



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)
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AMERICAN CLASSICS

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, 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
96206	Gluten Free Rotini wth Pesto Sauce and Seasoned Peas and Gingerbread Cookie	607	16	417	294	412	54	79
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 Cups 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	79
95799	French Toast Sticks and Cheese Omelet, Applesauce Cup, Cranberry Nut Mix and Syrup	592	19	513	249	336	27	81
95898	French Toast Sticks and Chipotle Berry Sauce, Granola and 100% Apple Juice	631	14	314	255	397	66	110
96201	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp, Syrup and 100% Apple Juice	624	10	373	231	389	75	118
96211	Maple Waffle, Egg Patty, Pork Sausage Patty and Cinnamon Apple Crisp and 100% Grape Juice	631	11	518	181	429	58	73

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.

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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 nutritionals.



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