



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)	
<b>AMERICAN CLASSICS</b>								
95375	<b>UPDATE</b> Meatloaf with Gravy, Whole Wheat Pasta and Vegetables and Gingerbread Cookie 🍷 P+ 🍷	623	22	472	287	762	45	70
95409	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Gingerbread Cookie 🍷 P+ 🍷 —	589	23	418	294	708	50	76
95516	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp and 100% Apple Juice ↓ P+ 🍷 —	616	19	454	324	703	67	82
96138	Chicken Bacon Ranch Pasta and Vegetables, 100% Apple Juice and Gingerbread Cookie ♥ ↓ P+ 🍷	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 P+ ✂ 🍷	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
<b>INTERNATIONAL FLAVORS</b>								
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 ♥ ↓ P+ 🍷 —	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 🍷 P+ ✂ 🍷 —	613	18	569	263	659	38	77
95429	Chicken Alfredo Pasta and Vegetables, 100% Grape Juice and Gingerbread Cookie ♥ ↓ P+ 🍷	629	19	516	299	602	49	89
96107	<b>NEW!</b> Chicken Primavera with Whole Wheat Rotini and Blueberry & Peaches Crisp, 100% Grape Juice, Applesauce and Fruit Cup ♥ ↓ P+ 🍷	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

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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 🍷 P+ 🌱 🍷	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 P+ 🌱 🍷	612	17	399	294	512	55	80
96226	Beef and Broccoli with Brown Rice and Gingerbread Cookie ♥ ↓ P+ 🍷	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 ↓ P+ 🌱 🍷 👤	630	20	685	255	502	44	80
95277	Whole Grain Pancakes with Pork Sausage Patty and Apple Cranberry Crisp and Syrup ↓ 🍷	610	11	613	298	395	56	83
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.

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.

