

Bon Appetite!

Buono Appetito!

Chefs Sharyn and Bruce Cohen
Pampered Palates, Inc.
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Chef Sharyn & Chef Bruce



Gift Certificates

from Pampered Palates are perfect for:

- Baby Showers
- Just Home from the Hospital
- Housewarmings
- Weddings
- Anniversaries
- Newlyweds
- Mother & Father of the Bride
- Birthdays
- Bereavement
- Just to say "I love you"



Our Parmesan Panko Chicken

Service Area. We provide meal service to clients in these Pennsylvania counties from our test kitchen in Reading, PA:

- Berks
- Bucks
- Chester
- Dauphin
- Lehigh
- Lancaster
- Lebanon
- Montgomery
- Northampton
- Schuylkill
- York

Meal Service Plans.

Weekly - Bi-Weekly - Monthly - Special Occasions

Fee Schedule upon request

*Pampered
Palates*
**A Personal Chef
Service**

**Member, American
Personal Chef Association**

**ServSafe Food Safety
Certification, National
Restaurant Association
& State of PA**

Licensed

Insured by CNA
Certificate of Insurance
Available Upon Request

**Chef Sharyn Cohen
Chef Bruce Cohen**

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Be sure to visit our Web site
www.PamperedPalates.com

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It's YOUR Choice!



Our Corned Beef & Cabbage

Select your favorites from a wide selection of menu choices

- Beef
- Fish
- Poultry
- Vegetarian
- Pasta
- Low fat
- Low carb
- Low sodium
- International cuisines
- Special dietary issues

What will *Pampered Palates* do for you?

- Meet with you and determine mealtime favorites, customize meals, discuss allergies and health issues, learn your food likes and dislikes, and view your kitchen layout
- Choose a mutually convenient date for our service
- Shop for the freshest ingredients on that date and arrive at your house with the groceries and our own equipment
- Cook delicious meals in your home (usually 5 entrees, with 4 portions of each); flexible plans are also available
- Package the entrees in containers and portion sizes of your choice for storage in either your refrigerator or freezer
- Leave complete heating directions for each item
- Clean up and remove our equipment, leaving your kitchen in the same condition as when we arrived



Our Flounder Italiano

What is a Personal Chef Service?

A Personal Chef Service is a shopping and cooking service that helps busy, time-starved families, couples, and singles to eat better and healthier food in the comfort of their own home by saving them all of the time required for shopping, preparation and cooking.

Our clients enjoy food prepared just for them, using the freshest

- *produce*
- *meats*
- *poultry*
- *seafood*

All portions are carefully selected, seasoned and sized according to the client's personal taste.



Our Couscous Confetti

When you return home, the way you'll know we've been there is by the wonderful aroma of home-cooked food and the sight of a well-stocked refrigerator!