

BUSINESS beat

Menu For You

Your name: Vahé Mekhitarian (*rhymes with vegetarian*)

Your position: Chef- Owner- Founder

Company name: Menu For You, Inc.

Website: menuforyouinc.com

Phone number: 847.648.6368

Business address: P.O. BOX 878 Wilmette IL, 60091

Industry: Professional Personal Chef Service



Vahé Mekhitarian and his wife Luisa Trujillo are pictured with their two sons, Alexander (center) and Nicholas Mekhitarian.

Chef Vahé

We are celebrating our 3rd birthday this spring. A chef's assistant, Jenna Volpe, works with me.

I have always loved the culinary arts and the food industry. After culinary school, and working in various positions within the food industry, I had plans for my own restaurant, but timing was just not right for one reason or another. I have been fortunate to work under the tutelage of many talented chefs and culinary professionals.

Cooking has been an intrinsic part of my life. I have prepared meals for those with specific dietary requirements both professionally and personally. Some of my family members and loved ones have had various forms of cancer, diabetes, digestive and sensory issues. My son is on the Autism spectrum with digestive issues, and I have had to create and try new dishes; inventive ways for him to overcome his sensory issues.

Sharing meals and eating together is something that our family does every evening. Hectic schedules are part of everyone's lives. I saw that I could help those with special dietary requirements, and also bring them together without having the stress of having to plan and cook dinner. I cook during the day so that you and your family can enjoy dinner together. After your cook date, I go home and enjoy dinner with mine. I needed a flexible schedule for my family's needs, and this was the best way I could express my passion, make others happy, and take care of my family.

- It starts with a complimentary consultation in your home.
- A family food profile is established.
- A menu and cook date is set.
- On the cook date, I do the grocery shopping and bring all of

the necessary cookware and utensils to your home.

- Prepare the meals.
- Label and package them with instructions.
- Clean up.
- The stress of having to answer and what to prepare for dinner is gone. Most importantly it's customized for you: a menu for you.

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The importance of sharing meals with your loved ones is truly therapeutic and warms the body and soul. One of the many benefits of choosing Menu For You, is that it helps make eating dinner together easier and on a regular basis. The meals are not delivered; they are prepared from fresh ingredients in your home.

Encourage your family to try new foods and flavors. Get your children involved in gardening, even if it's a small herb garden. It will expand their palates and give them some ownership and reward in contributing to the dinner table.

I graduated with a B.A. from DePaul University and an A.A.S. from Le Cordon Bleu formerly known as (CHIC), The Cooking and Hospitality Institute of Chicago. I am a member of the United States Personal Chef Association (USPCA).

If you are a business owner and would like to have your business featured, please contact us at Donna.Evans@n2pub.com. This is a free one-page article that will run for one month and is only available to residents.



Wendy Geslewitz (Left) and Katie Shelton: Two friends back from college on a nice walk!

around the **NEIGHBORHOOD**



(Left to Right) Lisa Raterman of Chicago, Maureen Sippel of Evanston, and Celeste Denton of Wilmette at the Josephinum Academy's annual Spring Luncheon. This year's keynote speaker was actress and activist Susan Saint James, a Sacred Heart alumna of Woodlands Academy in Lake Forest.



Chef Vahé Mekhitarian of Menu For You, Inc. Personal Chef Services serves wonderful appetizers and addresses the group at the monthly Food & Art Series on May 7th at Persimmon 1167 Wilmette Ave.



(Left to Right) Sangeeta Wagh, Kim Rust, and Mary Baubonis of Wilmette. The generosity of 260 guests at Josephinum Academy's annual Spring Luncheon, held at the Michigan Shores Club in Wilmette on April 29, helped raise a total of nearly \$64,000 in support of Josephinum's inspiring young women of Chicago

(Left) Big or small – We love our Lakefront!

We love to see your photos! And tell us about yourself! Email them to Donna.Evans@n2pub.com.