

—WESTCHESTER'S OLDEST AND MOST RESPECTED NEWSPAPERS—

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Top Chef Meals Debuts New Home Delivery Service Exclusively for Westchester County

Making quality, affordable prepared meals accessible to residents of Westchester County, Top Chef Meals is pleased to announce the first-of-its-kind home meal delivery service for seniors and people who are physically unable or too busy to cook. The meals, which include a choice of an entrée and two sides, cost less than \$7. The newly founded company is a division of the Crystal Spoon Corporation, Westchester's leading corporate caterer.

The meals are created by trained chefs and prepared with only the finest ingredients. Top Chef Meals are nutritionally balanced, low in sodium and are free of preservatives. They are made to order, and then flash-frozen to ensure that flavor is sealed in before being delivered to customers' front doors. Top Chef Meals are customizable with a "build your meal" online tool.

A tally of calories and sodium is automatically displayed upon order

selection. Top Chef Meals entrée selections include the following: grilled boneless breast of chicken with sautéed portobello mushrooms, white wine and fresh herbs; eggplant rollatini with marinara sauce and shaved parmesan; house-roasted turkey breast in gravy; and baked tilapia with seafood stuffing. New dishes, breakfast items and desserts are in development. The meals are designed to conveniently heat and eat. All Top Chef Meals are packed in oven- and microwave-safe biodegradable trays.

"Like many things that are rewarding in life, Top Chef Meals has family origins. The impetus for Top Chef Meals was my homebound 80-year-old father who was seeking an affordable alternative to high-sodium supermarket frozen foods and pricey restaurant takeout," said Paul Ghiron, founder and president of Top Chef Meals. "While these tasty, nutritious home-style meals

have broad appeal, Top Chef Meals was specially-designed with senior safety and nutrition in mind. Anyone in Westchester County who is a caretaker of a senior or homebound person in our community should consider how Top Chef Meals service can be a dependable meal solution."

The Top Chef Meals service is available anywhere in Westchester County. Meals are priced based on the total order placed, with a minimum order of \$35. There is a \$15 delivery charge unless orders are over \$150. All meals for senior citizens, disabled and homebound persons are discounted by 20 percent (totalling less than \$5.50 per meal). A specially priced sampler package of seven meals is available for \$35 with free delivery on the first order.

Meals can be ordered online at www.topchefmeals.com or by calling Top Chef Meals customer service at 914-372-7080.