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September 9, 2007

Judy Streeter is founder and president of Catering To You (www.cateringtoyouonline.com), a personal chef service based in Bernardsville that not only takes the hassle out of preparing nutritious gourmet meals, but also specializes in meeting the unique dietary and food preference needs of individual clients.

"Many people want to enjoy delicious meals, but are either too busy or too tired at the end of a long day to prepare them," Streeter explained. "Using only the best quality and freshest ingredients, however, we make mealtime a pleasure. We do it all, even shopping for the groceries. Then we prepare the meals, package and label them and leave the client with heating instructions. All they need to do is pop the containers into a microwave or a conventional oven and Voila! A healthy, nutritious meal is ready in minutes whenever they are ready to serve it."

What makes the service unique is that all meals are custom prepared for individual clients to their own specifications. "Some people may have food allergies, for example," Streeter noted. "Others may dislike certain spices or vegetables. There are also people who avoid certain foods for religious or cultural reasons. We make sure that all of these factors are taken into account before we prepare anything for them."

Preparing customized meals also allows clients to avoid the "one size fits all" syndrome commonly encountered in restaurants and even in catering establishments that offer gourmet takeout meals. "Our service is also very flexible," said Streeter. "We can schedule meals daily, weekly, monthly or even just occasionally to accommodate the demanding lifestyles of our clients. We are also very affordable, with pricing plans that include the cost of the food instead of adding the cost of groceries to the service cost."



Whether clients want gourmet meals like Beef Bourguignon or Coq a Vin, or comfort food like old fashioned beef stew or barbecued pork chops, Streeter can prepare it exactly to their taste. "In view of the fact that people are more health conscious these days, we recently added a new Healthy Lifestyle menu," she said. "With selections like chicken scaloppini over broccoli rabe and baked rigatoni with beef, you don't have to sacrifice taste to eat healthy. Most of the meals are around 300 calories with less than 10 grams of fat and that information is listed with each entree on the menu."

Even picky eaters are no problem for Streeter. "When I had my initial interview with a family for whom I have now been cooking for about four years, they told me that Joe, who was about 12 at the time, would not eat anything," she recalled. From the very beginning, I made sure to prepare meals that Joe and the entire family would enjoy. Today, Joe is my biggest fan and looks forward to our cook dates. Dinner time has changed dramatically for this family. No one complains about the food and they can enjoy each other's company while sharing a delicious meal."

Streeter often begins her relationship with a new client by taking them to lunch. "We talk about food while enjoying it," she said. "I can learn almost as much by watching them eat as I can by hearing what they say. One of my favorite places is Cafe Rustica in the Basking Ridge section of Bernards Township. The restaurant is quiet so we can talk, the food and service are excellent and the prices are very reasonable. For special occasions, I enjoy Dimaio Cucina in Berkeley Heights. Sal, who owns the restaurant with his wife Tammy, has been a chef on The Food Network for eight years. The food is out of this world, the atmosphere is wonderful and the service is impeccable".