

Charles LaMar

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I've been working in kitchens for years from fast food to short order. I'm very proficient and a quick learner and able to handle any task.

Authorized to work in the US for any employer

Work Experience

Cook

Healthcare Services Group - Thornton, CO

February 2021 to June 2021

- Prepared meals in accordance with customer dietary requests
- Washed, peeled and prepared ingredients for a commercial kitchen
- Ensured cooked food was correct temperature according to compliance guidelines
- Maintained recipe quality
- Prepared beverages orders
- Set prep station
- Operated kitchen appliances, such as Mixer
- Responsible for cleaning kitchen

Production Worker

Silver State Foods - Denver, CO

September 2019 to April 2020

Mass production of sauces and noodles. Warehouse environment. Labeling, boxing and building pallets.

Shift Leader

TravelCenters of America - Commerce City, CO

August 2018 to July 2019

Food Production Worker

Pappardelles Pasta Company - Denver, CO

April 2018 to June 2018

Made pasta from scratch in bulk, prep and cleaning

Cook

Brock & Company - Englewood, CO

October 2017 to February 2018

Prep Cook

Jim N Nick's Community BBQ - Denver, CO

September 2016 to January 2017

Cook

Lunch Wired - Centennial, CO
May 2015 to May 2016

Daily prep stock inventory cooking cleaning delivering orders

Line Cook

El Tepehuan Mexican Restaurant - Englewood, CO
November 2014 to January 2015

Responsibilities

Prep, stocking, cooking all short order tickets, cleaning

Cook

Embassy Suites - Centennial, CO
May 2013 to February 2014

Responsibilities

food prep cooking cleaning

Accomplishments

Employee of the Month nominee

Crew member

McDonalds - Denver, CO
September 2011 to April 2012

Responsibilities

cleaning food prep handing orders out making orders taking orders

Crew Member

McDonalds - Denver, CO
January 2010 to April 2011

Responsibilities

cleaning food prep handing orders out making orders taking orders

Line Cook

Gibby's Sports Bar - Aurora, CO
September 2009 to January 2010

Responsibilities

Light prep work and inventory work, washing dishes, cooking, restocking and cleaning

Crew Member/Cashier

Kentucky Fried Chicken - Aurora, CO
June 2009 to September 2009

Responsibilities

Making orders taking orders cleaning washing dishes

Crew Member

McDonalds - Denver, CO
September 2008 to February 2009

Responsibilities

Making drink orders handing out orders cleaning

Host

Outback Steakhouse - Denver, CO

October 2007 to September 2008

Responsibilities

Meeting and greeting customers taking reservations seating customers answering phones

Stand Manager

Aramark @ Coors Field - Denver, CO

March 2007 to October 2007

Responsibilities

Starting and ending inventory, cooking, cleaning, making sure my crew of people had everything, overseeing my stand ran at 100% efficiency

Education

High school or equivalent

Skills

- General Labor
- Crew Member
- Customer Service
- Fast Food
- Food Service
- Shift Lead
- Team Member
- Shift Supervisor
- Food Safety
- Food Production
- Food Preparation
- POS
- Host/Hostess
- Assembly
- Food Handling
- Kitchen Experience
- Restaurant Experience
- Meal Preparation
- Cooking
- Cashiering
- Retail Sales

- Kitchen Management Experience
- Cleaning Experience
- Busser
- Culinary Experience
- Catering
- Banquet Experience
- Serving Experience

Certifications and Licenses

State Food Safety Food Handlers Card

May 2018 to May 2021

Additional Information

I'm available to work Monday Thru Friday days only