



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

		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
AMERICAN CLASSICS								
95375	Meatloaf with Gravy, Whole Wheat Pasta and Vegetables and Gingerbread Cookie 🍷	623	22	472	287	762	45	70
95409	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Gingerbread Cookie 🍷 🍴	589	23	418	294	708	50	76
95516	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp and 100% Apple Juice ↓ 🍷 🍴	616	19	454	324	703	67	82
96138	Chicken Bacon Ranch Pasta and Vegetables, 100% Apple Juice and Gingerbread Cookie ↓ 🍷	588	20	526	271	561	39	79
96196	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, 100% Grape Juice and Chocolate Cookie 🍷	603	16	699	321	454	54	92
96198	Macaroni & Cheese and Vegetables, Applesauce and Chocolate Cookie 🌱 🍷	611	18	530	314	653	49	85
96215	White Bean and Ham Soup and Pretzel Bites, 100% Grape Juice and Gingerbread Cookie 🍷	620	16	653	226	670	38	78
INTERNATIONAL FLAVORS								
95112	Teriyaki Stir Fry Vegetables over White Rice and Sweet Pineapple & Apples, Applesauce, Fruit Cup and 100% Grape Juice ♥ 🌱 🍷 🍷 🍴	586	6	647	103	621	86	130
95187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Gingerbread Cookie ♥ ↓ 🍷 🍴	622	19	547	239	554	69	109
95239	Four Cheese Ravioli with Garlic Basil Butter Sauce and Vegetables, 100% Grape Juice, Cranberry Nut Mix and Applesauce 🌱 🍷 🍴	613	18	569	263	659	38	77
95429	Chicken Alfredo Pasta and Vegetables, 100% Grape Juice and Gingerbread Cookie 🍷	629	19	516	299	602	49	89
96107	Chicken Primavera with Whole Wheat Rotini and Blueberry & Peaches Crisp, 100% Grape Juice, Applesauce and Fruit Cup ♥ ↓ 🍷	585	18	569	328	796	59	102
96129	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, 100% Grape Juice and Cranberry Nut Mix 🍷	635	13	649	239	621	71	98

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

INTERNATIONAL FLAVORS (cont.)		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
96147	Whole Wheat Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie ✂ ♀	590	18	409	284	595	49	74
96197	Korean Style BBQ Meatballs, White Rice and Vegetables, Peach Cup and Chocolate Cookie ♥ ♀ —	601	15	679	201	623	64	101
96206	Gluten Free Rotini with Pesto Sauce and Vegetables and Gingerbread Cookie ✂ ♀	612	17	399	294	512	55	80
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie ♀	595	20	574	247	527	57	82
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, 100% Apple Juice, 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 ↓ P+ ✂ ♀	592	19	513	249	336	27	79
95898	French Toast Sticks and Chipotle Berry Sauce, Granola and 100% Apple Juice ♥ ↓ ✂ ♀ —	630	14	312	255	384	66	111
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup ♥ ↓ ✂ ♀	592	9	352	280	296	80	107
96211	Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp and 100% Grape Juice ♀	631	10	525	173	428	59	74

REFRIGERATE MEALS UPON ARRIVAL

Phone order deadline is Tuesday at 5 PM CST for delivery the following week.

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

Menus are subject to change.

Ingredients and nutrition information may vary as we continue to improve and enhance our meals. For the most up-to-date menu, ingredient and nutrition information, or to learn how our menus can support a variety of health conditions, please visit momsmeals.com/ourmenus.

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

