


**Menu | PUREED**
**ORDER ONLINE ANYTIME AT: [momsmeals.com/login](https://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.

BREAKFAST		CARBS (g)	
98956	Cheese Omelet with Brown Sugar Pork and Blueberry Applesauce ↓ P+ Ⓢ —	61	73
98957	Cinnamon Roll with Scrambled Eggs and Sweet Pineapple ↓ ✂️ 🍷 —	76	88
98975	Scrambled Eggs with Brown Sugar Pork and Apple Fritter and Applesauce ↓ P+	42	67
98988	<b>NEW!</b> Chicken and Waffle with Blueberry Sauce and Vanilla Pudding P+	61	97
LUNCH & DINNER		CARBS (g)	
98950	Chicken Enchilada with Refried Beans and Cinnamon Apples and Vanilla Pudding Ⓢ	52	87
98951	Chicken Parmesan and Broccoli with Cheese, Vanilla Pudding and Applesauce Ⓢ P+ —	18	67
98953	BBQ Pork Sandwich and Creamed Corn, Chocolate Pudding and Applesauce P+	53	102
98954	Cheeseburger and BBQ Baked Beans and Vanilla Pudding P+	48	84

98958	Pepperoni Supreme Pizza and Pineapple Upside Down Cake	62	75
98959	Pork Roast with Sweet Potatoes and Green Beans and Chocolate Pudding ↓ Ⓢ P+ Ⓢ	36	72
98960	Beef Pot Roast with Gravy, Mashed Potatoes and Peach Cobbler and Chocolate Pudding ♥ ↓ P+ 🍷 —	50	85
98961	Chicken Pot Pie and Strawberry Shortcake and Chocolate Pudding P+ —	48	83
98963	Roasted Turkey Breast with Stuffing and Gravy and Blueberry Applesauce and Chocolate Pudding ♥ ↓ P+ 🍷	55	90
98972	Meatloaf with Mashed Potatoes and Green Beans, Applesauce and Vanilla Pudding Ⓢ —	47	96
98987	Roasted Turkey with Mashed Potatoes and Brown Sugar Carrots and Applesauce ↓ Ⓢ P+ Ⓢ 🍷 —	37	62

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

## 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.

All meals include milk or milk alternative.

\*Renal Friendly meals do not include milk.

**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.

## 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](https://momsmeals.com/TheFullScoop)
