

Thank you for your interest in our affordable Personal Chef services. We would love to help you! Please read the following for an understanding of what we do.

Basic Kneads has been around since 1991. We've been cooking fresh foods in this area since January of 2002, and have won many trophies and ribbons since then. Basic Kneads is currently cooking lunches & weeknight meals for 15 to 20 families each week: some of which are enjoying successful weight management with delicious customized menus, others prefer to eat fresh & flavorful food of any type, and the rest just prefer true comfort food made from scratch. Rhea is the resident Chef at Dromore Manor, a "house" caterer for Head Start, U of I Research Park, Inland Imaging, Liberty Lake Rotary, Spray Cool, Parker Aerospace, Mountain West Bank and Community 1st Banks ~ just to mention a few. We have a nice handful of loyal private and corporate clients. Event catering is a distinct pleasure of ours. We are providing a lot of corporate catering as of late, feeding hungry (somewhat sleepy) folks in board meetings, classes, and luncheons. A quick visit to my website will provide you with: insight, references & letters of recommendation.

Unlike any of our competitors, everything at Basic Kneads is made from scratch using fresh, high quality ingredients from local purveyors, resulting in fresh tasting food that stands out. Nowhere else (aside from your kitchen) can you get breads, entrees, salad dressings & desserts ~ all made from scratch! There are no set menus, as they are all customized to personal tastes, monetary budgets and specific diets.

When I get a new family, the first step is to fill out a Family Profile, which takes about 10 minutes on the phone. It's a list of about 25 different ingredients that tells us what each family member likes & dislikes eating, along with any dietary restrictions, allergies and preferences. The Family Profile insures you don't get foods you don't want. I make a new 9-dinner menu every Sunday. All entrees are labeled and have cooking/reheat directions. The dinners are delivered fresh and go into the fridge (a few can be frozen) where they will last 5-7 days, if eaten in the suggested order. Depending on the entree, we cook it to the appropriate stage so that when you re-heat or cook it, the food is fresh and not overcooked. The cooking directions can be altered to accommodate your reheat preferences: some of my older clients like to use the microwave only, others are comfortable with the oven, stove and BBQ.

We deliver on Monday's. The cost of an adult 3-course dinner (meat, starch & vegetable) is \$9 for most folks, or \$11 for the strictest of diets. Senior Pricing is \$8 to \$9.50 per dinner. Child pricing varies from nothing to \$7 based on age. We also make fresh breads (.95), Loaded Salad Kits w/Homemade Dressing (\$2.75), and Desserts (.50 to \$3) every week ~ for those that are interested. We have a minimum order of 3 dinners per person per week. There is a nominal delivery fee based on your location & 6% tax ~ if you're in Idaho. For those of my clients who like to choose their food each week ~ I e-mail the new menus out each Sunday, (with a Monday noon order deadline), for clients to pick what they'd like to have delivered the following Monday.

Please let me know if you have any unanswered questions, and how you'd like to proceed. If you're ready, you can get delicious homemade meals as soon as this Monday!

Carefully crafting fresh foods into delicious meals,

Rhea Skinner, Basic Kneads

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