


Menu | GLUTEN FREE

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

















AMERICAN CLASSICS		CARBS (g)	
95298	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Gluten Free Multigrain Bread and 100% Grape Juice ♥ ↓ 🍷 P+ 🌿 🍴	53	95
95424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding P+ 🌿 🍴	51	100
95902	Beef Little Smokies with Baked Beans and Seasoned Vegetables, 100% Grape Juice and Vanilla Pudding ♥ ↓ 🌿 🍴	44	95
96193	BBQ Chicken Patty with Potatoes and Seasoned Peas & Carrots, String Cheese and 100% Apple Juice 🍷 P+ 🌿 🍴	40	68
96200	Homestyle Meatloaf with Potatoes and Seasoned Vegetables, Gluten Free Multigrain Bread and Peanut Butter ↓ 🍷 P+ 🌿	48	81
SOUP OR SANDWICH		CARBS (g)	
95824	Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce 🍷 P+ 🌿 🍴	24	77
96176	Sloppy Joe and Seasoned Corn, Gluten Free Bun, Orange and Chocolate Pudding P+ 🌿 🍴	27	107
96220	White Chicken Chili with Beans and Seasoned Peas and Gluten Free Multigrain Bread 🍷 P+ 🌿	37	64



















INTERNATIONAL FLAVORS		CARBS (g)	
95186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese ♥ ↓ P+ 🌿 🍴	67	96
95198	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce and String Cheese 🌿 🍴	81	108
95403	Southwestern Style Chicken with Vegetable Hash and White Rice, Orange and Chocolate Pudding P+ 🌿	61	114
95968	Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and Vanilla Pudding ♥ ↓ P+ 🌿 🍴	49	103
96132	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Chocolate Pudding P+ 🌿 🍴	69	104
96164	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, String Cheese and Applesauce 🌿	68	95
96207	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Gluten Free Multigrain Bread and Margarine ↓ 🍷 P+ 🌿 🍴	54	81
96230	Beef and Broccoli with Brown Rice Mandarin Oranges and Chocolate Pudding ♥ ↓ P+ 🌿 🍴	54	105

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

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BREAKFAST MEALS		CARBS (g)	
95138	Cheesy Egg Scramble with Ham and Apples & Cranberries, Orange, Gluten Free Multigrain Bread and Peanut Butter     	22	73
95157	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Applesauce and Peanut Butter   	30	77
95595	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter   	38	71
96146	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples, Gluten Free Bun and Orange     	23	80

96183	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes, Gluten Free Bread and 100% Orange-Tangerine Juice      	46	88
96224	Pork Sausage Breakfast Burrito and Spiced Fruit Medley, Corn Tortillas and Orange    	37	86
96235	Gluten Free Peaches & Cream Oatmeal with Scrambled Eggs, Gluten Free Multigrain Bread and Peanut Butter   	41	74
96243	Gluten Free Cinnamon Oatmeal with Turkey and Egg Scramble Gluten Free Multigrain Bread and 100% Orange-Tangerine Juice     	37	79

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-  Heart Friendly
-  Lower Sodium
-  Diabetes Friendly
-  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

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.

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