

Chef Mario's, Inc.

*Catering & Personal Chef
Delivery Service*



Personal Chef Delivery Service Menus **2012**

Call or e-mail us to
place your order!

919.781.4141

chefmario@bellsouth.net

www.chefmario.com

*And Remember, It Always Tastes Better When Someone Else
Cooks!*

*Chef Mario's Inc ~ Catering and Personal Chef ~ www.chefmario.com
2610 Wycliff Rd Ste 23 ~ Raleigh, NC ~ 27607 ~ 919.781.4141
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About our food

We are a multi-award winning commercial kitchen and focus on all natural ingredients and support local farmers and produce whenever possible. Everything down to our stocks, dressings and marinades are made in house by our Chefs, and therefore are naturally free of chemicals, preservatives or ingredients you can't pronounce. In addition, you'll see the heart graphic next to dishes that are especially light and healthy, and all are created fresh with your nutritional needs in mind. We take pride in everything we make and you won't see processed deli meats or prepackages dressings in anything we do! We also do our part for the environment and reduce our carbon footprint wherever possible. We encourage our Personal Chef clients to reuse their Personal Chef containers which are fridge, freezer, microwave and dishwasher safe and come with tight fitting lids for your convenience. We cannot take them back due to health department restrictions, but we do highly recommend using them wherever your standard tupperware products may be needed!

Please visit our website for a current list of awards and accolades



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Catering & Personal Chef Service

Breakfast Burritos \$18.00 for 1/2 dozen or \$35.00 for a dozen

Choose either Egg, Bacon and Cheese or Vegetarian Egg, Potato and Cheese

Quart of Fresh Fruit \$10.00

Whole Cappuccino Crumble Coffee Cake \$28.00 each *serves 10-12 and comes in a pastry box (add platter, serve ware plates and utensils for \$5.00)*

Dozen Assorted Breakfast Breads or Scones \$25.00 or \$2.50 each (minimum of 4)
(Choose Healthy, Decadent or Mix of Both)

Vanilla Berry Parfaits with Fat Free Greek Vanilla Yogurt and Homemade Granola \$4.25 each, (minimum of 4) *(granola and yogurt provided on the side in kit form to build them when you're ready!)*

Soups and Stews Selection

A la carte \$20.00 each (4- 8oz servings)

Arroz con Pollo Soup *chorizo spiced chicken, black beans, tomatoes, olives & peas with Chile rice*

Beer and Cheddar Soup *warm and creamy and you can say you had beer for lunch!*

Black Bean Soup *chunks of onion, tomatoes, herbs and spices in a thick dark black bean broth, finished with cilantro and just a little heat*

Butternut Squash Soup (Seasonal) *roasted squash with a kiss of heat and sweet*

Baked Potato Soup *creamy potato soup with bacon and scallions, topped with cheddar cheese*

Chicken and Artichoke Soup *and instant classic! Creamy goat cheese, chicken and artichoke goodness with a kiss of lemon*

Cheesy Corn Chowder *super please-ey corn and cheesy chWOWder!*

Chicken Tortilla Soup *hand-pulled chicken in a tomato soup with a kiss of lime, topped with cheese and served with tortilla chips*

Fun-Gui Soup (Cream of Mushroom) *no Campbell's here, just fresh creamy mushroom-ey goodness*

Herbed Ham & Split Pea Soup *smooth and creamy split peas with ham, carrots, onions and potatoes*


Macho Gazpacho *This is a fabulous, fresh and refreshing cold tomato soup with cucumbers, peppers, celery, mango, apples and herbs was so popular with one personal chef client, they went through 28 gallons in 1 year!*

Roasted Tomato with Fresh Dill Soup *Rich warm tomato and crisp dill*

Zero Point Vegetable Soup *A thin and flavorful broth with tons of seasonal veggies at their prime, seasoned to perfection*

Entrée Selection for Custom Packages

Special Menus and Dietary Accommodations

 - *Everything we do focuses on the healthier side, but the heart symbol indicates the lightest and healthiest of our menu options. We most closely follow the Weight Watchers plan.*

White Meat

Aunt Betty's Sunday Chicken & Sausage Bake over Basil Cheddar Mac *chunks of chicken and sausage in a zippy tomato sauce! Served over a layer of creamy basil cheddar mac & cheese*

Blackened Chicken with Cucumber Dill with Rice & Veggie *mild spiced blackened chicken with a cool cucumber dill sauce*

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Beer Can Bacon Roasted Chicken with Seasonal Veggie Jumble and Herb Mashed Potatoes
Served on the bone, but will be sure to fall off the bone and into your mouth!

Blackberry BBQ Chicken with Rice & Veggie *a balance of sweet and tangy blackberries together, with a basic BBQ sauce makes this dish way more than just basic*

Chicken Cacciatore with Pasta *a timeless classic! Chicken slowly simmered in a rich red wine tomato sauce, infused with a variety of bell peppers, mushroom, onion, summer squash & zucchini*

Chicken Parmesan served with pasta *hand-breaded chicken breast cutlets with parmesan cheese then and bread-crumbs, sautéed golden and served with mama's marinara and mozzarella cheese over a bed of pasta*

♥ Chicken Saltimbocca with Garlic Oregano Mash & Sautéed Mushrooms *chicken breast stuffed with spinach, onion, mozzarella wrapped in prosciutto and topped with sautéed mushrooms*

Chicken with Sausage & Capers over Parmesan Reggiano Polenta

Dijon Chicken with Seasonal Mash & Veggie *thick seared chicken cutlets in a creamy Dijon white wine sauce*

♥ Grandma's Stuffed Peppers *bell peppers stuffed with rice, ground turkey, flavored with parmesan cheese, in a bath of Mama's Marinara, topped with mozzarella*

♥ Ginger Cashew Chicken with Steamed Rice *golden seared chicken chunks in a ginger soy sauce with roasted summer squash, peppers, mushrooms, celery and topped with crushed cashews*

Herb Crusted Chicken Cutlets over Cheddar Mac & Cheese *chicken breast dredged in parmesan cheese then coated with bread-crumbs, sautéed golden, served over a bed of mac & cheese*

Herb Crusted Chicken Breast with Citrus Infused Linguini & Veggie *chicken breasts topped with seasoned bread crumbs and served with linguini in creamy citrus sauce*

♥ Lemon Dill Chicken Fricassee with Sour Cream Shortcakes *light and creamy chicken stew with peas, carrots and fresh dill*

Lemon Artichoke & Goat Cheese Stuffed Chicken with Rice & Veggie

♥ More-Rockin' Spiced Chicken Thighs with Cous Cous *American Moroccan fusion with sweet spice rubbed chicken, pan seared then tossed with garlic, ginger, kalamata olives, chick peas and lemon. Vibrant, colorful and packed with flavor*

Orange Blossom Tarragon Chicken with Rice & Veggie *sautéed chicken cutlets with silky orange tarragon reduction*

Old Time Salt and Vinegar Chicken with Crispy Potatoes and Bacon Braised Kale *sliced chicken breast brined with salt & vinegar*

♥ Pollo Loco Arroz Con Pollo *chorizo spiced chicken, black beans, tomatoes, olives & peas on a bed of chili rice*

♥ Pineapple Spiced Chicken with Couscous *tender chicken chunks seasoned with chili powder, cinnamon and cayenne seared then tossed with roasted red onions, pineapple and peppers*

Pistachio & Basil Crusted Chicken with Rice & Veggie *stuffed with goat cheese and oven-dried tomatoes & crusted with pistachios and Basil*

♥ Rosemary Chicken with Grapes and Gorgonzola with Rice & Veggie *chicken breast stuffed with gorgonzola walnut spread and topped with rosemary garlic gremolata and garnished with sautéed red grapes*

Sesame Chicken with Rice and Salted Steamed Broccoli *tender chunks of chicken sautéed golden and tossed with a ginger soy sauce*

Sheik Greek Chicken with Feta, Grape Tomatoes and Kalamata Olives with Chunky Zucchini and Tomato Couscous *topped with a tomato feta wine sauce*

‘What a Jerk!’ Chicken and Mango Salsa and Rice *tender marinated chicken with our house jerk sauce, roasted golden and topped with mango salsa*

Red Meat

Beef Stroganoff with Egg Noodles *seared beef tips in a rich brown sauce with sautéed mushrooms, onions, finished with sour cream, served over tender egg noodles*

Beef Rouladen with Herbed Spaetzle and Hot Potato Salad *Tender steak stuffed and rolled with red onion, bacon and pickles then braised in stout beer*

Bloody Mary Flank Steak (Seasonal) *with roasted parsnips, beans and squash*

Brats with Sweet & Sour Braised Cabbage and Kraut *served with salt and vinegar potatoes, whole grain mustard and fresh baked mini rolls*

Balsamic Braised Beef with Seasonal Mash & Veggie *tender chunks of beef braised with fresh herbs, red wine, balsamic vinegar, brown sugar and tomatoes*

Beef Boy It’s Gone over Egg Noodles *seared chunks of red wine marinated steak braised with bacon and veggies*

Creamy Gorgonzola Mac & Cheese with Roasted Pork Loin *elbow pasta tossed with creamy gorgonzola cheddar sauce & topped with garlic bread crumbs & Coriander fennel rubbed roasted pork loin*

♥ **Drunken Flank Steak with Seasonal Mash & Veggie** *a drunken concoction of flavors and spices sure to get your tongue wagging, and you get to say you had beer for lunch!*

Great Comfort Cassoulet *a hearty and warming stew with bacon, pork, chicken, sausage, veggies and white beans in a rich sherry infused broth*

Hearty La-La-La-La Lasagna *layers of tender noodles, mama's marinara, cheese, ground beef and parmesan topped with melted mozzarella (we sing Weird Al when this one gets ordered...you?)*

♥ **Italian Stuffed Flank Steak with Mashed Potatoes & Veggie** *flank steak stuffed with vibrant red peppers, greens, garlic & mozzarella, braised in our tomato sauce*

Lasagna Bolognese *creamy, meaty and hearty lasagna with Bolognese sauce, melted mozzarella & parmesan*

Mozzarella Stuffed Meatballs over pasta *hand-formed turkey beef veggie meatballs stuffed with a chunk of gooey mozzarella and baked in mama's marinara*

Pulled Pork BBQ with Apple Slaw *perfectly cooked hand-pulled pork slathered in our own BBQ sauce and served with fresh baked mini rolls*

Polenta Bolognese *layers of creamy polenta, meaty Bolognese, gooey mozzarella cheese & parmesan, this noodle-less lasagna is a crowd pleaser!*

Roasted Tomato Relish Glazed Meatloaf Muffins with Cheesy Noodles and Salted Steamed Broccoli

Roasted Pulled Pork (Seasonal) *with sweet potato/potato hash and wilted chard*

Roasted Jerk Pork Loin with Chorizo Rice, Peas and Roasted Pineapple

Roasted Acorn Squash (Seasonal) *with turkey sausage, peppers and goat cheese*

♥ **Steak Grill over Cheesy Noodles** *Chef Mario's super spiced beef strips with a vibrant mix of fresh broccoli and sautéed colored peppers over cheddar cheesy noodles*

Seasonal Pot Roast *chunks of tender juicy beef seared and braised in aromatics, mustards and herbs and served with seasonal roasted veggies (this one changes up seasonally)*

Tex-Mex Pork Chops with Steamed Rice *tomato, oregano and cumin braised pork chops with a corn and roasted tomato ragout*

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♥ Thai Spicy Beef Noodles *a gorgeous and vibrant dish loaded with tender thin sliced beef and marinated in an aromatics broth of garlic, ginger and chilies tossed with a brilliant array of peppers, peas, carrots, onions on top of a bed of warm noodles*

Vegetarian

♥ Couscous Cakes with Mango Chutney *sautéed cakes of couscous, feta and garlic with the stained glass appearance of green and yellow peppers and red onion (2 cakes per person, single entrée)*

Carrot Zucchini and Potato Pancakes with Roasted Tomato Salsa

Eggplant Parmesan Napoleons with Penne *layers of crispy breaded eggplant, mozzarella cheese and roasted tomato slices*

♥ Greek Pasta with Tomatoes & Feta *penne pasta topped with a chunky garlic, oregano tomato sauce, feta cheese and basil puree*

Over the Rainbow Peanut Noodles *tender noodles tossed with our creamy peanut sauce, topped with a rainbow of roasted carrots, peppers, mushrooms, onions & peas*

♥ Roasted Vegetable Enchiladas *corn tortillas stuffed with roasted zucchini, peppers, carrots, onions and corn topped with house enchilada & cheese sauces, then baked golden*

♥ Roasted Vegetable Lasagna *layers of pasta and roasted carrots, mushrooms, onions, summer squash and zucchini topped with mozzarella and served with mama's marinara*

Roasted Veggie Baked Mac and Cheese with Buttered Bread Crumbs *yep, we said it and it's delicious!! Vegetarians rejoice!*

Roasted Vegetable Stacks *vibrant colorful stacks of summer squash, zucchini, peppers, carrots, red onions & mushrooms, with mama's marinara and mozzarella cheese*

Sweet Potato Burritos with Garlic Potato Home Fries *true veg-heads will love this! Mashed sweet potatoes, beans, spices & cheese wrapped in a golden tortilla, served with sour cream on the side*

Spinach Packed Mac (& Cheese!) *creamy spinach nestled between layers of cheesy penne*

♥ Stuffed Portobello Caps with Tomato & Zucchini *layered with melted mozzarella with our mama's marinara*

♥ Tomato Polenta Goat Cheese and Summer Squash Tart *a thick tomato flavored polenta, drenched in creamy goat cheese, shingled with thin slices of summer squash and zucchini topped parmesan cheese*

Vegetarian Lasagna Rolls *mini lasagna rolls stuffed with spinach and ricotta, then partially submerged in a pool of mama's marinara, topped with melted mozzarella*

Vegetarian Sweet and Sour 'Meat'balls over Egg Noodles *sweet and juicy meatless wonders loaded with veggies, cottage cheese, onions, pecans, herbs and breadcrumbs over tender egg noodles*


Very Veggie Chili over Rice *hearty and delicious with beans, onions, carrots, garlic, peppers, celery and spices, topped with cheddar cheese*

Under the Sea

Baked Crab Mac & Cheese with Basil Buttered Breadcrumbs *tender elbow macaroni pasta in a sherry tomato gruyere cheese sauce, topped with juicy crab meat and basil buttered bread crumbs* ***Winner at 2008 Great Chefs Competition***


Blackened Sesame Seed Salmon with Hot Noodle Salad *salmon crusted with our house super spice and sesame seeds*

Bollywood Salmon with Basmati Rice and Veggie *garlic, ginger, mustard, brown sugar and soy flavors in and on seared salmon filets*


 Bombay Curry Shrimp over Rice Or Pasta *sautéed shrimp in a creamy coconut curry sauce with summer squash, peppers, apples and mangos*

 Citrus & Herb Roasted Salmon Rice & Veggie

"Devil Made Me Do It Salmon" with Rice and Veggie *seared salmon filet with a spicy citrus and chipotle glaze*

 Greek Pasta with Shrimp, Tomatoes & Feta *penne pasta topped with shrimp, chunky garlic oregano tomato sauce, feta cheese and basil puree*

Garlic Oregano Shrimp Scampi Over Pasta *marinated in butter with roasted garlic and white wine with peppers and olives*

 Honey Lime Salmon with Confetti Corn Rice Salad

Orange-Glazed Salmon with Rice and Veggie

Pecan Crusted Tilapia Fillets with Pecan Rice and Green Beans *served with Remoulade Sauce on the side*

Shrimp and Grits in a Sherry Tomato Cream Sauce *garlic oregano blasted shrimp with kielbasa, peppers and sherry tomato cream sauce over cheesy grits*

♥ Shrimp & Sausage Jambalaya Over Rice *shrimp, sausage and tons of veggies in a thin and mildly spicy tomato broth*

Sour Spicy Shrimp Diavolo Lo Mein *tender shrimp with linguini, red onions, carrots, broccoli, snow peas and a sour spicy sauce*

♥ Southern Style Spicy Shrimp with Roasted Cauliflower and Angel Hair Pasta

Tilapia Almondine with Wild Rice and Veggies *tilapia baked with lemon garlic butter and topped with toasted almond*

More Dressings, Sides, Sweets and Add Ons

Dressings in Bulk Pint \$18.00 Quart \$35.00 (*Chef's choice dressing will accompany your salad kit*) Choose From: Ranch, Balsamic Vinaigrette, Herb Vinaigrette, Bleu Cheese, Basil Dijon or Lemon Caper Dressing

since we use no preservatives or binders in our dressings, some may separate over time. Just shake to mix!

A la Carte Sides Sold by the Pint (2 hearty servings) or Quart (4 hearty servings)

(your entrée will be paired with side, when applicable, but if you need more, we're here for you!)

- Steamed Broccoli or Blanched Green Beans **\$6.00 Pint \$12.00 Quart**
- Mashed Potatoes or Rice **\$6.00 Pint \$12.00 Quart**
- Mashed Cauliflower/Potato Mix **\$8.00 Pint, \$16.00 Quart** (*sneak in a veggie where no one notices!*)

Dozen of Your Choice of Fresh Baked Sweets \$15.00 (*delivered in a pasty box*)

Select One From: Triple Fudgy Brownies, Buttery Apple Betty Squares, La La Lemon Bars, Turtle Bars with Oatmeal and Chocolate (no nuts), Oatmeal Cookies, Classic Chocolate Chip Cookies, Peanut Butter Cookies, (WW) Pumpkin Cranberry Bread or Sugar-Free Apple Sauce Cake

All the Extras ~*Special Occasions*~

Specialty Sweets Options Celebrating a birthday or other big event and the standard sweets tray just won't do? Check out more yummy pies and cakes selection fresh from our kitchen!

Available in:

8" cake round (serves 10-12) \$35.00 per cake, delivered in a pastry box

10" cake round (served 14-16) \$45.00 per cake, delivered in a pastry box

- Ultimate Flourless Chocolate Cake with Berry Puree
- Pineapple Upside Down Cake with Crème Anglaise
- Carrot Cake with Cream Cheese Frosting
- Cupcakes \$2.50 each (minimum of 6) choose from either chocolate with chocolate frosting, or red velvet cupcake with cream cheese icing

Personal Chef Q & A

Each meal is created **100% from SCRATCH** in our commercial kitchen then delivered to your doorstep!

****No Cooking Required**** ----- Just Heat and Eat!

It's the simplest way to eat healthy! Let us take care of you and your family and give you the peace of mind that there are no added preservatives, chemicals, sodium or unnecessary fats! And you'd be shocked to find where we'll hide the vegetables on you...

Q. How Much?

A. Lets get this one out of the way first. Each package will contain your **100% ready to eat cooked from scratch entrees, appropriate sides, tossed salad kit with home made dressing, fresh fruit to munch on plus a complete menu with simple microwave ready instructions** and you can even reuse the containers the meals come in for storage! The meals are ready to be popped into the microwave, fridge or freezer!

Chef's Choice (WE choose your menu for you!)

5 entrees Chef Choice (2 servings each = 10 servings).....	\$185.00
5 entrees Chef Choice (4 servings each = 20 servings).....	\$310.00
10 entrees Chef Choice Variety Package (2 servings each = 20 servings).....	\$400.00

Custom Packages (YOU choose from our menus):

5 entrees (2 servings of each = 10 servings).....	\$275.00
5 entrees (4 servings each = 20 servings).....	\$400.00
10 entrees (2 servings each = 20 servings).....	\$450.00
6 entrees (6 servings each = 36 servings).....	\$475.00
8 entrees (6 servings each = 48 servings).....	\$575.00
10 entrees (6 servings each = 60 servings).....	\$650.00

Q. What about the Nutritional Info? How do I know it's healthy?

A. We keep it really simple over here and understand that what we put into our bodies must be recognizable as food (*meaning no chemicals, added sodium or preservatives*). We take a lot of care during the cooking process to keep your health in mind. For example, **we cook with mainly olive oil** for better heart health, we **reduced the fat** wherever possible though skimming during cooking and creative solutions and substitutions when possible! (You should try our blueberry yogurt muffins!!) Chef Mario most closely relates to the Weight Watcher plan in that each **meal is balanced with lean meats, grains and loaded up on veggies** in places you'd never suspect! In fact, even our meatballs and meatloafs are chock full of micro-diced veggies that even your pickiest kid won't detect! Each meal is created **100% from scratch** (yes, we even make our own chicken stock, salad dressings and marinades!!) so you can rest assured that you are doing right by your family when you sit down to enjoy a Chef Mario's Meal!

Q. How does Chef Mario come up with the "Chef's Choice" Menus?

A. Some of our clients prefer to choose their own menu for reasons such as likes and dislikes, dietary restrictions or they just like to choose. Our Custom Clients basically write the menu for the Chef's Choice Clients. Our Custom Clients will almost always order our most popular menu items so it is a win-win for everyone! So don't worry, Chef Mario promises he will not include liver or anything with tentacles in the Chef's Choice menus.

Q. What if I want to get the Chef's Choice menu, but I don't like ... for example, curry!

A. Chef Mario can handle small requests for unusual ingredients for the Chef's Choice menu such as one easy to replace item. Depending on the other menus going out that day, it will be Chef Mario's call as to how far we are crossing the customized line.

Q. What if I want to get the Chef's Choice menu, but I don't like ... for example, meat!

A. To accommodate your restrictions, we would suggest a Custom menu would be better for you.

Q. Do Chef Mario's meals come with sides?

A. Some of our menu items are considered one-bowl meals (e.g. Grandma's Stuffed Peppers: the pepper and tomato sauce fill the vegetable requirement, the turkey and brown rice filling is considered your protein and starch and the cheese would be your dairy serving). Other menu items such as Chicken Saltimbocca would be accompanied with sides.

Q. Can Chef Mario's Custom Meal Service create meals to fit my particular dietary needs?

A. It depends. Since we cook from scratch, we naturally know what is in every dish we make, down to the finest details, so we can suggest entrees that may fit your needs. For example, some of our entrees are naturally lactose free or would benefit those on low-carb diets. We are happy to help you plan a menu that will fit your needs!

Q. Where does Chef Mario's deliver?

A. We will cover the entire Triangle area and beyond. A delivery fee will be included in the bill for Durham, Chapel Hill, Wake Forest and other outer Triangle areas.

Q. Does Chef Mario's do gift certificates?

A. JUST SLAP A BOW ON MY HEAD AND SHIP ME! New baby? Someone you know not feeling well? Co-worker out on sick leave and want to show your love? Or maybe you know someone in desperate need of a little extra help? Each Gift Certificate lasts for a full 6 months after the date of purchase, so they can choose when they're ready to order!

Q. When are deliveries made?

A. We deliver on Wednesday between approximately 1:00-4:30pm. If you need a time outside of our normal delivery hours, a \$35 fee will be assessed to cover the price of gas as well as to compensate our driver (Our driver's are our Chefs!). Now we don't want you waiting around the house for 6 hours ... We like to stay in touch via phone so you know when to expect us. Please call if you have any questions or need an updated ETA and we can set up a call when we are on our way.

Q. Can I get some references

A. Absolutely! If you haven't had the opportunity to try us before, take a look at our Testimonial Page at www.chefmario.com for what our clients are saying!

Q. Does Chef Mario's accept credit cards?

A. We accept Visa, MasterCard, Discover, American Express, Cash or Checks

Here is How to Get Started!

We'll just need to establish a few things first and then we'll make it all as "worry free" as possible!

Each package will come with: *Tossed Salad kit with home made dressing, selection of entrees paired with appropriate fresh seasonal sides where applicable, and fresh fruit.* Each package will also contain a menu with simple microwave/oven ready instructions.

Some of our menu items are considered one-bowl meals (e.g. Grandma's Stuffed Peppers: the pepper and tomato sauce fill the vegetable requirement, the turkey and brown rice filling is considered your protein and starch and the cheese would be your dairy serving) other menu items such as Chicken Saltimbocca would be accompanied with sides.

To get you started, we'll have to figure out just a couple of key points.

We'll need to decide on your package type- Chef's Choice Or Custom

Chef's Choice is for those with a bit more adventurous palate and would like to have Chef Mario go wild and create their package for them! Most times, these package will revolve around our Custom Personal Chef orders, but it's not unlike Chef Mario to change it up with a new entree we're creating!

Custom Packages are best for those with dietary restrictions or those that want or need to know ahead of time which entrees they will be getting. This package also works for a 100% Vegetarian Menu or to be able to guarantee steering around items like Pork, Low Carb Menus, or substituting all your starch sides for extra veggies.

Next, we determine the size of the package you're going to get

First off, let's explain what the numbers mean: When we say "It's a 5-2-10 package", the first number is the total number of different entrees that will come in your package. In this example, you'd get 5 different entrees. The second number is how many servings of EACH ENTREE you'll get with your package- for this example, you'd get 2 servings of each entree. The last number is the total number of individual meals in your whole package, which would be 5 entreesx2 servings of each=10! (maybe we should write it 5x2=10 instead :))

If you are just planning on *feeding 1-2 adults on the Personal Chef Service, then the 5-2-10 or the 10-2-20 are great options!* The 5-2-10 is only available in Chef's Choice, but we do have a 10-2-20 in both Chef's Choice and Custom. For families of 3 or more, we have the 5-4-20 options in Chef's Choice or larger packages in Custom! The meals are delivered in a package all at once and we deliver on Wednesdays. *The meals are ready to be popped into the microwave, fridge or freezer and you can rotate through your meals as it is convenient for you!*

Okay now we've figure out the package, so it's time to get you on the calendar!

We'll set up your delivery date (**we delivery every Wednesday**) and call you one day ahead of time to remind you and give you a tighter delivery window in which to expect us. Usual delivery times are between 1:00-4:30pm, depending on the schedule for the day.

After the initial delivery you may decide to be put on the regular schedule so that you are guaranteed uninterrupted service. Whether you prefer weekly, bi-weekly or monthly, **no contract is necessary!** We do ask however, that you give us as much notice as possible before canceling-ideally a week as we are cooking from scratch in bulk and that does require some planning! For that reason, orders cannot be canceled within 48 hours of delivery. In addition, we do have a delivery charge for the Chapel Hill, Durham, Wake Forest and outer Triangle areas.

Chef Mario's meals have a suggested 5-day shelf life when refrigerated properly, however disposal is at your discretion. If you prefer to freeze some or all of the items, we suggest defrosting them in the fridge for 24-48 hours before heating. We do not recommend defrosting the items on your kitchen counter or microwaving them in their frozen state.

That's it! Now you just sit back, relax and know that you have a **100% from scratch made dinner** ready at your beck and call!

And with no contracts, you can call us as you need us and just **COOK WHEN YOU WANT TO!** We'll handle it the rest of the time :)

Methods of Payment

Payment is expected on delivery and our preferred methods of payment are cash, check, Visa, MasterCard, Discover or American Express

How Do I Place an Order?

You are welcome to give us a call (919.781.4141),

Fax us (919.788.1607)

Shoot us an e-mail (chefmario@bellsouth.net)

Or place your order online at <http://www.chefmario.com/orders.html>

*Thank you and we look forward to cooking for
you soon!*

