


Menu | GLUTEN FREE

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 or by phone at: **866-204-6111** M-F 7 AM to 6 PM CST

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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 Grape Juice	53	94
95424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding	51	99
95902	Beef Little Smokies with Baked Beans and Seasoned Vegetables, Grape Juice and Vanilla Pudding	44	94
96193	BBQ Chicken Patty with Potatoes and Seasoned Mixed Vegetables, String Cheese and Apple Juice	41	68
96200	NEW! Homestyle Meatloaf with Potatoes and Seasoned Vegetables, Gluten Free Multigrain Bread and Peanut Butter	48	66
96239	HOLIDAY MEAL Ham Patty with Brown Sugar Glazed Sweet Potatoes and Creamed Corn and Gluten Free Multigrain Bread	46	73
SOUP OR SANDWICH		CARBS (g)	
95824	Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce	24	76
96176	Sloppy Joe and Seasoned Corn, Gluten Free Bun, Orange and Chocolate Pudding	27	106
96220	NEW! White Chicken Chili with Beans and Seasoned Peas and Gluten Free Multigrain Bread	37	64

INTERNATIONAL FLAVORS		CARBS (g)	
95173	Chicken Teriyaki with Stir Fry Vegetables and White Rice, Orange and Vanilla Pudding	63	116
95186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese	67	95
95198	Teriyaki Stir Fry Vegetables over Rice and and Sweet Pineapple & Apples, Applesauce and String Cheese	81	107
95403	Southwestern Style Chicken with Vegetable Hash and White Rice, Orange and Chocolate Pudding	62	114
95968	Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and Vanilla Pudding	50	104
96132	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Chocolate Pudding	69	103
96164	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, String Cheese and Applesauce	68	94
96207	NEW! Gluten Free Rotini wth Pesto Sauce and Seasoned Peas, Gluten Free Multigrain Bread and Margarine	54	81
96230	NEW! Beef and Broccoli with Brown Rice Mandarin Oranges and Chocolate Pudding	54	104

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+ 🌿 🥄	22	72
95157	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Applesauce and Peanut Butter 🍷 🍷 P+ 🌿	30	76
95595	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter P+ 🌿 🥄	39	71
96146	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apples, Gluten Free Bun and Orange 🍷 🍷 P+ 🌿 🥄	23	80
96183	Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes, Gluten Free Bread and Orange-Tangerine Juice ❤️ ↓ 🍷 P+ 🌿	47	87

96224	Pork Sausage Breakfast Burrito and Spiced Fruit Medley, Corn Tortillas and Orange ↓ 🍷 P+ 🌿	37	86
96235	NEW! Gluten Free Peaches & Cream Oatmeal with Scrambled Eggs, Gluten Free Multigrain Bread and Peanut Butter P+ 🌿 🌿	41	73
96243	NEW! Gluten Free Cinnamon Oatmeal with Turkey and Egg Scramble Gluten-Free Multigrain Bread and Orange-Tangerine Juice ❤️ ↓ 🍷 P+ 🌿	37	78

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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

Please select the meals that are most appropriate for your dietary needs.

All meals include milk or milk alternative.

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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