



COMPLETE CUISINE



2023 Edition

Pricing

Single Entree	\$9.50
Single Side Dish	\$3.00

Delivery Fees

Minimum order	\$55.00
Delivery fee	\$5.00

About Your Delivery

1. Deliveries arrive frozen to cook at your leisure.
2. Meals may be left at your door in a freezer bag for a fee.
3. Delivery to Broward County and Northern Miami-Dade County.
4. If you have questions about your delivery area, please call us at 954.714.6941.
5. Cooking instructions are included with every meal.



To Order

Call: 954.714.6941

Visit: CompleteCuisine.Org

Side Dishes | \$3.00 Each

#701 Mashed Sweet Potatoes

#704 Squash Zucchini Medley

#709 Sweet Corn Bake

#710 Creamed Spinach

#711 Sauteed Broccoli

#712 Roasted Carrots

#713 White & Wild Rice

#714 Cream Potatoes

#715 Rosemary Fingerling
Potatoes

#716 Sauteed Vegetables



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Beef Entrees

Marinara Meatballs #101

250 Calories
Made with ground beef, peppers, onions, herbs, and tomato sauce.

Ropa Vieja #102

656 Calories
Made with Shredded flank steak, onions, peppers, and tomatoes.

Homestyle Meatloaf #103

425 Calories
USDA grade beef, baked and topped with brown savory homemade gravy.



Icon Indicates a
gluten free item



Seafood Entrees

Snapper with Mango Salsa #310



395 Calories
Made with snapper, mango, pineapple, peppers, garlic, and herbs.

Apple Teriyaki Salmon #302

395 Calories
Baked salmon with teriyaki sauce and delicious sliced apples.

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Poultry Entrees

Chicken Parmesan

#205

Boneless, skinless chicken breast made with panko, garlic powder, freshly dried oregano and black pepper.

Roasted Turkey Breast

#207

975 Calories
Sliced white meat turkey breast with homestyle brown savory gravy.

Chicken with Orange Glaze

#208

575 Calories
Made with grilled chicken breast, orange marmalade, shallots, and white wine.

Chicken Breast with Capers

#209

362 calories
Made with lemon juice, capers, garlic, and herbs. Contains Dairy.



Poultry Continued

Pulled BBQ Chicken

#203

975 Calories
Tender, juicy slow roasted overnight crock-pot style, with our home-made low sodium BBQ sauce.

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Pasta Entrees

Penne Carbonara Pasta

#604

950 Calories

Made with penne pasta, bacon, onion, and peas. Contains Dairy.

Meat Lasagna

#613

450 Calories

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

Linguine with Artichokes

#615

672 Calories

Made with linguine pasta, sun dried tomatoes, artichokes, white wine, and cream. Contains Dairy.



Vegetarian Entrees

Vegetarian Lasagna

#614

975 Calories

Made with zucchini, peppers, onion, carrot, broccoli, yellow squash, and tomato sauce. Contains Dairy.



451 N. State Road 7
Plantation, FL 33317
954.714.6941 | completecuisine.org

Complete Cuisine is a program supporting Meals on Wheels South Florida in partnership with 32 Degrees by MG.

Meals on Wheels South Florida Funding Statement:

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 nutritious meals and safety checks to South Florida's senior community.

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.