classic layered with strawberries, blueberries, blackberries, raspberries, Mascarpone cheese, & sponge cake rounds flavored with Chambord liquor.



## Personal Chef & Catering Services



*Welcome home!  
Your table is ready.*

Chef Wendy Preisinger  
410-340-0806  
info@chefwendy.com  
www.chefwendy.com

# Why use a personal chef?

## Why do I need a personal chef?

- 👉 Busy schedule
- 👉 No wasting time grocery shopping
- 👉 No more hours wasted waiting in restaurants
- 👉 Special dietary needs
- 👉 Having exactly what you crave in your refrigerator anytime

## What is customized cuisine?

- ◆ *Whatever you want* or your dietary needs require, you choose your own customized menu with the professional assistance of Chef Wendy and she will prepare it for you in the comfort and safety of your own home.

## How is the food stored?

- ◆ All meals prepared for you are freezable with the exception of fresh salads. The food is stored in containers that you or Chef Wendy provide with detailed reheating instructions. The type of container for each food varies depending on how the food is best heated, whether it is the microwave, stovetop, or in the oven.

## Sample Plan Options:

- ◆ 5 entrees & 10 sides (2 serving each)
  - ◆ 10 entrees & 10 sides (2 servings each)
- (Amount of entrees, servings, and sides are also customizable)



# Meet the Chef



**Chef Wendy Preisinger**



- ◆ Degree in Professional Cooking and Baking from Baltimore International College
- ◆ Certified in Sanitation and Nutrition

# What services are available to me?

- ◆ **Personal chef service** for you and your family available weekly, bi-weekly, monthly, or occasionally.
- ◆ **Special dietary needs** met without the aggravation of tedious meal planning. Perfect for low sodium, low fat, low cholesterol, Weight Watchers, diabetics, no gluten, Body-for-Life diets, and more.
- ◆ **Gift certificates** are a great way to give someone you care about a unique and enriching experience. Dinner parties, romantic in-home dinner for two, new parents, wedding present, housewarming gift, anniversaries, birthdays, new clients, thank you gifts, holiday gifts, get well gift, or any other reason you can think of!
- ◆ **Catering services** are available for all of your special occasions. Wedding receptions and showers, dinner parties, Super Bowl parties, holiday parties, business meetings, open houses, birthday parties, religious celebrations, anniversaries, housewarmings, and more.

# What others are saying...

"Thank you for all your yummy food. I loved the Asian Seafood Turnover! My husband and I have dug into a lot of it already! You are so sweet and definitely talented. I hope your referrals call me. I will sing your praises!"

- Shannon of Baltimore, MD

"It is 12 midnight and I am still at the office but your Chicken Parmesan saved me from starvation! These next 2 weeks are crazy for my wife and I and your meals are saving us! Thank you."

- Mike of Towson, MD