



Menu

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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 ↓ ⚡ P+ ♻️ —	53	89
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread ↓ ⚡ P+ —	48	74
95258	Macaroni & Cheese and Seasoned Vegetables and Oatmeal Raisin Cookie ↓ ⚡ P+ ♻️ —	47	88
95423	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples and Chocolate Cookie ↓ ♻️ —	51	87
95904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Gingerbread Cookie ↓ ♻️	44	83
96168	Chicken Bacon Ranch Pasta and Seasoned Vegetables, and Oatmeal Raisin Cookie ↓ ⚡ P+	39	79
96238	HOLIDAY MEAL Ham Patty with Brown Sugar Glazed Sweet Potatoes and Creamed Corn and Gingerbread Cookie ⚡ 🕒	46	85
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 ↓ ♻️	62	88













95922	Tomato Soup with Pretzel Bites, Orange and Triple Chocolate Cookie ♥️ ↓ ⚡ ♻️ ♻️	42	100
96189	Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun and Chocolate Cookie ↓ P+ —	27	89
96213	NEW! White Bean and Ham Soup and Pretzel Bites and Chocolate Cookie ↓ ⚡ P+ ♻️	40	76
INTERNATIONAL FLAVORS		CARBS (g)	
95013	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Gingerbread Cookie ♥️ ↓ ⚡ P+	53	91
95427	Chicken Alfredo Pasta and Seasoned Vegetables and Chocolate Cookie ↓ ⚡ P+ ♻️	47	83
95768	Korean Style BBQ Meatballs, White Rice and Broccoli and Gingerbread Cookie ♥️ ↓ ♻️	61	99
95800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables ⚡ P+	56	69
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas ⚡ P+	50	88
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Gingerbread Cookie ↓ ⚡ P+ ♻️ ♻️	48	86

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

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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96169	Cheese Tortellini, Marinara Sauce, and Seasoned Peas and Chocolate Cookie      	55	91
96204	NEW! Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Whole Wheat Bread and Apple Juice     	54	96
BREAKFAST MEALS		CARBS (g)	
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry Apple Crisp and Syrup   	53	94
95431	Cowboy Breakfast Skillet and Cranberry Apple Crisp Whole Wheat Bread and Peanut Butter   	47	79
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter  	39	71

95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup     	75	115
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples and Whole Wheat English Muffin   	23	58
96210	NEW! Maple Waffle, Egg Patty, Pork Sausage Patty and Cinnamon Apple Crisp  	58	71
96231	NEW! Peaches & Cream Oatmeal with Scrambled Eggs, Whole Wheat Bread and Peanut Butter  	41	74

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-  Lower Sodium
-  Diabetes Friendly
-  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

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

All meals include milk or milk alternative.

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.

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