



# LUCY WAIRIMU KARIUKI

## Personal Info

### Phone

+254(0) 726402276

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## Skills

- Preparing, seasoning, and cooking a wide range of foods, including soups, salads, entrees, and desserts.
- Baking, roasting, grilling, boiling, and frying meats, fish, vegetables, and other foods.
- Garnishing, arranging, and serving food to patrons.
- Checking the freshness of raw food and ingredients before cooking
- Deep knowledge of culinary methods, buffet displays and plate presentation techniques
- Operational knowledge of knives, coffee maker, grill, deep fryer, etc
- Familiarity with guest service, food handling and storage procedures and sanitation practices
- Ability to move heavy carts and objects in a safe and comfortable manner
- Ability to understand and follow given recipes to produce high quality food items.

## ACHIEVEMENTS

## COOK/FOOD SERVICE WORKER

Highly seasoned and motivated professional cook and food service worker with a real passion for preparing popular, healthy and nutritious meals. Having a 'hands on' approach to all areas of the kitchen and possessing excellent organisational skills and administrative skills. A quick learner who can effortlessly fit into an existing established environment, and also encourage junior staff to achieve their best when preparing meals. Looking for an immediate start and to join a busy and successful team where I can fulfill my potential and further advance an already successful career.

## Work History

June 2018-  
June 2020

### Food Service Worker

*DynCorp International*

#### Key Contributions & Results:

- Prepared food for service (e,g chopping vegetables, butchering meat, or preparing sauces).
- Ensured that food comes out simultaneously, in high quality and in a timely fashion.
- Cooked menu items in cooperation with the rest of the kitchen staff.
- Prepared dining and serving areas by setting up counters, stands and tables.
- Placed food containers in serving order, filled salt and pepper shakers, replaced linen on tables and restocked plates and silverwares.
- Properly disposed of food waste in garbage disposal or trash receptacles.
- Properly stored cleaned items and cleaning materials.
- Complied with nutrition and sanitation regulations and safety standards.
- Maintained a positively and professional approach with coworkers and customers.
- Stocked inventory appropriately.
- Set up and stocked stations with all necessary supplies.

May 2016 –  
April 2018

### Cook

*Fluor Corporation (Afghanistan) Logcap (IV) DFAC*

#### Key Contributions & Results:

- Met or exceeded industry and food safety standards for preparation, storage, and serving of food.
- Prepared, seasoned, and cooked meals in accordance with standardized recipes.
- Followed daily production schedules and progressively cook food in batches according to schedule.
- Carved and trimmed meats such as beef, veal, ham, pork, and lamb for recipes.
- Recorded food temperatures, production, and waste on required documentation.
- Ensured high standards of personal hygiene and that work areas are maintained in a clean and sanitary condition.

- Received certificate of achievements LOGCAP IV food handler servsafe National Restaurant Association.
- Certificate for exceptional performance in support of (USFORA) United States Forces.
- Awarded customer service certificate.

## REFERENCES

### Lonze Isilas

Food Service Manager  
Fluor Corporation  
Email: Lonzel.silas@fluor.com

### Mrs. Samar Qubti

Human Resource Manager, The Regency hotel  
Tel: +9656583792, Email: samarqubti@gmail.com

### Tareq mourad

Restaurant Manager  
Movenpick Resort and Hotels  
Tel: +96232090301,  
Email: tareq.mourad@yahoo.com

January 2014  
– September  
2017

## Food service worker

### Regency Hotel Kuwait

#### Key Contributions & Results:

- Costumed and housed keeping duties, basic food preparations, participated in hot and cold production
- Assured adherence to food production /service/sanitation standards
- Washed, peels, scrape and cuts vegetables and fruits, make coffee, tea and other beverages
- Prepared food and appropriate decoration daily
- Collected solid dishes and soaks of items
- Assured appropriate PPE is worn when operating equipment or handling potentially hazardous chemicals
- Disposed of food wastes in garbage disposal or trash.

January 2012  
- December  
2012

## Food Service Worker

### Movenpic Hotel Jordan

#### Key Contributions & Results:

- Followed all regulations, policies, and procedures regarding food handling, personal hygiene, safety, and proper sanitation.
- Issued food and consumables from stores to dining facility departments.
- Carried food, dishes, trays, and silver ware from kitchens and supply departments to serving counters.
- Cleaned and stock cabinets, serving and condiment are as, beverage and ice dispensers.
- Operated dish washer and disposes of trash. Sweep kitchen and dining hall areas and ensure constant cleanliness of floors, tables and kitchen equipment.
- Washed vegetables and fruits and assists in the preparation of the food items for use by cooks.

## Education

2008 - 2012

**Diploma in Food and Beverage Production and Service,**  
World link institute of professional studies

2002 -2003.

**Kenya Certificate of Secondary Education (K.C.S.E)**  
Kaharo secondary school,