

## **Lloyd Gage Jr.**

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**OBJECTIVE:** To obtain a culinary position, where I can use my skills and grow with the company.

### **SKILLS**

- Trained in all basic cooking methods
- Trained in standard food safety and sanitation procedures
- Excellent knife skills
- Able to multi-task in a fast-paced environment
- Able to follow instructions, recipes, and sanitation guidelines

### **EXPERIENCE**

#### **Home Care Provider**

September 2005 – August 2016

In Home Supportive Services (IHSS)

San Francisco, CA

- Prepared home cooked meals
- Shopped for groceries to prepare meals

#### **Restaurant Team Member**

August 2010 – December 2011

Chipote

San Francisco, CA

- Followed recipes accurately
- Prepared food by marinating, seasoning, and grilling meat, chopping herbs, and dicing and cutting vegetables
- Maintained proper food handling, safety and sanitation standards
- Washed cookware and utensils

#### **Line Cook**

October 2006 – May 2012

Best Beverage Catering

San Francisco, CA

- Prepared food for 1,000 -20,000 people at music festivals and sports events: set up room and tents, took orders for drinks, served food and drinks, bussed and cleaned up
- Grilled hot dogs, hamburgers, chickens
- Prepared sandwiches and appetizers

#### **Prep Cook**

December 2006 – April 2007

Zingari Restaurant

San Francisco, CA

- Performed Prep Cook duties which included preparation of oils, sauces, and food for Line Cooks
- Prepared an assortment of salads