



A Message From Chef Mike

Welcome to the June edition of *The Service Foods Gourmet Kitchen!*

This month, we're literally bursting out at the seams with a cornucopia of new articles for you. We start out with a terrific recipe of

the month that's just perfect for Father's Day - grilled lamb chops with pomegranate wine sauce. Absolutely divine!

You'll also get an opportunity to meet two special people: Cayci Johnson, the delightful and talented

newest member of our sales team and Josh Louchiey, the gifted young man who is the winner of our Service Foods Student Athlete Scholarship. Of course, you'll find fresh updates in our regular columns, too. So grab a cold beverage, relax in your favorite chair, and enjoy!

As always, if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please email me at ChefMike@ServiceFoods.com. Have a great June, a happy Father's Day to all the dads, and thank you so much for your business.

Service Foods Father's Day Recipe Of The Month - Grilled Lamb Chops With Pomegranate Wine Sauce

Serves 2

- 4 lamb chops
- 1 tsp olive oil
- Salt & smoked pepper to taste

For the Sauce

- 1 cup pomegranate juice
- 1 tsp lemon zest, chopped fine
- ¼ cup dry red wine
- 1 tbs butter
- 1 tsp fresh chopped rosemary



1. Preheat grill on medium heat for 10 minutes. Place Dad in his favorite easy chair or hammock. In the meantime, rub the lamb chops with the oil and season to taste with the salt and smoked pepper.

2. Place the seasoned chops on the hot grill and cook for 2 minutes per side to make the grill marks. Meanwhile, hand Dad the remote to the TV and serve him his favorite beverage. Lower the heat to medium-low and continue to cook until the lamb chops are

medium-rare (130 degrees internal temperature). Remove the chops from the grill and keep warm.

3. Make the sauce by placing the pomegranate juice and wine in a sauce pan. Place over medium-high heat and simmer until liquid is reduced by half. Add the rosemary, lemon zest, and butter and stir until butter melts. Serve immediately to Dad with another glass of his favorite beverage and the sports page.

Dessert Suggestion: Serve Dad some Bravo Gelato Limoncello Sorbet. Half the calories of ice cream but intense flavor and smooth texture. He'll love it!



You can watch a video demonstration of me preparing this delicious recipe at www.ServiceFoods.com! Enjoy! Chef Mike

Another Reason To Get Going

It seems like everyday you hear a new reason to exercise. Add this to your incentives to do so: You'll have longer telomeres. Telomeres are caps at the ends of chromosomes, which tend to shorten as people age. Who needs them? Anybody who wants **fewer wrinkles, stronger**

muscles, and more resistance to disease. Studies by the University of Medicine and Dentistry of New Jersey and elsewhere show that people who exercise the most have longer telomeres. Authorities at the National Institute on Aging say the finding is "provocative."



Congratulations To The Winner Of Our May Trivia Question!

Congratulations to **Gracie Terrett of Duluth, Georgia** for submitting the first correct answer to last month's trivia puzzler: Which holiday was made *official* on May 9th, 1914?

- a. Arbor Day
- b. Groundhog Day
- c. Mother's Day
- d. Father's Day
- e. Mardi Gras



The correct answer was "c," Mother's Day! Gracie won one of our creamy **French Silk Pies**. Now it's your turn to take on the Service Foods Challenge!

June Trivia Challenge

OK, sports fans here's one for you: Which sport had its first game played on June 19th, 1845, in Hoboken, New Jersey?

- a. Baseball
- b. Basketball
- c. Football
- d. Tennis
- e. Hockey



The first correct answer emailed to me at **ChefMike@ServiceFoods.com** wins one of our incredible apple pies, the perfect cap to a summertime cook-out or barbeque!

Genius Of Youth

"Adolescence is the age at which children stop asking questions because they know the answers."

-Author Unknown

The Service Foods Spotlight!

Look who's in the spotlight on this month! Thank you to our generous clients who referred us last month. You are the best! **My heartiest thanks to:**



REFRRALS TWO MONTHS IN A ROW!

- Gregory & Karen Parrish** of Cumming for referring Tracy Harrison
- Trace & Virginia Overton** of Newnan for referring Anjannette Grigley
- Melvin & Martel Moon** of Winder for referring Magloir & Roselie Labranche
- William & Dawn Walker** of Snellville for referring Kelly & Tara Lindsay
- Ronnie & Patricia Wehunt** of Gainesville for referring Edward & Karen Brown
- Curt & Rebecca Howard** of Roswell for referring Vickie Holyfield
- James Austin, Jr.** of Snellville for referring Mark & Laurie Hicks
- Victoria Ayeni** of Winder for referring Kay Leitch
- Michael & Amy Buckner** of Canton for referring Amy Guest
- Jesse Gunnin & Crystal Humber** of White for referring Gary & Dorothy Carolton
- Robert & Holly Hudson** of White for referring Joel & Amy Smallwood

And special recognition to:

David & Jeanette Cline of Roswell for referring Jonathan & Rebecca Laird
AND **Stephen & Vicki Buschbom** **TWO REFRRALS!**

Grant & Kelli Williams of Sharpsburg for referring Marion & Carole Gravely
AND **Joel Knight** **AND** **Kenneth Kosslow** **AND** **Estella Allen** **THREE REFRRALS!**

If you know someone who could benefit from our service, please let them know about us! For each referral that joins the Service Foods family, **you'll receive a \$100 credit and the free dessert of your choice on your next reorder!** I hope you'll consider referring us not just for the reward but because you believe we provide better, healthier food. To refer a friend, simply go to **www.ServiceFoods.com** and fill out the easy referral form. We'll take special care of your friends and even give them a surprise gift from you! Thank you in advance for your support!

Go Ahead, Spoil Dad This Father's Day. Here's How...

Doesn't dear old Dad deserve the best? This Father's Day, skip the steakhouse and surprise Dad with a special, one-of-a-kind meal at home! Running a little low on your premium Service Foods steaks, breasts, chops, and filets? By all means, get your reorder in now. Adam always has a reorder special going, so make sure you ask what he has this month!

Three Easy Way To Place Your Order:

1. Call Adam at **800-750-7239** or **770-279-4730**
2. Order Online at **www.ServiceFoods.com**
3. Email Adam at **Service@ServiceFoods.com**



Meet The Newest Member Of Our Team, Cayci Johnson

We're so proud to introduce you to our newest team member, Ms. Cayci Johnson. Cayci began her professional career as an on-air news reporter for WMBD-TV in Peoria, Illinois after earning a degree in broadcast journalism and Spanish from Illinois State University. Following a move to Atlanta, she decided to return to school for a culinary degree. She recently graduated at the top of her class from the Art Institute of Atlanta and when looking for a career she sought to bring together her communication degree with her culinary degree. Service Foods is an outlet for both.

Food has always been a passion for Cayci. Moreover, cooking and entertaining in the home is something she would like to see families do more often. **"Whether it be to celebrate a special occasion or simply talk about your day, food brings people together.** It is my goal to inspire folks to get around the dinner table as a family, and working with Service Foods allows me to provide them with the tools necessary to make those family meals convenient, affordable, healthful, and memorable. With Service Foods, even the busiest people will have time for a family meal."



Cayci in her herb garden

Cayci's love of food began when she was a little girl cooking in her Midwestern grandmother's kitchen. Family meals were a tradition every Sunday and as often as possible during the week. While in college during two trips to Europe, she realized what an impact those meals can make on people and have made on her own life. She studied both in Spain and Italy; the families she came to know and ultimately share meals with were still having daily meals with the entire family. **For those families, their relationships were bonded by the meals they shared.** From her own grandmother's kitchen to a kitchen on the other side of the world, Cayci will always associate food with warmth and togetherness and aspires to do so for others.

Cayci also hosts a weekly talk show on the Radio of Sandy Springs (AM 1620) Wednesday mornings at 11:00. The show is designed to give people tips on how to lead a gourmet life on a budget.

Welcome New Clients!

Here are some of our new clients who became members of my Service Foods family this past month. I'd like to welcome you and wish you all the best:

Estella Allen; Ed & Karen Brown, II; Steve & Vicki Buschbom; Gary & Faye Carlton; Jack & Carole Gravley; Anjannette Grigley; Amy Guest; Tracy Harrison; Mark & Laurie Hicks; Vickie Holyfield; Joel Knight; Kenny Kosslow; Magloire & Roselie Labranche; Jonathan & Rebecca Laird; Kay Leitch; Kelly & Tara Lindsay; Joey & Amy Smallwood

Nature's Snack Food

For a time, it was considered wise to avoid peanuts because of their fat content. Times have changed. **Health conscious people now know that peanuts hold no damaging cholesterol.** Their high protein content makes them a good choice for anyone. **In addition to protein, they contain vitamin E, niacin, riboflavin, and important minerals.** So the next time you get the munchies, consider skipping the chips and grab a handful of heart-healthy peanuts.



Service Foods Scholarship Awarded!

We are thrilled to announce that the winner of **The Service Foods Student Athlete of the Year Award is Mr. Josh Louchiey.** Josh, who will be entering 9th grade this year, combines intelligence with athleticism, making him a role model for his peers and other members of the community.

Born in the United Kingdom, Josh moved to Atlanta with his parents in 2004, and has been recognized for both his academic and sporting achievements. **He maintains a 4.0 grade point average, and even took the SAT in eighth grade through the Duke TIP program, earning a very high score.**

Josh has also been a leader on the playing fields,

acting as captain of the football team, captain of the basketball team, and a member of the track team. This past year, he won the prestigious Golden Helmet Award from Coca-Cola. The award is presented to just one student each year in celebration of exceptional accomplishments in both academics and athletics.

The scholarship will be applied to a two-week student leadership program, called People to People, at Harvard University this summer. This program is offered by invitation only to students like Josh who demonstrate outstanding accomplishments in their schools. Congratulations, Josh! We are proud to present you with this year's scholarship.



Josh Louchiey

Mark Your Calendar

Flag Day, June 14

To celebrate the anniversary of the American Stars and Stripes.



Father's Day, June 15

64.3 million: The estimated number of fathers in the United States.



First Day of Summer, June 20

Summer begins in the northern hemisphere.



Remarks From A New Customer

Michael...We were delighted to receive our food delivery. So far we have enjoyed a sampling of all the beef, chicken and fish plus some vegetables and that incredible Tiramisu cheesecake - yummy.



Bob "the driver"

One of our most delightful surprises was Bob DeGraf. He delivered our order and stocked it in our freezer. He explained in detail how the freezer works and how to clean it. He included many tips and suggestions on how it could be used to its maximum. As he removed our order from the boxes and placed it in the freezer he showed me a sample from each category and even added tips on preparation. He seemed VERY knowledgeable on all of your products. He was friendly (even with my barking dog) and was at all times respectful. His enthusiasm for all your products was very evident. He wasted no time in completing the delivery but at the same time made it a most enjoyable experience for me. Your company has been blessed with a wonderful employee.

*Thanks so much for your service,
Barb Huntt*

- ◆ Nature's Snack Food...
- ◆ Meet The Newest Member Of Our Team, Cayci Johnson
- ◆ Recipe Of The Month - Grilled Lamb Chops With Pomegranate Wine Sauce
- ◆ Inside this month's issue:

The Newsletter For Healthy Living



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