

Name: _____

Date: _____

In the “check yes only” column, check if you like the food item listed. Leave blank for the items you do not like. Check as many items that apply to your food preferences.

		Check Yes Only	Circle Preferences (or use a yellow highlighter)	Detail and Comments (such as brand names, enjoy frequently, etc.)
Special Diets				
	Vegetarian			
	Kosher			
	Diabetic			
	Low-fat			
	Low-sodium			
	Allergies			
	Other			

Breakfast				
	Tea		Black Milk Artificial Sweeteners Sugar Lemon	
	Coffee		Decaf Regular Black Milk Cream Half and Half	
	Juice		Orange Cranberry Tomato Others	
	Eggs		Sunny-side up Over-easy Scrambled Poach Omelets	

	Bacon			
	Sausages			
	Ham			
	Home Fries			
	Toast		Plain Butter Jam/Jelly	
	English Muffins		Plain Butter Jam/Jelly	
	Bagels		Plain Butter Cream Cheese	
	Oatmeal			
	Cereal			
	Other			

Lunch				
	Soups			
	Tomato			
	Chicken noodle			
	Chicken with rice			
	Clear broths			
	Chinese (hot and spicy)			
	Chinese (won- ton)			
	Clam chowder		New England Manhattan	
	Creams			
	Bean			
	Vegetable			
	Other			

	Pizza		Cheese Pepperoni Mushroom Other	
	Sandwiches			
	Cold cuts		Ham Cheese Bologna Roast beef Other	
	Sandwich compliments		Lettuce Tomato Pickles Mayonnaise Mustard Onions	
	Grilled cheese		With ham With tomato With ham and tomato	

	Hamburgers		Ketchup Mustard Tomato Mayonnaise Onions Pickles Lettuce Cooked medium Cooked well-done	
	Hot dogs		Mustard Relish Ketchup Onions	
	Sausages		With onions With peppers Plain	
	Peanut butter		Plain With jelly With marshmallow fluff	
	Tuna Fish		With onions With celery	

			Other	
	Egg Salad		With onions With celery Other	
	Chicken Salad		With onions With celery Other	
Salads				
	Greens		<u>Dressings</u> Oil and vinegar Ranch French Blue Cheese Creamy Italian Russian Other	
	Macaroni			
	Potato			

	Cole Slaw			
Cooking Styles				
	Open to variety			
	Italian			
	French			
	Middle East			
	German			
	Chinese			
	Plain “meat & potatoes”			
	Other			

Pasta				
	Tomato sauce			
	Clam sauce			
	Cream/cheese sauce			
	With butter			
	Plain			
Rice				
	Plain boiled white			
	Rice Pilaf			
	Rice Pilaf with a mix		Garlic and herb Garlic Mushroom Other mixes Other	

Meats				
	Chicken		Plain Barbecue sauce Marinated	Specify: fried, Italian style, broiled, baked, etc.
	Pork		Chops Roast With gravy	
	Lamb		Chops Roast	
	Veal			
	Steak		Medium rare Medium Medium well Well	
	Hamburgers			
	Meatloaf			

	Roast beef			
	Pot roast			
Seafood				
	Lobster		Baked Boiled	
	Shrimp		Fried Scampi Cold with cocktail sauce	
	Clams		Stuffed Steamers Fried	
	Fish		Fried Baked Broiled	Specify types:
	Scallops		Fried Baked Broiled	

Vegetables				
	Corn			
	Green beans			
	Peas			
	Broccoli			
	Cabbage			
	Carrots			
	Squash			
	Zucchini			
	Peppers		Hot Sweet	
	Potatoes		White mashed Baked Fries Sweet/yams	

	Other			
Desserts				
	How often do you eat desserts?		Always Sometimes Rarely Never	
	Pies			
	Cake			
	Brownies			
	Ice cream			
	Jell-o			
	Fruits			

Fruits				
	Melons		Cantaloupe Honey Dew Watermelon	
	Grapes			
	Peaches			
	Pears			
	Apples			
	Plums			
	Oranges			
	Cherries			
	Prunes			
	Figs			
	Raisins			

	Canned/mixed fruits			
	Pineapple			
Snacks				
	Potato chips			
	Pretzels		Salt No-salt	
	Popcorn		Plain With butter Flavored	
	Vegetables with dips			
	Cheese and crackers			
	Fruits			
	Chocolate			

	Candy			
	Salsa		Mild Medium Hot	
	Cookies			
	Cake			
	Ice Cream			
	Nuts			
	Other			
Drinks				
	Water			
	Milk			
	Soda			Specify:
	Coffee			Specify:

	Tea			Specify:
	Wine		Red White Blush	
	Beer			
	Mixed drinks			Specify:
	Liquor			Specify

Comments: