

# Menu

The only home-delivered meal program to offer choice of every meal... we think you deserve it!



Scan to order online

**ORDER DEADLINE:** Tuesday at 5 PM CST for delivery the following week

**ORDER ONLINE ANYTIME AT:**  
[momsmeals.com/login](https://momsmeals.com/login)  
or by phone at: **866-204-6111**  
M-F 7 AM to 6 PM CST



Carbohydrates (CARBS) are shown for the **entrée only** and the entrée plus extras.

AMERICAN CLASSICS		CARBS (g)	
95025	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Chocolate Cookie ↓ ⚡ P+ ♻️ —	53	88
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ —	48	74
95219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and 100% Apple Juice ↓ ⚡ —	48	75
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ ✂️ —	47	88
95259	Beef Goulash-Style Pasta and Peas and Oatmeal Raisin Cookie ♥️ ↓ ⚡ P+	53	93
95291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp ↓ P+ ♻️ —	67	79
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ♻️ —	51	86
95804	Ham Patty, Cheesy Potatoes, and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread ⚡ P+	49	89
95904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ♻️ 🌱	44	82
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ⚡ P+	39	79
96191	BBQ Chicken Patty with Potatoes and Seasoned Peas & Carrots and Chocolate Cookie ↓ P+	40	75

SOUP OR SANDWICH		CARBS (g)	
95315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun ♥️ ↓ P+ —	50	88
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun ⚡ P+ —	24	62
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine ↓ ♻️	61	87
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥️ ↓ ✂️ ♻️	42	101
96189	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ P+ ♻️	27	88
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie ↓ ⚡ P+ ♻️	40	75
96218	White Chicken Chili with Beans and Seasoned Peas, Whole Wheat Bread and Margarine ⚡ P+	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♥️ ↓ ⚡ P+	56	93
95074	Chicken Teriyaki with Stir Fry Vegetables and White Rice and Granola P+ —	60	102
95095	Teriyaki Stir Fry Vegetables over Rice, Sweet Pineapple & Apples, 100% Grape Juice and String Cheese ✂️ 🌱	81	110

Carbohydrates (CARBS) are shown for the **entrée only** and the entrée plus extras.

95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Oatmeal Raisin Cookie 🍷 P+ 🍴	42	96
95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter ❤️ ↓ P+	67	100
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ 🍷 P+ 🍴	47	82
95768	Korean Style BBQ Meatballs, White Rice and Broccoli and Gingerbread Cookie ❤️ ↓ 🍴	61	98
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ❤️ ↓ 🍷 P+ 🍴	49	87
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ 🍷 P+ 🍴 🍴	48	86
96163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	68	87
96169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie ❤️ ↓ 🍷 P+ 🍴 🍴	55	90
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie ❤️ ↓ 🍷 P+ 🍴	54	91

BREAKFAST MEALS		CARBS (g)	
95110	Breakfast Pork Sausage Gravy with Buttermilk Biscuit and Peaches & Cherries, Whole Wheat Bread and Peanut Butter 🍷 P+	45	78
95160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, 100% Apple Juice and Syrup ❤️ ↓ 🍴 🍴 🍴	44	98
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter 🍷 P+	22	70
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Fruit Crisp ↓ 🍷 P+ 🍴	54	66
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup ↓ 🍴	53	93
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter ↓ 🍷 P+	47	79
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 🍷	37	75
95592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp 🍷 P+	59	71
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter P+	38	71
95772	Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola ↓ 🍷 P+	30	72

Symbols indicate meals also support these conditions

- ❤️ Heart Friendly   ↓ Lower Sodium   🍷 Diabetes Friendly
- 🍷 Protein Plus   🍴 Vegetarian   🍴 Gluten Free
- 🍴 Renal Friendly   🍴 Customer Favorite
- 🕒 Available for a limited time

Carbohydrates (CARBS) are shown for the **entrée only** and the entrée plus extras.

BREAKFAST MEALS (cont.)		CARBS (g)	
95896	French Toast Sticks and Chipotle Berry Sauce and Granola ♥ ↓ ✂️ 🍷	66	108
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥ ↓ ✂️ 🍷 🥄	75	114
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin 🍷 P+	23	57

96182	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes and Granola ↓ 🍷 P+ ✂️	46	88
96210	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp ↓ 🍷	58	71
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter P+ ✂️	41	74

Symbols indicate meals also support these conditions

- ♥ Heart Friendly   ↓ Lower Sodium   🍷 Diabetes Friendly
- P+ Protein Plus   ✂️ Vegetarian   🌾 Gluten Free
- 🍷 Renal Friendly   🥄 Customer Favorite
- 🕒 Available for a limited time

## REFRIGERATE MEALS UPON ARRIVAL

Phone order deadline is Tuesday at 5 PM CST for delivery the following week.

To learn more about how our menus can support a variety of health conditions, visit: [momsmeals.com/ourmenus](https://momsmeals.com/ourmenus)

Please select the meals that are most appropriate for your dietary needs.

All meals include milk or milk alternative.  
\*Renal Friendly meals do not include milk.

**Menus are subject to change.**

As with any kitchen, there are times when availability of ingredients can fluctuate causing us to utilize alternative options with like nutritional.

## SUBSCRIBE TO THE FULL SCOOP!

Sign up to be educated and inspired with snackable stories that demonstrate how nourishing food impacts us all. You can get additional stories, information, insights and more from Mom's Meals!

[momsmeals.com/TheFullScoop](https://momsmeals.com/TheFullScoop)

