



Menu | RENAL FRIENDLY

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

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

		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
AMERICAN CLASSICS								
138	Chicken Bacon Ranch Pasta and Seasoned Vegetables, Apple Juice and Gingerbread Cookie ↓ 💧 🍲 —	626	20	546	297	589	39	80
375	Homestyle Meatloaf with Pasta and Seasoned Vegetables, and Gingerbread Cookie ↓ 💧 🍲 —	594	20	342	249	705	49	76
409	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Applesauce and Fig Bar ♥ ↓ 🍲 —	623	21	500	284	762	53	98
516	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp and Apple Juice ↓ 🍲 —	614	20	441	306	709	69	84
SOUP OR SANDWICH								
175	NEW! Sloppy Joe and Seasoned Corn, Whole Wheat Hamburger Bun, Grape Juice and Ginger Spice Cookie ↓ 💧 🍲	579	15	582	231	812	22	82
702	White Bean and Ham Soup and Cornbread, Grape Juice and Gingerbread Cookie 💧 🍲	657	12	612	208	718	41	83
INTERNATIONAL FLAVORS								
112	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce, Fruit Cup and Grape Juice ♥ 🍴 🌾 🍲	632	7	655	145	752	86	130
129	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, Grape Juice and Cranberry Snack Mix 🍲	646	14	653	263	675	69	96
148	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables, Gingerbread Cookie and Grape Juice ↓ 💧 🍴 🍲	609	13	459	215	583	45	86
187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Fig Bar ♥ ↓ 🍲 —	580	15	523	210	466	60	107
239	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Grape Juice, Fruit Cup and Gingerbread Cookie 💧 🍴 🍲 —	625	15	648	162	666	35	90
429	Chicken Alfredo Pasta and Seasoned Vegetables, Grape Juice and Fig Bar ♥ ↓ 💧 🍲	617	17	579	321	664	47	93

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BREAKFAST MEALS		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
588	Pasta Primavera with Ham and Cornbread, Fruit Cup, Applesauce and Grape Juice ♥ 🍷	593	15	687	263	654	59	103
139	Cheesy Egg Scramble with Ham and Cranberries & Apples, Grape Juice, Fruit Cups and Applesauce ♥ 💧 🌱 🍷 🍴	556	17	651	274	697	29	88
161	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Apple Juice and Fig Bar 💧 🌱 🍷 🍴	596	13	561	158	406	44	91
418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar ♥ ↓ 💧 🍷 🍴	548	15	540	241	816	52	84
596	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Grape Juice, Applesauce and Fig Bar ♥ 💧 🍷 🍴	617	16	629	278	489	39	99
898	French Toast Sticks, Turkey Sausage Links and Chipotle Berry Sauce, Fig Bar, Fruit Cup and Apple Juice ♥ ↓ 🍷 🍴	612	14	566	175	581	56	117

REFRIGERATE MEALS UPON ARRIVAL

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.

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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.

