

Carry Out Chronicle

The Compleat Cuisine



We do weddings,
private gatherings,
hot entrees,
breakfast and
party trays.

FEBRUARY 2012 • AN "e" PUBLICATION OF COMPLEAT CUISINE, INC • CULINARY SOPHISTICATION TO GO • VOLUME 18 • NUMBER 2



February 2012 Lunch Specials

Presidents' Day

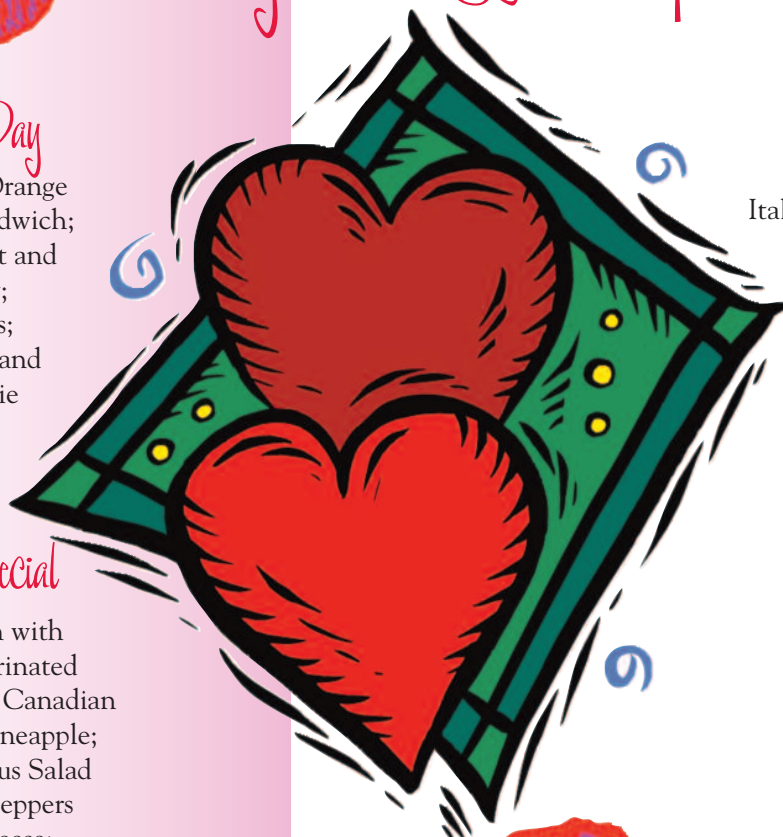
Hawaiian Honey Orange
Steak Baguette Sandwich;
Pacific Rim Carrot and
Cabbage Slaw;
Sliced Oranges;
Chocolate Chip and
Oatmeal Cookie

11.49 per box

Sweetheart Special

Ciabatta Sandwich with
Chile and Lime Marinated
Grilled Chicken, Crisp Canadian
Bacon, and Grilled Pineapple;
Aphrodisiac Asparagus Salad
with Roasted Red Peppers
and Parmesan Cheese;
Strawberry Fruit Salad;
White and Dark Chocolate
Shortbread Heart Cookie

11.79 per box



New Orleans Carnival

Muffuletta Sandwich: Ham,
Italian Sliced Meats, Provolone Cheese,
and Olive Salad Mix;
Confetti Orzo Rice Salad;
Festive Fruit and Pecan Salad;
Raspberry Cream Cheese
King Cake

11.69 per box

Rodeo Time

Chicken Fajita Salad with
Chopped Tomatoes, Red Onions,
Peppers, Cheddar Cheese, and
Chopped Cilantro with
Salsa Ranch Dressing;
Chips and Salsa Verde;
Texas "Howdy" Cookie

11.25 per box



Welcome to our "e" version of *The Compleat Cuisine Carry Out Chronicle*.
We look forward to creating the exciting new "treats" that
this publication will provide for you, our valued customers.

Please order send us your orders—by phone or fax, with the printouts of the
Compleat Lunch Menu on page 5 and the Summary Order Form on page 6.

To Place an Order, Call 713.524.2788
or FAX 713.524.4330
or order on-line at www.compleatcuisine.com

Hot Food of the Month

24 hour notice please

Chicken Breast Stuffed with Feta and Spinach

Served with a
Light tomato Sauce



Roasted Red Potatoes with Rosemary and Spices



Caesar Salad



Cookies and Brownies



\$15.⁹⁵ per person
10 person minimum
(24 hour notice)

SERVING UTENSILS AND CHAFERS ARE
AVAILABLE AT A NOMINAL FEE

HOT ENTREES

Lunches arrive hot from our kitchen and ready to serve!

MINIMUM OF 10 PER SELECTION IS REQUIRED

If you require chafing dishes and service personnel,
we will be happy to arrange these for you.
We offer china, silverware, tables and chairs,
and all equipment and serving staff.

The following are Entree Casseroles—
no side items are included

GREEN CHILI AND CHICKEN ENCHILADA CASSEROLE

Small (serves 10).....\$75.50

Large (serves 20).....\$150.00

LASAGNA

Small (serves 10).....\$75.00

Large (serves 20).....\$150.00

ITALIAN BAKED VEGETARIAN PASTA

Small (serves 10).....\$72.50

Large (serves 20).....\$145.00

ITALIAN BAKED PENNE PASTA

Small with Chicken
(serves 10).....\$85.00

Large with Chicken
(serves 20).....\$160.00

The following Entrees are served with a
choice of the following side items:
Herb Rice Pilaf, Steamed Rice,
Mashed Potatoes, Linguine Pasta,
Blended Wild Rice, or Roasted New Potatoes

CHICKEN AND SAUSAGE ETOUFFEE

Small (serves 10).....\$85.00

Large (serves 20).....\$160.00

SESAME CHICKEN BREAST

Marinated breast of chicken roasted
in a sesame crust with lemon-garlic
sauce.....\$11.75 per person

BEEF AND CHICKEN BROCHETTES

Chunks of chicken and beef grilled with
peppers, onions and mushrooms.
.....\$11.95 per person

BREAST OF CHICKEN MOUTARDE

Boneless chicken breast breaded
and sauteed with white wine and
mushrooms in a dijon cream sauce.
.....\$12.95 per person

ROASTED CHICKEN BREAST WITH PECAN PESTO

Boneless breast of chicken with Texas
pecan pesto and roasted peppers
.....\$11.75 per person

ALMOND CRUSTED TILAPIA

Tilapia breaded with crushed
almonds and topped with lemon
butter.....\$13.95 per person

CHICKEN BREAST PARMIGIANA

Parmesan coated chicken breast roasted
with marinara sauce and
mozzarella cheese....\$11.75 per person

GRILLED CHICKEN WITH SUN-DRIED TOMATOES

Boneless chicken breast grilled with Ital-
ian seasoning in a sun-dried tomato
sauce.....\$12.95 per person

SAUTEED BEEF TIPS FRANCOISE

Beef tips stew with red wine, mushrooms,
shallots and a rich brown sauce
.....\$11.75 per person

CAJUN CATFISH

Fresh farm raised catfish breaded in Cajun
spices and topped with lemon but-
ter.....\$11.25 per person

STUFFED ROASTED CHICKEN

Boneless chicken breast stuffed with feta
cheese, spinach, and pine nuts served
with a light tomato sauce
.....\$13.95 per person



Chef Shanahan
can help you
coordinate your
menu..just call
712.524.2788



Breakfast Specials of the Month

Canadian Bacon and Egg Croissant Sandwich

\$2.50 per sandwich
Minimum 10 per order

Try this with a Fruit Tray

check out our full breakfast menu

Don't forget to order Fresh Squeezed O.J.

Check out our breakfast menu for coffee and beverages



Breakfast Menu

Variety Pastry Tray (2 per Person)

An assortment of Fresh Muffins, Fruit Danish, Cinnamon Rolls, and Croissants. Served with Butter, Cream Cheese and Jam.....\$5.25 per person (8 minimum)

Bagel Buffet

30 assorted bagels: Cinnamon-raisin, Blueberry, Plain, Sesame Seed, and Poppy, are delivered in a white box with cream cheese, butter and jam packed inside.....\$54.95

Breakfast Taquitos

Hot flour tortillas filled with eggs, sausage, and cheese. Served with red salsa on the side. Taquitos with potatoes are available Four dozen per order.....\$69.00

Cheesy Ham Croissants

Flaky, buttery croissants filled with smoked ham and cheddar cheese. Thirty mini croissants are served warm in an aluminum pan.....\$69.00

Breakfast Boxes

#1 Good Morning Box

Your Choice of a Yogurt, Muffin and a Fruit Cup.....\$5.00 per box minimum of six (6)

#2 Breakfast Quiche Box

A Large Slice of Our Delicious Bacon, Mushroom and Cheddar Quiche; An Oversized Muffin; and a Fruit Cup.....\$5.80 per box minimum of six (6)

#3 Bagel and Cream Cheese Breakfast Box

A Plain New York Style Bagel, Cream Cheese, Jam, a Muffin, and a Fresh Fruit Cup.....\$5.00 per box minimum of six (6)

#4 Croissant Sandwich Box

A Large Croissant with Honey Ham and Cheddar Cheese, a Fresh Fruit Cup, and a Muffin.....\$5.80 per box minimum of six (6)

Fresh Fruit Trays

- 1/2 Small (Serves 8-10) \$21.90
- Small (Serves 15-20) \$35.00
- Med. (Serves 25-30) \$59.00
- Large (serves 45-50) \$89.00

Beverages

- Coffee or Hot Tea Served in 10-cup Air Pots..... \$25.00 per pot
- Orange Juice One Gallon of fresh juice served with cups and ice..... \$25.00 per gallon

Special Notes

Breakfast, party trays, sandwich trays, and hot entrees must be placed by 3:00 pm the day before (Orders for Monday, Please call on Friday)

Chafing dish rentals \$20.00

Compleat Lunch Menu



(Give or fax a copy of this form to each individual who will be ordering today—Do NOT FAX THIS FORM TO COMPLEAT CUISINE.)

NAME _____
(PLEASE CHECK YOUR SELECTION AND GIVE TO THE PERSON WHO IS SUMMARIZING)

February Lunch Specials

President's Day

Hawaiian Honey Orange Steak Baguette Sandwich;
Pacific Rim Carrot and Cabbage Slaw;
Sliced Oranges;
Chocolate Chip and Oatmeal Cookie

New Orleans Carnival

Muffuletta Sandwich: Ham, Italian Sliced Meats,
Provolone Cheese, and Olive Salad Mix;
Confetti Orzo Rice Salad;
Festive Fruit and Pecan Salad;
Raspberry Cream Cheese King Cake

Sweetheart Special

Ciabatta Sandwich with Chile and Lime Marinated Grilled Chicken,
Crisp Canadian Bacon, and Grilled Pineapple;
Aphrodisiac Asparagus Salad with Roasted Red Peppers
and Parmesan Cheese;
Strawberry Fruit Salad;
White and Dark Chocolate Shortbread Heart Cookie

Rodeo Time

Chicken Fajita Salad with Chopped Tomatoes,
Red Onions, Peppers, Cheddar Cheese, and
Chopped Cilantro with Salsa Ranch Dressing;
Chips and Salsa Verde;
Texas "Howdy" Cookie Sweet White Sour Cream Sauce

Everyday Box Lunch Menu

(SELECT ANY OF OUR SPECIALTY SANDWICH BREADS AT A NOMINAL FEE)

Lunch #1

Sandwich Box Lunch

This lunch includes your choice of sandwich served with potato chips, fresh fruit salad and a chocolate chip cookie.

PLEASE CIRCLE THE SANDWICH OF YOUR CHOICE:

Roast Beef and Cheddar on Sourdough
Turkey Breast on Whole Wheat
Black Forest Ham & Swiss on Rye Swirl Bread
Pecan Chicken Salad on Whole Wheat
Tuna & Pepper Jack on Sourdough
The Vegetarian on Multi-Grain Bread

All above sandwiches prepared with lettuce and mayonnaise.

Roasted Turkey
(with Gouda Cheese and Tomatoes on Multigrain Bread)

Santa Fe Grilled Chicken Sandwich
(with Melted Pepperjack Cheese, Mild Green Chiles,
Lettuce and Tomato with Ranch Sauce on Sourdough)

Turkey Croissant Club
(Turkey Breast, Applewood Smoked Bacon,
Tomato, Provolone Cheese and Dijonaise on a Large Croissant)

The Compleat Club
(Ciabatta sandwich with smoked ham,
salami and turkey with roasted red pepper spread)

Lunch #2

The Abbreviated Box Lunch

This lunch includes the sandwich of your choice, chips, and one of our famous cookies.

PLEASE CIRCLE THE SANDWICH OF YOUR CHOICE:

Breast of Turkey Roast Beef Ham & Swiss
Pecan Chicken Salad Tuna & Pepper Jack
Vegetarian

All sandwiches prepared with lettuce and mayonnaise.

Lunch #3

Salad Box Lunch

This lunch includes one large entree salad, fresh fruit salad, whole wheat roll, and a chocolate chip cookie.

PLEASE CIRCLE THE SALAD OF YOUR CHOICE:

Pecan Chicken Salad Tuna Salad
Caesar Salad with Breast of Chicken Chef Salad
Greek Chicken Salad with Feta Cheese
Asian Chicken Salad
Tossed Green Vegetable Salad

Tossed Green Salad with Grilled Chicken add \$1.50

SUMMARY ORDER FORM FOR FAX TRANSMITTAL—FAX: (713)524-4330

—WE WILL CALL TO CONFIRM THAT YOUR ORDER HAS COME THROUGH—

Please type or print all orders on this form. Do not send individual pages. **KINDLY ALLOW AT LEAST 2 HOURS NOTICE.**

Company/Client _____
Name for Billing: _____ Date to Receive Order: _____
Name of Person Ordering: _____ Delivery Address: _____
Phone No.: _____ FAX No.: _____
Total # of Lunches Ordered: _____ Requested Delivery Time: _____
Method of Payment: _____ E-Mail Address: _____

February Lunch Specials

President's Day \$11.49—TOTAL ORDERED: _____
NAMES: _____

New Orleans Carnival \$11.69—TOTAL ORDERED: _____
NAMES: _____

Sweetheart Special \$11.79—TOTAL ORDERED: _____
NAMES: _____

Rodeo Time \$11.25—TOTAL ORDERED: _____
NAMES: _____

Everyday Box Lunches

#1 SANDWICH BOX LUNCH \$10.49—TOTAL ORDERED: _____
NAMES: _____

#2 THE ABBR. BOX LUNCH \$7.95—TOTAL ORDERED: _____
NAMES: _____

#3 SALAD BOX LUNCH \$10.49—TOTAL ORDERED: _____
NAMES: _____

SPECIALTY SANDWICHES \$10.79
ROASTED TURKEY _____
SOUTHWEST CHICKEN SANDWICH _____
TURKEY CROISSANT CLUB _____
THE COMPLEAT CLUB _____

Beverages

FRESH BREWED TEAS—RASPBERRY/APRICOT MANGO/PLAIN—NO. OF GALLONS _____ @ \$14.95 PER GALLON _____

ASSORTED SODAS—NUMBER ORDERED AT \$1.90 EACH _____ SIERRA SPRINGS WATER—NUMBER ORDERED AT \$2.00 EACH _____



Happy Valentine Day

Heavenly Valentine's Day Chocolate Cheesecake

- 2 c Vanilla Wafers, Fine Crush
- 1 c Ground Toasted Almonds
- 1/2 c Butter, Melted
- 1/2 c Sugar
- 12 oz Milk Chocolate Chips
- 1/2 c Milk
- 1 ea Env. Unflavored Gelatin
- 16 oz Cream Cheese, Softened
- 1/2 c Sour Cream
- 1/2 tsp Almond Extract
- 1/2 c Heavy Cream, Whipped
- 1 x Garnishes *

* Whipped cream and chocolate shavings (optional).

Preparation:

In large bowl, combine vanilla waver crumbs, almonds, butter and sugar; mix well.

Pat firmly into 9-inch springform pan, covering bottom and 2 1/2 inches up the sides. Set aside.

Melt over hot (not boiling) water milk chocolate chips; stir until smooth. Set aside.

Pour milk into small saucepan; sprinkle gelatin over top. Set aside for 1 minute.

Cook over low heat, stirring constantly until gelatin dissolves. Set aside.

In large bowl, combine cream cheese, sour cream, and melted chocolate chips; beat until fluffy. Beat in gelatin mixture and almond extract. Fold in whipped cream. Pour into prepared pan.

Chill until firm (about 3 hours). Run knife around edge of cake to separate from pan; remove rim.

Garnish with whipped cream and chocolate shavings, if desired.

Makes 19-inch Cheesecake

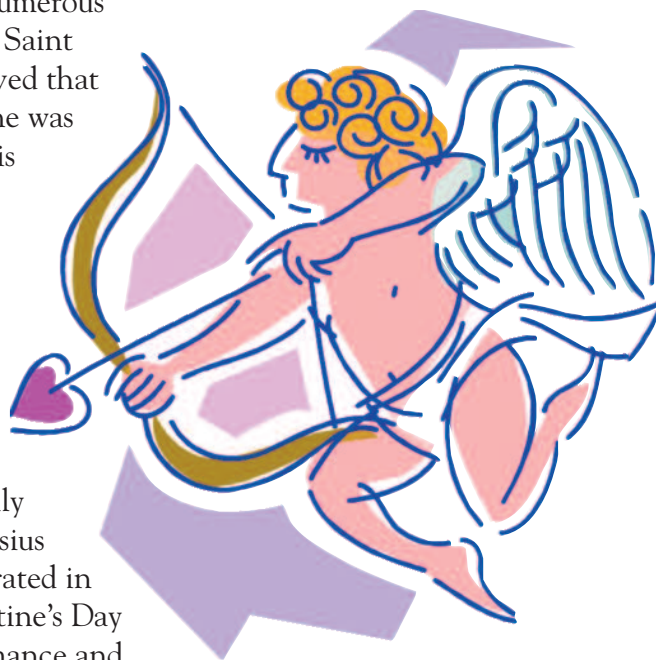
EVERY YEAR, THE FOURTEENTH DAY OF THE MONTH OF FEBRUARY has millions across the world presenting their loved ones with candy, flowers, chocolates and other lovely gifts. In many countries, restaurants and eateries are seen to be filled with couples who are eager to celebrate their relationship and the joy of their togetherness through delicious cuisines. There hardly seems to be a young man or woman who is not enthusiastic to make the most of the day.

The history of Valentine beckons to the times of the Roman Empire. There are numerous stories revolving around the Saint named Valentine. It is believed that Valentine—Doctor Valentine was a gastronomist, who made his medicine more palatable by mixing them with herbs, spices, honey and wine. No doubt he had his way around the kitchen creating new concoctions—possibly love potions.

Dr. Valentine converted to Christianity and eventually was canonized by Pope Gelasius in 496 and a feast was celebrated in his name. Later Saint Valentine's Day became a day known for romance and love because of Valentine's story before his execution by the Emperor Claudius II. Legend has it that during stay in prison he fell in love with his patient, a young blind girl who was a daughter of one of the guards. The girl's vision was restored by Valentine's treatment and by his new found faith. The young girl was able to read his last letter—a letter of love for her just before he was executed.

As iconic as the cute little cherub, Cupid is associated with Valentine's, dinner for two at a romantic restaurant is a lovers' tradition. Food plays a major part in the celebration of this holiday. Chocolates are a traditional favorite but other foods are also love triggers. **The top 10 aphrodisiac foods to consider are the following: Asparagus, Almonds, Avocados, Bananas, Basil, Berries, Figs, Garlic, Oysters, and Honey.** Of course **don't forget the champagne.**

I wonder if Doctor/Saint Valentine was saved from execution would he be cooking up a love concoction of sorts—possibly figs with honey and toasted almonds and a spit fired pig roast.



XXX000,

Patrick 

ORDERING CULINARY SOPHISTICATION TO GO IT'S SIMPLE!

1.

To Place an Order, Call 713.524.2788
or FAX 713.524.4330

2.

Most box lunch orders can be delivered
within two hours!

3.

Compleat Cuisine offers delivery throughout
the Houston area—
Monday through Friday 8:00am—5:00pm.

(Deliveries before and after operating hours and
beyond a 10 mile radius from the center of
Houston are subject to an additional charge.)

4.

Cancellations must be made one day prior
to delivery.

5.

Please let us know if you would like to be
added to our "e" mailing list.



Call us, we love to take orders!



COMPLEAT CUISINE
CATERING, INC.
www.compleatcuisine.com

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