



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 100% Grape Juice ♥ ↓ P+ Ⓢ	51	94
95424	IMPROVED Cheesy Chicken, Rice, Broccoli and Cinnamon Apples, Fruit Cup and Chocolate Pudding P+ Ⓢ	52	101
95902	Beef Little Smokies with Baked Beans and Mixed Vegetables, 100% Grape Juice and Vanilla Pudding Ⓢ	43	94
96193	IMPROVED BBQ Chicken Patty with Potatoes and Vegetables, String Cheese and 100% Apple Juice ♥ Ⓢ P+ Ⓢ	43	71
96200	Homestyle Meatloaf and Potatoes and Vegetables, Gluten Free Multigrain Bread and Peanut Butter ↓ Ⓢ P+ Ⓢ	53	86
96259	NEW Creamy Chicken Mushroom Casserole and Vegetables, Applesauce and Vanilla Pudding P+ Ⓢ	56	105
96275	HOLIDAY MEAL Turkey with Poultry Gravy, Potato Medley and Green Bean Casserole, 100% Apple Juice, Gluten Free Multigrain Bread and Vanilla Pudding P+ Ⓢ	42	107
96200	Homestyle Meatloaf with Potatoes and Vegetables, Gluten Free Multigrain Bread and Peanut Butter Ⓢ P+ Ⓢ	50	83

SOUP OR SANDWICH		CARBS (g)	
95824	IMPROVED Cheeseburger and Cinnamon Apples, Gluten Free Bun and Applesauce Ⓢ P+ Ⓢ	25	85
96176	Sloppy Joe and Vegetables, Gluten Free Bun, Orange and Chocolate Pudding ♥ ↓ P+ Ⓢ	27	114
96220	White Chicken Chili with Beans and Vegetables, Gluten Free Multigrain Bread and Butter Blend Cup Ⓢ P+ Ⓢ	39	66
INTERNATIONAL FLAVORS		CARBS (g)	
95186	IMPROVED Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Mandarin Orange Cup and String Cheese P+ Ⓢ	64	94
95198	IMPROVED Teriyaki Stir Fry Vegetables with Sauce, White Rice and Pineapple & Apples, Applesauce and String Cheese ✂ Ⓢ	82	109
95403	Chicken with Southwestern Style Vegetable Hash, Ranchero Sauce, and White Rice, Orange and Chocolate Pudding P+ Ⓢ	61	114
95968	IMPROVED Beef Soft Tacos with Cheese and Santa Fe Style Rice, Corn Tortillas and 100% Apple Juice ♥ ↓ P+ Ⓢ	52	98
96132	Garlic Rosemary Vegetable Risotto and Sweet Potatoes and Chocolate Pudding ✂ Ⓢ	59	94
96164	IMPROVED Hawaiian Style Stir Fry Rice with Ham and Pineapple and Apples, String Cheese and Applesauce Ⓢ	69	96
96194	Orange Chipotle Chicken with Brown Rice and Vegetables and Orange ♥ ↓ P+ Ⓢ	78	108

Symbols indicate meals also support these conditions

♥ Heart Friendly ↓ Lower Sodium
Ⓢ Diabetes Friendly P+ Protein Plus ✂ Vegetarian
Ⓢ Gluten Free Ⓢ Renal Friendly

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INTERNATIONAL FLAVORS (cont.)		CARBS (g)	
96207	Gluten Free Rotini with Pesto Sauce and Vegetables, Gluten Free Multigrain Bread and 100% Apple Juice ♥ ↓ P+ 🍴	59	102
96230	Beef & Broccoli and Brown Rice Mandarin Orange Cup and Vanilla Pudding ♥ P+ 🍴	48	100
97165	Coconut Ginger Chicken with Stir Fry Vegetables and Brown Rice, Gluten Free Multigrain Bread and Orange P+ 🍴	61	106
97167	Green Chile Chicken Bowl with Brown Rice and Black Bean Vegetable Medley, String Cheese and 100% Apple Juice P+ 🍴	57	85
BREAKFAST MEALS		CARBS (g)	
95138	Cheesy Egg Scramble with Ham and Apples & Cranberries, Orange, Gluten Free Multigrain Bread and Peanut Butter 🍴 P+ 🍴	25	76
95595	IMPROVED Cheesy Egg Turkey Scramble and Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter 🍴 P+ 🍴	41	74

96146	IMPROVED Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Peaches & Apples, Gluten Free Bun and Orange 🍴 P+ 🍴	23	87
96183	IMPROVED Vegetarian Breakfast Skillet with Ranchero Sauce and Cheesy Potatoes, Gluten Free Bread, 100% and Orange-Tangerine Juice ♥ ↓ P+ 🍴	50	93
96224	IMPROVED Pork Sausage Breakfast Burrito and Spiced Fruit Medley, Corn Tortillas and Orange 🍴 P+ 🍴	40	90
96235	IMPROVED Gluten Free Peaches & Cream Oatmeal with Scrambled Eggs, Gluten Free Multigrain Bread and Peanut Butter 🍴 P+ 🍴	40	74
96243	Gluten Free Cinnamon Oatmeal with Turkey and Egg Scramble Gluten Free Multigrain Bread, 100% Orange-Tangerine Juice and Butter Blend Cup ♥ 🍴 P+ 🍴	38	80

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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.

Meals marked with **IMPROVED** meet one or more of the following criteria: **20% or more increase** in fiber, **20% or more reduction** in sodium, **20% or more reduction** in calories from saturated fats or **20% or more reduction** of added sugars.

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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