

CHEF ROBERT

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WEEK FOUR · DAILY MISE EN PLACE — TIMED

MENU REV 2.0 · 2 COVERS · WEEK OF JULY 6, 2026 · ONE SHEET PER DAY

Daily rhythm: 5:00 production start → 7:25 wrap → **7:30 pack** → **8:15 delivery**. Breakfast, lunch, dinner in one run.

Pack: breakfast warm-hold, served on arrival. Lunch and dinner cook-chill with reheat guide. Night-before items portioned cold — no morning reheat.

Always: sauces, dressings, and fruit packed separate. Bread never pre-toasted. Seasoning mild, white pepper standard.

Min = hands-on minutes. (*passive*) = oven or unattended time running in parallel.

MONDAY

Soft-Scrambled Eggs Comté · Chicken Bacon Avocado Wrap + Cole Slaw · Beef Tips, Mushroom Gravy

COOKED THE NIGHT BEFORE

- ☐ Creamy mother base — split to ranch and slaw dressing
- ☐ Slaw shredded and lightly dressed
- ☐ Mushroom gravy built
- ☐ Maple butter made — holds all week
- ☐ Avocados checked for Monday ripeness

TIME	MIN	TASK
5:00	5	Stations on. Oven 375°F. Gravy out to temper.
5:05	5	Rice on (20 <i>passive</i>). Chicken seasoned, into oven (28 <i>passive</i>).
5:10	3	Bacon on sheet, into oven (18 <i>passive</i>).
5:15	12	Broccoli steamed and shocked. Rice fluffed, buttered.
5:30	12	Sirloin tips hard-seared in batches. Rest.
5:45	8	Gravy reheated gently. Season mild. Container, blast-cool.
5:55	10	Chicken and bacon out. Fast-cool. Slice chicken.
6:10	15	Comté grated. Eggs soft-scrambled low with cream. Bread packed untoasted.
6:30	15	Wrap components staged. Slaw finish-tossed. Ranch portioned separate.
6:50	10	Avocado sliced last, acidulated. Wrap sealed — dressing never inside.
7:00	15	Dinner: tips, rice, broccoli. Gravy separate. Lunch cold-hold verified.
7:15	10	Labels. Allergen check (<i>cream: ranch, slaw, gravy</i>). Temps logged.
	120	Hands-on 120 min of 145 — 25 min buffer
7:30	—	Cambro staging → 8:15 delivery.

TONIGHT (PM STAGE): Potato salad #1 dressed. Salmon purchase confirmed for morning.

INGREDIENTS — PULL LIST

Eggs · butter · heavy cream · Comté · multigrain bread · chicken breast · smoked bacon · avocados · flour wraps · beef sirloin tips · rice · broccoli · salt & white pepper. *Staged: ranch · slaw + dressing · mushroom gravy.*

UTENSILS & EQUIPMENT

Nonstick pan + silicone spatula · sauté pan (sear) · saucepan (gravy) · rice pot w/ lid · steamer + ice bath · sheet pans ×2 · tongs · chef's knife + board · grater · probe thermometer · Cambro pans + labels.

TUESDAY

Farmer's Omelette · Black Forest Ham & Swiss on Rye Swirl + Potato Salad · Wild King Salmon, Lemon-Caper

COOKED THE NIGHT BEFORE

- ☐ Potato salad #1 dressed, cold-hold
- ☐ Salmon purchase confirmed — Mon PM or Tue AM, never earlier

TIME	MIN	TASK
5:00	5	Stations on. Oven 275°F. Salmon out to temper.
5:05	8	Pilaf: shallot sweated, rice toasted, stock in <i>(22 passive)</i> .
5:15	12	Potato diced and par-cooked. Shallot and red bell sweated mild. Ham diced.
5:30	10	Asparagus blanched, shocked, buttered.
5:45	12	Lemon-caper: wine and lemon reduced, capers in, butter mounted. Blast-cool.
6:00	8	Salmon pan-seared skin-side down. Into 275°F oven <i>(to 125°F internal, ~15 passive)</i> .
6:10	15	Omelettes rolled and packed. Toast to order.
6:30	12	Rye swirl staged, not pre-toasted. Potato salad portioned separate.
6:45	10	Salmon out at 125°F. Rest. Fast-cool.
7:00	15	Dinner: salmon, pilaf, asparagus. Lemon-caper separate.
7:15	10	Labels. Allergen check <i>(cream: potato salad)</i> . Temps logged.
117		Hands-on 117 min of 145 — <i>28 min buffer</i>
7:30	—	Cambro staging → 8:15 delivery.

TONIGHT (PM STAGE): Casserole braised. Meatballs rolled, seared; mild tomato cream sauce. Red pepper roasted.

INGREDIENTS — PULL LIST

Eggs · butter · Yukon potato · shallot · red bell pepper · diced ham · mild cheddar · toast bread · Black Forest ham · Swiss · rye swirl · salmon fillets · lemon · capers · white wine · rice · chicken stock · asparagus. *Staged: potato salad #1.*

UTENSILS & EQUIPMENT

Omelette pan + spatula · lidded saucepan (pilaf) · oven-safe sauté pan (salmon) · saucier (lemon-caper) · whisk · blanch pot + spider + ice bath · probe thermometer · knife + board · Cambro pans + labels.

WEDNESDAY

Italian Frittata · Bison Meatball Wrap + Italian Pasta Salad · Chicken & Wild Mushroom Casserole

COOKED THE NIGHT BEFORE

- ☐ Chicken and wild mushroom casserole braised
- ☐ Bison meatballs rolled, seared — mild tomato cream sauce built
- ☐ Red pepper roasted and peeled for frittata

TIME	MIN	TASK
5:00	5	Stations on. Oven 325°F. Pasta water on.
5:05	10	Frittata built and into oven (<i>28 passive</i>).
5:15	14	2 lb pasta cooked, oil-tossed, split — today and Thursday.
5:30	10	Italian pasta salad dressed with vinaigrette. Cold-hold.
5:40	10	Carrots glazed in butter — mild.
5:50	8	Casserole portioned cold. No morning reheat — client reheats per guide.
6:00	12	Frittata out. Cool on rack. Portion. Berries packed separate.
6:15	12	Meatballs and tomato cream portioned cold. Sauce separate from wrap.
6:30	10	Wrap staged with mozzarella. Soft fruit packed separate.
6:45	15	Dinner: casserole, buttered carrots. Lunch tray assembled.
7:05	15	Labels. Allergen check (<i>cream: tomato cream, frittata</i>). Thursday pasta labeled.
	121	Hands-on 121 min of 145 — <i>24 min buffer</i>
7:30	—	Cambro staging → 8:15 delivery.

TONIGHT (PM STAGE): Shallots caramelized slow. Dijon spread. Apple sauce. Thursday pasta salad dressed.

INGREDIENTS — PULL LIST

Eggs · cream · Parmesan · mozzarella · baby spinach · basil · berries · short pasta · olive oil · red wine vinegar · flour wraps · soft fruit · carrots · butter. *Staged: casserole · meatballs + tomato cream · roasted red pepper.*

UTENSILS & EQUIPMENT

Oven-safe skillet (frittata) · pasta pot + colander · mixing bowls · whisk · sauté pan (carrots) · cooling rack · knife + board · spider · probe thermometer · Cambro pans + labels.

THURSDAY

Buttermilk Pancakes · Roast Beef, Havarti & Shallot on Brioche + Pasta Salad · Pork Tenderloin, Apple Sauce

COOKED THE NIGHT BEFORE

- ☐ Shallots caramelized slow — sweet, mild
- ☐ Creamy Dijon spread — mild
- ☐ Apple sauce built — apple, butter, cinnamon
- ☐ Pasta salad dressed from Wednesday batch

TIME	MIN	TASK
5:00	5	Stations on. Oven 375°F. Pork out to temper. Griddle on low.
5:05	8	Buttermilk batter mixed. Rest (<i>10 passive</i>).
5:15	10	Potatoes cut and into oven to roast (<i>38 passive</i>).
5:25	10	Pork seared all sides. Into 375°F oven (<i>to 140°F internal, ~22 passive</i>).
5:35	12	Pancakes griddled. Cooled on rack — no steam stack. Sausage rendered.
5:50	8	Green beans blanched, shocked, buttered.
6:00	8	Pork out at 140°F. Rest 10 (<i>passive</i>). Potatoes turned.
6:10	10	Maple butter and fruit portioned — packed separate.
6:20	12	Brioche staged: roast beef, Havarti, caramelized shallots. Dijon and bun separate.
6:35	10	Pork sliced into medallions. Fast-cool. Apple sauce portioned separate.
6:50	15	Dinner: pork, roasted potatoes, green beans. Pasta salad verified.
7:10	15	Labels. Allergen check (<i>cream: Dijon spread</i>). Temps logged.
	123	Hands-on 123 min of 145 — <i>22 min buffer</i>
7:30	—	Cambro staging → 8:15 delivery.

TONIGHT (PM STAGE): Bolognese braised. Chicken poached for salad, cooled overnight. Potato salad #2 dressed.

INGREDIENTS — PULL LIST

Buttermilk · AP flour · baking powder/soda · sugar · eggs · butter · turkey sausage · fresh fruit · roast beef · Havarti · brioche buns · pork tenderloin · Yukon potatoes · green beans · oil.
Staged: maple butter · caramelized shallots · Dijon spread · apple sauce · pasta salad.

UTENSILS & EQUIPMENT

Griddle · batter bowl + whisk + ladle · cooling rack · sheet pan (potatoes) · oven-safe sauté pan (pork) · probe thermometer · blanch pot + ice bath · knife + board · Cambro pans + labels.

FRIDAY

Gruyère & Chive Omelet · Chicken Salad Wrap + Potato Salad · Bison Bolognese, Rigatoni

COOKED THE NIGHT BEFORE

- ☐ Bison Bolognese braised — soffritto, mild
- ☐ Chicken poached for salad, cooled overnight
- ☐ Potato salad #2 dressed

TIME	MIN	TASK
5:00	5	Stations on. Pasta water on.
5:05	12	Rigatoni cooked just-under. Oil-tossed. Spread to cool fast.
5:20	10	Broccolini blanched, shocked, buttered.
5:30	15	Chicken salad bound: chicken, mother base, celery — mild.
5:45	12	Gruyère grated. Chives fine. Omelets rolled. Bread packed untoasted.
6:00	10	Lettuce washed and dried. Wrap staged — chicken salad packed separate.
6:15	8	Bolognese portioned cold. Sauce separate from rigatoni.
6:25	10	Potato salad portioned. Dinner tray: rigatoni, broccolini.
6:40	20	Week-end inventory count. FIFO purge. Cambro rotation plan.
7:05	20	Labels. Allergen check (<i>cream: chicken salad, potato salad</i>). Bolognese reheat guide in.
	122	Hands-on 122 min of 145 — <i>23 min buffer</i>
7:30	—	Cambro staging → 8:15 delivery. Sanitize on return — week closed.

INGREDIENTS — PULL LIST

Eggs · butter · Gruyère · chives · multigrain bread · celery · crisp lettuce · flour wraps · rigatoni · broccolini · olive oil. *Staged:*
Bolognese · poached chicken · mother base · potato salad #2.

UTENSILS & EQUIPMENT

Omelette pan + spatula · pasta pot + colander · sheet tray (cool rigatoni) · mixing bowl (chicken salad) · salad spinner · knife + board · probe thermometer · Cambro pans + labels · sanitizing kit (close).