

Menu

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MOM'S
MEALS®



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

ORDER ONLINE ANYTIME AT:

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M-F 7 AM to 6 PM CST



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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   	51	86
95172	Homestyle Meatloaf with Potatoes and Vegetables and Whole Wheat Bread  	50	77
95219	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Vegetables and Whole Wheat Bread   	46	73
95258	Macaroni & Cheese and Vegetables and Oatmeal Raisin Cookie   	49	88
95259	Beef Goulash-Style Sauce with Whole Wheat Rotini and Vegetables and Oatmeal Raisin Cookie  	53	92
95291	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp   	69	81
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie  	54	89
95804	Ham Patty, Cheesy Potatoes and Sweet Pineapple Apple Crisp, Applesauce and Whole Wheat Bread 	55	95
96168	Chicken Bacon Ranch Pasta and Vegetables, and Oatmeal Raisin Cookie  	39	78
96180	Creamy Chicken and Mushroom Casserole with Vegetables, Whole Wheat Bread, 100% Apple Juice and Butter Blend Cup 	56	98
96191	BBQ Chicken Patty with Potatoes and Vegetables and Chocolate Cookie  	43	78

SOUP OR SANDWICH		CARBS (g)	
95315	Meatball Marinara Sandwich and Cinnamon Apple Crisp and Whole Wheat Bun  	54	92
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun  	27	65
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Butter Blend Cup  	70	97
95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie    	45	102
96189	Sloppy Joe and Vegetables, Whole Wheat Hamburger Bun and Chocolate Cookie  	27	88
96213	White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie  	38	73
96218	White Chicken Chili with Beans and Vegetables, Whole Wheat Bread and Butter Blend Cup 	37	64
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Vegetables and Gingerbread Cookie  	57	95
95074	Chicken with Teriyaki Sauce, Stir Fry Vegetables and White Rice and Granola  	64	107
95095	Teriyaki Stir Fry Vegetables over White Rice and Sweet Pineapple & Apples, 100% Grape Juice and String Cheese  	84	113
95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Vegetables, Applesauce and Oatmeal Raisin Cookie   	38	90

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95303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Whole Wheat Bread and Peanut Butter 	69	102
95402	Southwestern Style Chicken with Vegetable Hash and White Rice and Oatmeal Raisin Cookie 	61	101
95427	Chicken Alfredo Pasta and Vegetables and Chocolate Cookie   	49	84
95768	Korean Style BBQ Meatballs, White Rice and Vegetables and Gingerbread Cookie   	63	101
95800	Mexican Style Beef Macaroni and Cheese with Vegetables   	54	67
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas    	52	90
96124	Chicken Primavera with Whole Wheat Rotini and Blueberry & Peaches Crisp, Whole Wheat Bread and Peanut Butter 	59	91
96131	Garlic and Rosemary Vegetable Risotto with Sweet Potatoes and Whole Wheat Bread    	64	91
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie    	52	90
96163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples and Almonds	71	90
96169	Cheese Tortellini with Marinara Sauce and Vegetables and Chocolate Cookie     	57	93
96204	Gluten Free Rotini with Pesto Sauce and Vegetables, Whole Wheat Bread and 100% Apple Juice    	58	100
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie    	57	95

97164	NEW! Coconut Ginger Chicken with Stir Fry Vegetables and Brown Rice and Gingerbread Cookie   	56	94
97166	NEW! Green Chile Chicken Bowl with Brown Rice and Black Bean Vegetable Medley, Whole Wheat Bread and Peanut butter  	58	90
BREAKFAST MEALS		CARBS (g)	
95159	Cheese Omelet with Ham Patty and Spiced Fruit Medley, 100% Orange Tangerine Juice and Granola   	33	91
95160	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, 100% Apple Juice and Syrup      	44	101
95175	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Orange-Tangerine Juice, Whole Wheat Bread and Peanut Butter  	25	73
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Apple Cranberry Crisp   	55	67
95277	Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup   	57	99
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Whole Wheat Bread and Peanut Butter   	53	86
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas 	42	80

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

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BREAKFAST MEALS (cont.)		CARBS (g)	
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter P+	42	75
95896	French Toast Sticks and Chipotle Berry Sauce and Granola    	66	110
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup     	84	126
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+ 	56	98
96210	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp 	63	75
96231	Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter P+ 	43	76

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REFRIGERATE MEALS UPON ARRIVAL

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

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.

Ingredients and nutrition information may vary as we continue to improve and enhance our meals. For the most up-to-date menu, ingredient and nutrition information, or to learn how our menus can support a variety of health conditions, please visit momsmeals.com/ourmenus.

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