



COMPLETE
 CUISINE

2022 Edition

Pricing

Single entree	\$9.50
Single side dish	\$3.00

Delivery Fees

Minimum order	\$45.00
Delivery fee	\$4.00

About Your Delivery

- Deliveries will arrive frozen
- You may order items 'a la carte'
- Deliveries are contact-free
- Credit card and checks only



The green apple icon indicates a low sodium item



To Order

Call: 954.714.6941

Visit: CompleteCuisine.Org

Side Dishes | \$3.00 Each

#700 Mashed potatoes 🍏

#701 Mashed sweet potatoes

#702 Heirloom potatoes 🍏

#704 Summer squash
& zucchini

#705 Stir fry vegetables

#707 Yellow rice

#708 Au gratin potatoes

#709 Sweet corn bake

#710 Creamed spinach 🍏

#711 Broccoli

#712 Roasted carrots



Beef Entrees



#101 Marinara Meatballs **\$9.50**

Jumbo meatballs blended w/pork and beef, romano cheese, Italian herbs & marinara sauce.

#102 Ropa Vieja  **\$9.50**

Slowly cooked, shredded beef with green and red peppers and onions in a low sodium sofrito sauce.

#103 Home Style Meatloaf **\$9.50**

USDA grade beef, baked to perfection and topped with brown gravy. Add our mashed potatoes and a vegetable for the perfect comfort meal!





#203 Pulled BBQ Chicken 🍏 \$9.50

Tender, juicy, slow roasted shredded BBQ chicken.

#204 Grilled Chicken Breast \$9.50

Boneless seasoned breast grilled with homemade house herb blend.

#205 Chicken Parmesan 🍏 \$9.50

Breaded chicken breast topped with tomato sauce & mozzarella and Parmesan cheese.

#207 Roasted turkey breast with homemade gravy \$9.50

Thinly sliced white turkey breast with brown gravy.





#302 Apple Teriyaki Salmon

 \$9.50

Baked Atlantic salmon with teriyaki and sliced apples.

One of our top sellers that pairs well with any vegetable!

#304 Tilapia with Mango Salsa

 \$9.50

Delicious baked tilapia topped with diced fresh mango cubes and salsa.

This dish is one of our top five sellers and it pairs well with our cilantro lime rice!





#604 Pasta Carbonara \$9.50

Bowtie pasta with peas, sauteed onions and bacon bits tossed in a creamy Alfredo sauce.

#605 Penne Pasta  \$9.50

Penne pasta tossed in a creamy pink sauce. Prepared with no salt sauce, heavy cream and fresh basil.

#607 Macaroni & Cheese \$9.50

A timeless classic! Elbow macaroni with a creamy three cheese sauce.

#613 Meat Lasagna \$9.50

Layered lasagna noodles with cottage, parmesan and romano cheeses and lean ground beef.





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mowsoflo.org | completecuisine.org

Complete Cuisine is a paid program of Meals on Wheels South Florida in partnership with Red Chair Catering.

Meals on Wheels South Florida Funding Statement:

Meals on Wheels South Florida is funded under the Older Americans Act and Fair Share Dollars from local municipalities through the State of Florida's Department of Elder Affairs and The Area Agency on Aging of Broward County. The generous support from The Jim Moran Foundation, Jewish Federation of Broward, United Way of Broward, the Children's Services Council, the cities of Tamarac and Pompano and Private Donations allows us to provide meals and services to those in most immediate need who would otherwise be placed on the ever-growing waiting list for home-delivered meals.

A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll free within the state. Registration does not imply endorsement, approval, or recommendation by the state. Human Services Network, Inc. D/B/A/ Meals on Wheels South Florida, Florida Department of Agriculture & Consumer Services Registration Number: 01331.

