



# 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

AMERICAN CLASSICS		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
95375	Homestyle Meatloaf with Whole Wheat Pasta and Seasoned Peas and Carrots and Gingerbread Cookie 🍲 🍴	611	21	384	276	749	45	71
95409	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Gingerbread Cookie 🍲 🍴	584	23	413	311	737	53	78
95516	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp and 100% Apple Juice ↓ 🍲 🍴	602	20	444	305	707	67	82
96138	Chicken Bacon Ranch Pasta and Seasoned Vegetables, 100% Apple Juice and Gingerbread Cookie ↓ 🍲	587	20	536	270	598	39	80
96196	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, 100% Grape Juice and Chocolate Cookie 🍲	605	16	671	299	485	51	89
96198	Macaroni & Cheese and Seasoned Vegetables, Applesauce and Chocolate Cookie 🥬 🍲	607	18	552	314	655	47	84
96215	White Bean and Ham Soup and Pretzel Bites, 100% Grape Juice and Gingerbread Cookie 🍲	636	17	651	238	711	40	81
INTERNATIONAL FLAVORS								
95112	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce, Fruit Cup and 100% Grape Juice ♥ 🥬 🌾 🍲 🍴	606	7	652	144	743	81	126
95187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Gingerbread Cookie ♥ ↓ 🍲 🍴	626	19	512	239	623	67	107
95239	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, 100% Grape Juice and Cranberry Nut Mix 🥬 🍲 🍴	600	21	658	299	532	42	69
95429	Chicken Alfredo Pasta and Seasoned Vegetables, 100% Grape Juice and Gingerbread Cookie 🍲 🍴	621	18	526	301	634	47	87
96129	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, 100% Grape Juice and Cranberry Nut Mix 🍲	637	13	655	276	663	68	95
96148	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables, Gingerbread Cookie and 100% Grape Juice 🥬 🍲	647	18	434	292	571	48	89
96186	Cheese Tortellini, Marinara Sauce and Seasoned Peas and Oatmeal Raisin Cookie 🥬 🍲	604	18	653	174	767	55	83

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INTERNATIONAL FLAVORS (cont.)		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
96197	Korean Style BBQ Meatballs, White Rice and Broccoli, Peach Cup and Chocolate Cookie   ♥ 🩺	598	15	673	195	591	61	98
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie   🩺	589	20	575	294	572	54	79
BREAKFAST MEALS								
95139	Cheesy Egg Scramble with Ham and Apples & Cranberries, 100% Grape Juice, Fruit Cup and Applesauce   🌱 🩺 🥄	587	15	624	273	811	22	82
95161	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Whole Wheat Bread and Peanut Butter   🌱 🩺 🥄	630	20	685	255	502	44	80
95799	French Toast Sticks and Cheese Omelet, Applesauce Cup, Cranberry Nut Mix and Syrup   ↓ 🌱 🩺	592	19	513	249	336	27	79
95898	French Toast Sticks and Chipotle Berry Sauce, Granola and 100% Apple Juice   ♥ ↓ 🌱 🩺 🥄	631	14	314	255	397	66	111
96201	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp, Syrup and 100% Apple Juice   ♥ ↓ 🌱 🩺	624	10	373	231	389	75	117
96211	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp and 100% Grape Juice   🩺	631	11	518	181	429	58	74

### 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.

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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.

