



# Menu | GLUTEN FREE

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

AMERICAN CLASSICS		CARBS (g)		INTERNATIONAL FLAVORS		CARBS (g)	
95298	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables, Gluten Free Multigrain Bread and 100% Grape Juice 	53	95	95186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese 	67	96
95424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding 	51	100	95198	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce and String Cheese 	81	108
95902	Beef Little Smokies with Baked Beans and Seasoned Vegetables, 100% Grape Juice and Vanilla Pudding 	44	95	95403	Southwestern Style Chicken with Vegetable Hash and White Rice, Orange and Chocolate Pudding 	61	114
96193	BBQ Chicken Patty with Potatoes and Seasoned Peas & Carrots, String Cheese and 100% Apple Juice 	40	68	95968	Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and Vanilla Pudding 	49	103
96200	Homestyle Meatloaf with Potatoes and Seasoned Vegetables, Gluten Free Multigrain Bread and Peanut Butter 	48	81	96132	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Chocolate Pudding 	69	104
SOUP OR SANDWICH		CARBS (g)		96164	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, String Cheese and Applesauce 	68	95
95824	Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce 	24	77	96207	Gluten Free Rotini with Pesto Sauce and Seasoned Peas, Gluten Free Multigrain Bread and Margarine 	54	81
96176	Sloppy Joe and Seasoned Corn, Gluten Free Bun, Orange and Chocolate Pudding 	27	107	96230	Beef and Broccoli with Brown Rice Mandarin Oranges and Chocolate Pudding 	54	105
96220	White Chicken Chili with Beans and Seasoned Peas and Gluten Free Multigrain Bread 	37	64	Symbols indicate meals also support these conditions			

Heart Friendly Lower Sodium Diabetes Friendly

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	37	79		

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## 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](http://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 nutritionals.

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