



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	51	93
95424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding	54	103
96193	BBQ Chicken Patty with Potatoes and Vegetables, String Cheese and 100% Apple Juice	43	71
96200	Homestyle Meatloaf with Potatoes and Vegetables, Gluten Free Multigrain Bread and Peanut Butter	50	83
SOUP OR SANDWICH		CARBS (g)	
95824	Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce	27	87
96176	Sloppy Joe and Vegetables, Gluten Free Bun, Orange and Chocolate Pudding	27	114
96220	White Chicken Chili with Beans and Vegetables and Gluten Free Multigrain Bread	37	65
INTERNATIONAL FLAVORS		CARBS (g)	
95186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese	69	98
95198	Teriyaki Stir Fry Vegetables over White Rice and Sweet Pineapple & Apples, Applesauce and String Cheese	84	111

95403	Southwestern Style Chicken with Vegetable Hash and White Rice, Orange and Chocolate Pudding	61	115
95968	Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and Vanilla Pudding	52	106
96132	Garlic and Rosemary Vegetable Risotto with Sweet Potatoes and Chocolate Pudding	64	99
96164	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, String Cheese and Applesauce	71	98
96194	Orange Chipotle Chicken with Brown Rice and Vegetables and Orange	77	107
96207	Gluten Free Rotini with Pesto Sauce and Vegetables, Gluten Free Multigrain Bread and Butter Blend Cup	58	85
96230	Beef and Broccoli with Brown Rice, Mandarin Orange Cup and Chocolate Pudding	57	108
97165	NEW! Coconut Ginger Chicken with Stir Fry Vegetables and Brown Rice, Gluten Free Multigrain Bread and Orange	56	101
97167	NEW! Green Chile Chicken Bowl with Brown Rice and Black Bean Vegetable Medley, String Cheese and 100% Apple Juice	58	86

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 🍓 P+ 🌾	25	76
95157	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Applesauce and Peanut Butter 🍓 P+ 🌾	33	80
95595	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter P+ 🌾	42	76
96146	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples, Gluten Free Bun and Orange 🍓 P+ 🌾	23	87
96183	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes, Gluten Free Bread, 100% Orange-Tangerine Juice and Butter Blend Cup 🍓 P+ 🌿 🌾	46	88

96224	Pork Sausage Breakfast Burrito and Spiced Fruit Medley, Corn Tortillas and Orange P+ 🌾	42	91
96235	Gluten Free Peaches & Cream Oatmeal with Scrambled Eggs, Gluten Free Multigrain Bread and Peanut Butter P+ 🌿 🌾	43	76
96243	Gluten Free Cinnamon Oatmeal with Turkey and Egg Scramble, Gluten Free Multigrain Bread, 100% Orange-Tangerine Juice and Butter Blend Cup ❤️ ⬇️ 🍓 🌾	35	77

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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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