100526-010427/7965

MOM'S MEALS®

Menu | PUREED

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.

BREAKFAST		CARBS (g)	
98956	Pureed Cheese Omelet with Brown Sugar Pork and Blueberry Applesauce P+	69	81
98957	Pureed Cinnamon Roll with Scrambled Eggs and Sweet Pineapple	76	88
98975	Pureed Scrambled Eggs with Brown Sugar Pork and Apple Fritter and Applesauce P+	42	67
98988	Pureed Chicken and Waffle with Blueberry Sauce and Vanilla Pudding P+	61	97

LUNCH & DINNER		CARBS (g)	
98950	Pureed Chicken Enchilada with Refried Beans and Cinnamon Apples and Vanilla Pudding P+	54	89
98951	Pureed Chicken Parmesan and Creamed Broccoli, Vanilla Pudding and Applesauce P+	21	69
98953	Pureed BBQ Pork Sandwich and Creamed Corn, Chocolate Pudding and Applesauce P+	53	102
98954	Pureed Cheeseburger and BBQ Baked Beans and Vanilla Pudding P+	51	86
98958	Pureed Pepperoni Supreme Pizza and Pineapple Upside Down Cake	70	82
98959	Pureed Pork Roast with Sweet Potatoes and Green Beans and Chocolate Pudding P+	36	72
98960	Pureed Beef Pot Roast with Gravy, Mashed Potatoes and Peach Cobbler and Chocolate Pudding P+	50	85
98961	Pureed Chicken Pot Pie and Strawberry Shortcake and Chocolate Pudding P+	48	83
98963	Pureed Roasted Turkey Breast with Stuffing and Gravy and Blueberry Applesauce and Chocolate Pudding P+	55	90
98972	Pureed Meatloaf with Mashed Potatoes and Green Beans, Applesauce and Vanilla Pudding	47	96
98987	Pureed 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

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.

All meals include milk or milk alternative.
*Renal Friendly meals do not include milk.

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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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

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