

Menu

The only home-delivered meal program to offer choice of every meal... we think you deserve it!



www.momsmeals.com

TO PLACE AN ORDER

or if you have comments or concerns, please call:

1-866-204-6111 M-F 7 AM to 6 PM CST




Carbs (g): Approximate grams of carbohydrates are shown for the **entrée only** and the entrée plus extras

♥ Heart friendly: <800mg Sodium <30% Fat <10% Sat. Fat

D Diabetes friendly Entrées contain ≤67g of carbohydrates

ITEM	American Classics	CARBS (g)		
95146	Beef Stew and Cornbread , Apple Juice and Cookie	40	81	*
95172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables , and Whole Wheat Bread 	48	62	* D
95219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Apple Juice	48	63	D
95260	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Orange	53	71	*♥
95291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp	70	-	*
95424	Cheesy Chicken and Rice with Broccoli and Cinnamon Apples , Fruit Cup and Chocolate Pudding	51	87	
95498	Chicken Tender over Potatoes and Roasted Peppers & Onions and Smokehouse Creamed Corn and Oatmeal Cream Pie	36	62	D
95589	Ham Patty, Cheesy Potatoes, and Cinnamon Apples , Orange and Chocolate Pudding 	37	77	
95783	Salisbury Steak with Savory Beef Gravy, White Rice and Vegetables and Whole Wheat Bread 	51	65	*♥D
95899	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Apple Juice	44	59	* D
96128	Macaroni & Cheese and Seasoned Vegetables	48	-	* D
96138	Chicken Bacon Ranch Pasta and Seasoned Vegetables , Apple Juice and Gingerbread Cookie	38	79	*

Soup or Sandwich

95315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun	52	80	♥
95347	Cheeseburger and Cinnamon Apples and Whole Wheat Bun 	24	53	D
95495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp , Whole Wheat Bread and Margarine	63	77	*
95699	White Bean and Ham Soup and Cornbread and Cookie	41	66	D
95724	Beef Chili with Beans and Cornbread with Applesauce	41	53	* D
95922	Tomato Soup with Pretzel Bites , Oatmeal Cream Pie and Orange	42	86	♥

 Customer Favorite

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ITEM	International Flavors	CARBS (g)		
95014	Pasta & Meatballs with Marinara Sauce and Seasoned Vegetables and Whole Wheat Dinner Roll	57	71	*♥
95060	Curry Vegetables with Pineapple and Rice, String Cheese and Vanilla Pudding	65	88	*
95073	Chicken Teriyaki with Stir Fry Vegetables and White Rice and Applesauce	62	74	♥
95095	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Orange and String Cheese	86	104	
95185	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Cookie	63	97	*♥
95238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Vegetables, Applesauce and Cookie	35	73	
95404	Southwestern Style Chicken with Vegetable Hash and White Rice	62	-	*♥D
95416	Chicken Alfredo Pasta and Seasoned Vegetables, Apple Juice and Whole Wheat Dinner Roll	45	75	*
95559	Pasta Primavera with Ham and Cornbread and Cookie	59	78	♥
95768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Gingerbread Cookie	61	87	♥
95801	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables and String Cheese	55	55	D
95905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas	47	73	
96131	Creamy Garlic and Rosemary Risotto with Seasoned Sweet Potatoes and Whole Wheat Bread	70	84	♥
96147	Whole Wheat Rotini with Pesto Sauce and Seasoned Vegetables and Fig Bar	45	77	*
96163	Hawaiian Style Stir Fry Rice with Ham and Sweet Pineapple and Apples, and Almonds	67	73	






Breakfast Meals

95110	Biscuits & Pork Sausage Gravy and Peaches & Cherries and Fig Bar	47	78	D
95158	Cheese Omelet with Ham Patty and Spiced Fruit Medley, Orange Juice and Whole Wheat Bread	30	58	D
95175	Cheesy Egg Scramble with Ham and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter	29	67	D

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ITEM	Breakfast Meals (continued)	CARBS (g)		
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Cinnamon Apple Crisp 	59	-	* D
95418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar	51	83	*♥
95513	Pork Sausage Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas	37	62	D
95577	Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples and Syrup 	44	72	*
95592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp 	53	-	D
95594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter	37	57	D
95729	Cheese Omelet with French Toast Sticks and Turkey Sausage Link, Orange, Syrup and Applesauce	19	77	♥
95888	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice 	59	101	
95896	French Toast Sticks, Turkey Sausage Links and Chipotle Berry Sauce, Granola and Margarine	56	86	*♥
95919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup 	75	103	*♥
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apple Crisp and Whole Wheat English Muffin	23	46	D
96142	Strawberries & Cream Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter	38	58	D

 Customer Favorite

Additional entrée and extras combinations available online. Visit: momsmeals.com/login

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

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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REFRIGERATE MEALS UPON ARRIVAL.