SEC	Form	4
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OWB APPRO	JVAL
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hours per response.	0.5

Lecouras Patricia (Last) (Eirst) (Middle)		2. Issuer Name and Ticker or Trading Symbol <u>Chefs' Warehouse, Inc.</u> [CHEF]	(Check	ationship of Reporting Pe (all applicable) Director Officer (give title	erson(s) to Issuer 10% Owner Other (specify
		3. Date of Earliest Transaction (Month/Day/Year) 06/07/2012	X	below) EVP of Human	below)
(Street) RIDGEFIELD CT (City) (State	06877) (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indiv Line) X	vidual or Joint/Group Fili Form filed by One Re Form filed by More the Person	porting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (8)					5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1130.4)
Common Stock	06/07/2012		S ⁽¹⁾		498.54	D	\$18.31 ⁽²⁾	92,894.46	D	
Common Stock	06/07/2012		S ⁽¹⁾		18.46	D	\$19.09 ⁽³⁾	92,876	D	
Common Stock								666	Ι	By Son

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transa Code (8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exerc Expiration Da (Month/Day/Y	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses:

1. The sales reported in this Form 4 were effected pursuant to a Rule 10b5-1 trading plan adopted by the reporting person on March 9, 2012.

2. An aggregate of 498.54 shares of common stock were sold in multiple trades on June 7, 2012 at prices ranging from \$17.81 to \$18.65. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, The Chefs' Warehouse, Inc. or a stockholder of The Chefs' Warehouse, Inc. full information regarding the number of shares and prices at which the transaction was effected.

3. An aggregate of 18.46 shares of common stock were sold in multiple trades on June 7, 2012 at prices ranging from \$19.01 to \$19.16. The price reported above reflects the weighted average sale price. The reporting person hereby undertakes to provide upon request to the SEC staff, The Chefs' Warehouse, Inc. or a stockholder of The Chefs' Warehouse, Inc. full information regarding the number of shares and prices at which the transaction was effected.

Remarks:

<u>/s/ Alexandros Aldous,</u> <u>Attorney-in-Fact for Patricia</u> Lecouras

06/11/2012

** Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

 * If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.