



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	UPDATE Homestyle Meatloaf with Whole Wheat Pasta and Seasoned Peas and Carrots and Gingerbread Cookie 🍲 🍴	613	20	390	276	765	45	72
95409	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Gingerbread Cookie 🍲 🍴	585	23	419	311	754	53	79
95516	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp and Apple Juice ↓ 🍲 🍴	604	20	439	306	702	67	82
96138	Chicken Bacon Ranch Pasta and Seasoned Vegetables, Apple Juice and Gingerbread Cookie ↓ 🍲	589	20	531	272	593	39	80
96196	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Grape Juice and Chocolate Cookie 🍲	606	15	671	297	500	51	90
96198	Macaroni & Cheese and Seasoned Vegetables, Applesauce and Chocolate Cookie 🥬 🍲	610	18	555	314	662	47	85
96215	NEW! White Bean and Ham Soup and Pretzel Bites, Grape Juice and Gingerbread Cookie 🍲	636	16	652	235	728	40	82
INTERNATIONAL FLAVORS								
95112	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce, Fruit Cup and Grape Juice ♥ 🥬 🌾 🍲 🍴	607	7	659	144	745	81	126
95187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Gingerbread Cookie ♥ ↓ 🍲 🍴	625	18	517	239	649	67	108
95239	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Grape Juice, Cranberry Nut Mix 🥬 🍲 🍴	597	21	660	304	547	42	70
95429	Chicken Alfredo Pasta and Seasoned Vegetables, Grape Juice and Gingerbread Cookie 🍲 🍴	621	18	528	298	659	47	88
96129	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, Grape Juice and Cranberry Nut Mix 🍲	635	13	656	281	679	68	96
96148	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables, Gingerbread Cookie and Grape Juice 🥬 🍲	647	17	437	289	596	48	89
96186	Cheese Tortellini, Marinara Sauce and Seasoned Peas and Oatmeal Raisin Cookie 🥬 🍲	604	18	653	174	767	55	83

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)	
96197	Korean Style BBQ Meatballs, White Rice and Broccoli, Peach Cup and Chocolate Cookie ♥ 🍷	600	15	681	195	619	61	99
96206	NEW! Gluten Free Rotini with Pesto Sauce and Seasoned Peas and Gingerbread Cookie 🌱 🍷	608	16	422	294	428	54	80
96226	NEW! Beef and Broccoli with Brown Rice and Gingerbread Cookie 🍷	590	20	581	294	588	54	80
BREAKFAST MEALS								
95139	Cheesy Egg Scramble with Ham and Apples & Cranberries, Grape Juice, Fruit Cups and Applesauce 🌱 🍷 —	583	14	623	271	829	22	82
95161	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Whole Wheat Bread and Peanut Butter 🌱 🍷 —	632	20	679	251	499	44	79
95277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup 🌱 🍷	591	12	645	150	393	53	81
95799	French Toast Sticks and Cheese Omelet, Applesauce Cup, Cranberry Nut Mix and Syrup ♥ ↓ 🌱 🍷	591	19	602	257	354	27	81
95898	French Toast Sticks and Chipotle Berry Sauce, Granola and Apple Juice ♥ ↓ 🌱 🍷 —	633	14	305	256	397	66	110
96201	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp, Syrup and Apple Juice 🍷	626	10	451	232	392	75	118
96211	NEW! Maple Waffle, Egg Patty, Pork Sausage Patty and Cinnamon Apple Crisp and Grape Juice 🍷	629	11	515	178	438	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.

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.

