


Menu | PUREED

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 Carbohydrates (CARBS) are shown for the **entrée only** and the entrée plus extras.

BREAKFAST		CARBS (g)	
952	Vanilla Pancakes with Maple Berry Sauce and Breakfast Turkey Patty and Applesauce ♥ ↓ ⚡ P+ ♿ —	60	85
956	Cheese Omelet with Brown Sugar Pork and Blueberry Applesauce ↓ ⚡ P+ 🌿	56	68
957	French Toast with Scrambled Eggs and Sweet Pineapples ↓ 🍴 ♿ —	71	83
975	Scrambled Eggs with Brown Sugar Pork and Apple Fritter and Applesauce ⚡ P+	42	67
LUNCH/DINNER		CARBS (g)	
950	Chicken Enchilada with Refried Beans and Cinnamon Apples, Applesauce and Vanilla Pudding ⚡ P+ 🌿	52	101
951	Chicken Parmesan and Broccoli with Cheese, Vanilla Pudding and Applesauce ⚡ P+ —	18	67
953	BBQ Pork Sandwich and Creamed Corn, Chocolate Pudding and Applesauce ⚡ P+	46	94

954	Cheeseburger and BBQ Baked Beans and Vanilla Pudding ♥ ↓ ⚡ P+	44	79
955	Roasted Chicken with Mashed Potatoes and Brown Sugar Carrots and Applesauce ⚡ P+ 🌿 —	35	61
958	Pepperoni Supreme Pizza and Pineapple Upside Down Cake ⚡	62	74
959	Pork Roast with Sweet Potatoes and Green Beans and Chocolate Pudding ↓ ⚡ P+ 🌿	38	72
960	Beef Pot Roast with Gravy, Mashed Potatoes and Peach Cobbler and Chocolate Pudding ↓ ⚡ P+ —	44	79
961	Chicken Pot Pie and Strawberry Shortcake, Applesauce and Chocolate Pudding ⚡ P+	43	91
963	Roast Turkey with Gravy, Stuffing and Cranberry Sauce and Chocolate Pudding ♥ ↓ ⚡ P+ ♿ —	50	84
972	Meatloaf with Mashed Potatoes and Green Beans, Applesauce and Vanilla Pudding ♥ ↓ ⚡ P+ 🌿 —	46	95

REFRIGERATE MEALS UPON ARRIVAL

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

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.

All meals include milk or milk alternative.

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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