

Jeremiah Mecham

**I have 27 yrs culinary experience in all phases of cooking from 5 star resorts to low end bar and grill. I have experience in assisted living with specific diets. My email is mechamjeremiah@gmail.com. also looking for mon-fri days and at least 18 hr. To start Glendale, AZ 85308
lilmenace27255_69g@indeedemail.com
+1 623 383 0455**

Authorized to work in the US for any employer

Work Experience

Cook/Prep

Tch contractors

January 2022 to Present

Responsible for preparing and cooking food in accordance with military rules and regulations. Following recipe sheets and sanitation procedures. Cooking for an average of 150-200 military personnel

Prep cook-food orderer

Irish Wolfhound Pub - Surprise, AZ

October 2020 to Present

Responsible for preparing all food for restaurant function. Responsible for ordering all food for restaurant

Cook/Prep

Humana Insurance - Humana Clinical Pharmacy - Glendale, AZ

October 2019 to March 2020

Responsible for preparing food for 500 employees. Followed specific recipes for daily functions. Made sure all food ordered was at quality for use

Cook/Prep

Palm valley rehabilitation center - Goodyear, AZ

April 2016 to September 2019

Prepared all food for residents of an assisted living location. Followed all diets pertaining to each individual resident for example puree, mechanical, and low sodium diets

Education

High school or equivalent in General studies

Phoenix, AZ

August 1989 to May 1993

Skills

- Kitchen Experience (10+ years)

- Food Service (10+ years)
- Meal Preparation (10+ years)
- Cooking (10+ years)
- Food Preparation (10+ years)
- Food Handling (10+ years)
- Culinary Experience (10+ years)
- Cleaning Experience (10+ years)
- Kitchen Management Experience (5 years)
- Banquet Experience (10+ years)
- Food Production (10+ years)
- Cooking/ordering/inventory (10+ years)

Military Service

Branch: United States Marine Corps

Service Country: United States

Rank: Corporal

October 1994 to November 2002

Cook for 3000 marines on a daily basis

Commendations:

Honorable discharge

Letters of commendations

Meritorious masts certificate

Certifications and Licenses

Food handlers card

November 2019 to November 2022