

# Class Act Personal Services™

House and Office Cleaning • Organizing • House-Sitting • Companionship

Bonded, Insured, Licensed

949-350-6916

Monthly Newsletter

May 2015



*Ask  
Virginia...*

*Many of you in the CAPS Community ask excellent questions. I answered a Client's question below...*

## Question:

What is your opinion regarding the use of vinegar as a cleaning solution?

## Virginia's Answer:

Class Act Personal Services does not use vinegar as a cleaning solution for two important reasons.

First, CAPS believes that a big part of the enjoyment of a clean home is that every room smells fresh and pleasing. And the smell of vinegar is simply not pleasant for our Clients.

Second, it is critical that vinegar not to be used as a cleaning solution for common surfaces such as genuine marble, imitation marble, and hardwood floors. The use of vinegar on these surfaces will ruin the finish. Additionally, if a vinegar-and-water spray is used to clean mirrors or sinks, the spray can end up on a delicate surface by accident.

Just because a product is natural doesn't mean that you can use it to clean everything.

## *The New CAPS Notepads and Pens Are Here... Complimentary to All of Our Clients*

CAPS's new brand logo has now been applied to a Notepad-and-Pen Set that is being distributed exclusively to all of our Clients.

- The new CAPS Notepad, featuring the CAPS logo as well as contact information for reaching our firm, measures a handy seven inches tall by four-and-a-quarter inches wide... Perfect for your kitchen counter or personal desk.
- And the new CAPS Pen is a quality writing instrument selected for its comfortable grip and dependability.

If you have not already received your new Notepad-and-Pen Set from CAPS, please let us know and we'll be happy to drop them off on our next visit.



*"Success is achieved by developing our strengths,  
not by eliminating our weaknesses."*

*~ Marilyn vos Savant ~*

*From Virginia's Kitchen...*

**Recipe: Restaurant-Style Chicken Casserole**

Similar to last month's CAPS Newsletter, here's a recipe that I stumbled upon with one of my entrepreneurial colleagues. I bought a few grocery items that I was craving for a quick and tasty meal. And my colleague whipped them up into a casserole that beats any fancy restaurant entrée...

Ingredients:

8 ounces chicken breasts, cooked, torn into strips  
8 ounces fettuccine noodles, cooked  
8 ounces fresh Parmesan cheese, "shaved"  
3 tablespoons paprika

1 small can condensed cream of mushroom soup  
1/4 cup light sour cream  
4 tablespoons olive oil  
water for desired sauce consistency

Preparation:

- 1) Make a quick-and-easy mushroom sauce by heating condensed cream of mushroom soup until boiling. Reduce heat and thoroughly stir sour cream into condensed soup. Add water for desired sauce consistency. Keep warm.
- 2) Coat a 9" x 6" Pyrex® baking dish with 2 tablespoons of olive oil. Cover the bottom of the dish with a thin layer of mushroom sauce.
- 3) Add the cooked noodles to the dish, spread several tablespoons of mushroom sauce over the noodles, spread 4 ounces of Parmesan cheese across the top of the sauce, and sprinkle a tablespoon of paprika over the cheese.
- 4) In a frying pan, heat and stir the chicken, 2 ounces of Parmesan cheese, a tablespoon of paprika, and 2 tablespoons of olive oil until Parmesan cheese is gooey.
- 5) Spread the chicken mixture across the top of the noodles. Pour the remaining mushroom sauce across the layer of chicken. Sprinkle the remaining Parmesan cheese and the remaining paprika over the chicken.
- 6) Bake at 370 degrees for 20 minutes, or until the sauce is bubbling for approximately five minutes.

Servings: 2

Suggestion: For a healthier and tastier casserole, add a layer of baby spinach between the noodles and the chicken.

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*CAPS Services...*

**In addition to our House and Office Cleaning services, we offer these additional services:**

**Organizing** - We would be happy to assist you with house or office organizing, such as spring cleaning or packing your household or office items for a move.

**House-Sitting** - While you are away, we can help make your residence look as if it is occupied. We will pick-up the mail, flyers, etc. around the exterior of your house, water your plants, put the trash cans out at the curb, and make regular checks of your premises. We can also clean your home before your return, at our standard cleaning rate. Please note, our house-sitting services do not include pet care.

**Companionship** - Our caring assistants would be happy to spend time with you or someone important to you, enjoying conversation, music or other hobbies.

**Call Virginia today at 949-350-6916.**

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