100526-010427/7925

MOM'S MEALS®

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

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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

	AMERICAN CLASSICS	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
95375	**Meatloaf with Gravy, Whole Wheat Pasta and Vegetables** and Gingerbread Cookie	576	21	459	267	671	39	64
95409	**Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables** and Gingerbread Cookie	575	23	391	253	622	51	77
95516	IMPROVED **Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp** and 100% Apple Juice	600	20	439	253	641	68	83
95902	**Beef Little Smokies with Baked Beans and Mixed Vegetables,** 100% Grape Juice and Vanilla Pudding	592	15	629	242	814	43	82
96138	**Chicken Bacon Ranch Pasta and Vegetables,** 100% Apple Juice and Gingerbread Cookie	588	20	526	277	561	39	79
96196	IMPROVED **Cheesy Chicken, Rice, Broccoli and Cinnamon Apples,** 100% Grape Juice and Chocolate Cookie	603	16	698	324	519	52	90
96198	**Macaroni & Cheese and Vegetables,** Applesauce and Chocolate Cookie	613	17	475	324	674	53	89
96249	**Chicken with Mustard Sauce, Multigrain Blend and Vegetables,** 100% Apple Juice and Vanilla Pudding	602	25	610	310	675	42	80
96189	**Sloppy Joe and Vegetables,** Whole Wheat Hamburger Bun and Chocolate Cookie	581	17	531	236	752	27	76
96215	**White Bean and Ham Soup and Pretzel Bites,** 100% Grape Juice and Gingerbread Cookie	620	16	653	233	670	38	78
	INTERNATIONAL FLAVORS							
95112	IMPROVED **Teriyaki Stir Fry Vegetables with Sauce, White Rice and Pineapple & Apples,** Applesauce, Fruit Cup and 100% Grape Juice	581	6	640	116	639	82	127
95187	IMPROVED **Sweet and Sour Chicken with Stir Fry Vegetables and White Rice,** Fruit Cup and Gingerbread Cookie	615	21	601	276	629	64	104
95239	**Four Cheese Ravioli with Garlic Basil Butter Sauce and Vegetables,** 100% Grape Juice, Cranberry Nut Mix and Applesauce	605	18	503	266	621	35	75
95429	**Chicken Alfredo Pasta and Vegetables,** 100% Grape Juice and Gingerbread Cookie	633	19	512	320	615	49	90
96129	IMPROVED **Hawaiian Style Stir Fry Rice with Ham and Pineapple and Apples,** 100% Grape Juice and Cranberry Nut Mix	627	13	647	251	675	69	96

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		Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	
INTERNATIONAL FLAVORS (cont.)								
96197	**Korean Style BBQ Sauce with Meatballs, White Rice and Vegetables,** Peach Cup and Chocolate Cookie ♥	631	15	648	217	703	69	106
96230	**Beef & Broccoli and Brown Rice** Mandarin Orange Cup and Vanilla Pudding ♥	580	21	669	269	710	48	87
96282	NEW **Beef Chimichurri with Rice and Spiced Fruit Crisp** and Oatmeal Raisin Cookie	653	19	582	309	651	67	94
BREAKFAST MEALS								
95139	**Cheesy Egg Scramble with Ham and Apples & Cranberries,** 100% Grape Juice, Fruit Cups and Applesauce	589	15	625	254	807	25	85
95161	IMPROVED **Cheese Omelet, French Toast Sticks and Peaches & Apples,** 100% Apple Juice, Whole Wheat Bread and Peanut Butter	616	20	682	260	529	44	79
95799	**French Toast Sticks and Cheese Omelet,** Applesauce Cup, Cranberry Nut Mix and Syrup	599	19	521	249	339	27	81
95898	**French Toast Sticks and Chipotle Berry Sauce,** Granola and 100% Apple Juice ♥	640	13	313	257	377	72	118
96201	IMPROVED **Buttermilk Pancakes, Egg Patty, and Cinnamon Apple Crisp,** Syrup and 100% Apple Juice ♥	618	9	371	267	417	73	118
96211	IMPROVED **Maple Waffle, Pork Sausage Patty and Cinnamon Apple Crisp** and 100% Grape Juice	623	11	520	203	483	57	72

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.

Meals marked with IMPROVED meet one or more of the following criteria: **20% or more increase** in fiber, **20% or more reduction** in sodium, **20% or more reduction** in calories from saturated fats or **20% or more reduction** of added sugars.

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.

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