



Nutrition Facts

Serving Size Entire Recipe 187g (187 g)

Amount Per Serving	Calories	Calories from Fat 31
Total Fat	Saturated Fat	% Daily Value*
Trans Fat	Cholesterol 0mg	
3mg	0g	0%
30g	0g	0%

YOU ARE WHAT YOU EAT

Chefs For Seniors specializes in preparing flavorful, nutritious meals. Using our expansive collection of menu items we create a rotating list of seasonal, fresh meal options for you. We understand that proper nutrition is very important, and can make a significant difference in seniors' well being.

Here are some examples of our healthy menu options:

- ✓ Tuscan White Bean Soup with Grilled Tofu
- ✓ Chicken Savoy with Potatoes and Broccolini
- ✓ Turmeric Chicken Curry with Jasmine Rice
- ✓ Classic Spaghetti with Meatballs
- ✓ Jumbo Crab Cake with Dijon Mayo
- ✓ Grilled Talapia, Lemon Butter with Steamed Vegetables
- ✓ Teriyaki Pork Sausages with Garlic Quinoa



Seth Lefberg is a business administrator with 10+ years of experience managing medical practices that serve senior citizens. His team of chefs is providing excellent nutrition and service to seniors across Central New Jersey.

Chefs For Seniors' chefs are licensed through the state health department, undergo rigorous background checks, have years of experience in the food service industry, and want to use their skill-set to improve seniors' quality of life.

Contact us to learn more:

(609) 545-2315

seth.lefberg@chefsfor seniors.com
chefsfor seniors.com/central-new-jersey

For franchising information call:
(844) 237-2433 ext. 4



CHEFS FOR SENIORS



CHEFS FOR SENIORS



**Improving Seniors' Lives
Through Food!**



Chefs For Seniors is a first-of-its-kind meal service that connects seniors with licensed, professional chefs who prepare high quality, affordable, and nutritious meals in the home. Our mission is to improve seniors' lives through food!

SERVICE INCLUDES:

- A friendly visit from your personal chef
- Homemade meals prepared in your kitchen using fresh ingredients
- Selection of meals from 12 seasonal menu options that rotate weekly
- Customization for different dietary concerns
- Packaging, labeling, and reheating instructions
- Cleaned kitchen

WWW.CHEFSFORSENIORS.COM

WE HELP THOSE WHO:

- No longer have the ability to prepare nutritious meals
- Find it difficult to plan nutritious meals
- Have specific dietary concerns and food preferences
- Are tired of eating out
- Are seeking help for a friend or family member
- Are returning home from a hospital visit

"I live alone and have never done any cooking in the past. My daughter did some research and found this service on the internet, and I'm sure glad she did. I am very pleased with the food and I appreciate my chef's pleasing attitude. I recommend this service to others who need help."

– Jim S.

"My chef pays attention to the foods I like, and offers suggestions for nutritious meals that she thinks I would enjoy. I look forward to having my chef come each week and have a lot of fun chatting with her about lots of different things. So glad I found this service!"

– Nancy W.



Chefs For Seniors' goal is to help seniors remain independent and improve their quality of life through nutritious meals. Your local Chefs For Seniors is part of a trusted franchise network.

For more information or to schedule a free, no obligation consultation contact us at:

(609) 545-2315

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