



**SPARKS SERVICES**  
**HOME COOKING ASSISTANT**

- Are you busy with the kid life or just life
- Do you have a parent that can use an extra set of hands
- Know a resident, phd student, busy academic, or busy manager with no time to cook or eat a balanced meal
- Need an extra pair of hands at a party/event
- Email me at [volendamsterdam@yahoo.com](mailto:volendamsterdam@yahoo.com)

- I will have some predetermined menus but can alter to fit your taste/needs
- I am a generalist in dishes and if I am unfamiliar I will do my best to become familiar
- Drop ship cooking-I prepare all and deliver (small fee) or you pickup weekly (can be dinners/and or lunches)
- (within 5 miles, over 5 negotiable)

A decorative white floral border with intricate scrollwork and leaf patterns surrounds the central text. The border is symmetrical and features a central crest-like element at the top and bottom.

# SAMPLE MENU

- 
- ❖ Red Bean Sausage Chili
  - ❖ Spanish Meatballs
  - ❖ Lamb Tagine
  - ❖ Pulled Pork/Beef/Chicken
  - ❖ Lasagna (veggie, regular)
  - ❖ Veggie Stir Fry
  - ❖ Lunch dishes (pastas, salads)
  - ❖ Ginger Pork and Noodles
  - ❖ Shrimp & Snow Peas w/Tofu
  - ❖ Coconut Noodles w/Chicken
  - ❖ String Beans w/beef
  - ❖ Pumpkin and Pasta
  - ❖ Bread, Muffins, Pies
  - ❖ Rolled & Stuffed Pork or Chicken