

The Legend of “Kitchen Karen”: A Recipe for Retirement

There once was a chef named Karen, and her kitchen at St. Anne’s was a place of warmth, magic, and love. Every meal she created was a masterpiece, not just in flavor, but in the joy it brought to the children. Her lobster mac & cheese was a creamy delight, with lobster hidden beneath a blanket of gooey cheese. Her yellow chicken with rice was comfort on a plate—and always perfectly seasoned. And then, there were her strawberry muffins—fluffy, sweet, with just the right touch of fruit. But perhaps most enchanting of all was the smell of fresh-baked croissants in the morning, filling the air and signaling the start of a fabulous day.

The children adored Karen, not just for her cooking, but for the love and care she put into every dish. Each bite was a little piece of her heart. And the families at St. Anne’s knew they were lucky—lucky to have Karen feeding their little ones, lucky to have those moments when their children would come home and rave about her meals. They’d try to recreate her magic at home, but no matter how hard they tried, it never quite turned out the same. The lobster mac & cheese wasn’t as creamy, the yellow chicken with rice lacked the same perfect flavor, and the strawberry muffins just couldn’t rise to the occasion. You see, it wasn’t just the recipes that made her food special—it was the way Karen poured her love into every dish.

After many years of creating magic in the kitchen, Karen decided it was time to retire. She had given her heart and soul to St. Anne’s, and now it was time for a new chapter. “I’m not done with food,” she said with a smile. “I’m just taking it on the road.” So, with a suitcase full of wine, a heart full of recipes, and lots and lots of shoes, Karen set off to explore the world’s most beautiful beaches and to dine on the best cuisine.

Though she will no longer be in the kitchen at St. Anne’s, Karen’s legacy lives on. The children she fed, the families she nourished, and the love she infused into every dish will never be forgotten. She may be off on her own adventure now, but her heart will always be with the children she fed with such care, the meals she lovingly prepared, and the memories she created with every plate.

Thank you, Karen for sharing your love for food and your beautiful spirit with each of us at St. Anne’s. Rest assured, the smell of lobster mac & cheese, yellow chicken with rice, strawberry muffins, and those morning croissants will linger in the hearts of all who were lucky enough to taste your food.

Wishing you a happy, happy, happy—retirement filled with joy, and memories that will never fade. An ode to Karen, the St. Anne’s Chef who made every meal with her secret ingredient, LOVE!!!

