

James A. McFarland
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QUALIFICATIONS

- 10+ years in high-volume Cooking (up to 300 people daily) including Grilling, Broiling, Baking,
- Experience with inventory counting, stacking, moving, & carpentry
- Clean Calif. Driver's License with very good knowledge of the SF Bay area
- Good interpersonal skills: attentive listener, always ready to help or advise
- Give 150% to all jobs: Early to work, cooperative, energetic & willing to take on new skills or responsibilities
- Flexible: Flexible, will. work evenings and/or weekends, part-time & full-time
- Prepared meals for high scale clients such as Cirque de Soleil, VIP guests and AT&T patrons and private parties, including members of the press/media

EXPERIENCE

Cooking/Lead Cook

- Plan meals and coordinate supplies for up to 300-350 meals daily
- Trained and delegated tasks to kitchen staff
- Cooked and prepared breakfast, hot lunches and dinners for 200 patrons; Eggs, including omelets, French toast, pancakes, waffles, hamburgers, veggie burgers, hot dogs, salads, fries

Food Preparation

- Prepared meat and seafood skewers, crustinis, vegetable wraps, petit fours, tartlets, and sorbets and not limited to Hors D'oeuvres
- Coordinated set up and prep of party platters and party trays
- Washed, peeled, and cut all kinds of vegetables and fruits for party trays
- Cut meats and cheeses for sandwiches and party trays
- Assembled sandwiches, vegetable / fruit salads, and fruit trays
- Prepared weekly condiments including barbeque sauce, salsas, salad dressings, relishes, and spreads

Janitorial/Maintenance

- Removed litter, sharps, graffiti, weeds, posted flyers
- Operated pedestrian sweeper, blowers, hand tools, sweeping brushes, spades etc.
- Work with the public while cleaning streets
- Moved furniture and equipment around

RECENT WORK

Prep Cook, The Lunch Box Company, South San Francisco, CA 1/11 – 1/14

Maintenance, Park and Rec Dept., San Francisco, CA 9/11-6/12

Seasonal Cook (post-season on-call), SBC Park Center Plate, San Francisco, CA 5/01 – 8/2008

On-Call Prep Cook, Culi Services, San Francisco, CA 4/01 -6/02

Cook, Jelani House, San Francisco, CA 10/00 -5/01

Street Cleaner, Dept., of Public Works, San Francisco, CA 1998 -2000

Mover / Carpenter Asst., Self-employed, San Francisco, CA 1987 - 2000

Tagger / Stacker, Calif. Beverage Co., San Francisco, CA 1997 - 1998

EDUCATION & TRAINING

Career Planning Certificate, City College Southeast College, SF, CA, 2/05
Food Prep Certificate, Haight Ashbury Food Program, San Francisco, CA, 5/01