



Menu | RENAL FRIENDLY

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

Scan to
order online



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

AMERICAN CLASSICS		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
138	Chicken Bacon Ranch Pasta and Seasoned Vegetables, Apple Juice and Gingerbread Cookie ↓ 🍴 🍴	627	20	547	297	583	39	80
196	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Grape Juice and Chocolate Cookie 🍴	606	15	671	297	500	51	90
198	Macaroni & Cheese and Seasoned Vegetables, Applesauce and Chocolate Cookie ↓ 🍴 🍴	610	18	555	314	662	47	85
375	Homestyle Meatloaf with Pasta and Seasoned Vegetables, and Gingerbread Cookie ↓ 🍴 🍴	623	19	395	278	753	50	76
409	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Gingerbread Cookie ↓ 🍴 🍴	585	23	419	311	754	53	79
516	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp and Apple Juice ↓ 🍴 🍴	604	20	439	306	702	67	82
175	Sloppy Joe (Beef and Sauce) and Seasoned Corn, Whole Wheat Hamburger Bun, Grape Juice and Ginger Spice Cookie ↓ 🍴	560	17	564	250	835	27	72
INTERNATIONAL FLAVORS								
112	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce, Fruit Cup and Grape Juice ♥ 🍴 🌿 🍴	607	7	659	144	745	81	126
129	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, Grape Juice and Cranberry Snack Mix 🍴	635	13	656	281	679	68	96
148	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables, Gingerbread Cookie and Grape Juice ↓ 🍴 🍴	610	13	460	215	577	45	86
187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Gingerbread Cookie ♥ ↓ 🍴	625	18	517	239	649	67	108
197	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables, Peach Cup and Chocolate Cookie ♥ 🍴	598	15	663	225	628	61	99
239	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Grape Juice, Fruit Cup and Gingerbread Cookie 🍴 🍴 🍴	626	15	649	162	660	35	90
429	Chicken Alfredo Pasta and Seasoned Vegetables, Grape Juice and Gingerbread Cookie ↓ 🍴	621	18	528	298	659	47	88

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

BREAKFAST MEALS		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
139	Cheesy Egg Scramble with Ham and Apples & Cranberries, Grape Juice, Fruit Cups and Applesauce 🌱 🍷 —	583	14	623	271	829	22	82
161	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Whole Wheat Bread and Peanut Butter 🌱 🍷 —	632	20	679	251	499	44	79
201	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp, Syrup and Apple Juice ♥ ↓ 🌱 🍷	626	10	451	232	392	75	118
277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup 🍷	591	12	645	150	393	53	81
799	French Toast Sticks and Cheese Omelet, Applesauce Cup, Cranberry Nut Mix and Syrup 🌱 🍷	591	19	602	257	354	27	81
898	French Toast Sticks and Chipotle Berry Sauce, Granola and Apple Juice ♥ ↓ 🌱 🍷	633	14	305	256	397	66	110

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.

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



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.

