

# Menu

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



**MOM'S  
MEALS®**



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

[www.momsmeals.com](http://www.momsmeals.com)






**Carbs (g):** Approximate grams of carbohydrates are shown for the **tray only** and the full meal

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

D **Diabetes-friendly** meals contain ≤67g of carbohydrates

ITEM	American Classics	CARBS (g)		
95023	<b>Salisbury Steak with Mushroom Gravy, White Rice and Vegetables,</b> Whole Wheat Bread and Margarine 	51	64	D
95114	<b>BBQ Chicken with Potato Medley and Seasoned Green Beans</b> and Fudge Round 	49	72	♥
95146	<b>UPDATE</b> <b>Beef Stew and Biscuit,</b> Orange and Oatmeal Raisin Cookie	34	79	♥
95172	<b>Homestyle Meatloaf with Potatoes and Seasoned Vegetables,</b> Whole Wheat Bread and Margarine	51	64	D
95219	<b>Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables</b> and Whole Wheat Bread	46	59	D
95232	<b>Chicken &amp; Waffle and Peach Crisp,</b> Syrup and Apple Juice 	58	100	♥
95260	<b>UPDATE</b> <b>Beef Goulash over Pasta and Seasoned Vegetables</b> and Orange	43	61	♥D
95301	<b>Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries &amp; Apples</b> and Grape Juice	74	89	♥
95311	<b>UPDATE</b> <b>Chicken with Mushroom Gravy, Brown Rice and Vegetables,</b> and Whole Wheat Bread	51	65	D
95716	<b>Tuna Casserole</b> and Gelatin	52	72	
95891	<b>Creamy Macaroni &amp; Cheese and Seasoned Vegetables,</b> Mandarin Orange Cup and Blueberry Applesauce 	43	79	

## Soup or Sandwich







95065	<b>Cheeseburger and Seasoned Vegetables,</b> Whole Wheat Bun and Orange 	14	61	D
95124	<b>Corn Chowder and Peaches with Cherries</b> and Fudge Round	76	99	♥
95128	<b>Pork Rib Patty with BBQ Sauce and Seasoned Vegetables,</b> Whole Wheat Bun and Grape Juice 	22	66	D
95280	<b>Creamy Turkey &amp; Wild Rice Soup and Brown Sugar Peaches,</b> Gelatin and Vanilla Pudding	43	87	♥
95293	<b>Chili Dog and Seasoned Vegetables</b> and Whole Wheat Coney Bun 	27	56	D
95315	<b>Meatball Marinara Sandwich and Sweet Pineapple &amp; Apple Crisp</b> and Whole Wheat Bun	53	82	

 Customer Favorite

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ITEM	International Flavors	CARBS (g)		
95014	<b>Pasta &amp; Meatballs with Marinara Sauce and Vegetables</b> and Whole Wheat Dinner Roll 	47	61	♥D
95060	<b>Curry Vegetables with Pineapple and Brown Rice</b> , String Cheese and Vanilla Pudding	68	91	
95062	<b>Rotini with Marinara Sauce and Seasoned Vegetables</b> and Whole Wheat Dinner Roll	54	69	♥
95073	<b>Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice</b> and Applesauce	58	70	♥
95085	<b>Vegetarian Red Beans and Rice</b> , String Cheese, Orange and Chocolate Pudding	62	102	♥
95095	<b>Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple &amp; Apples</b> , Orange and Double Chocolate Chip Snack Loaf	93	131	♥
95109	<b>Vegetable Primavera with Pasta and Sweet Pineapple &amp; Apples</b> and Whole Wheat Dinner Roll 	67	82	♥
95185	<b>Sweet and Sour Chicken with Stir Fry Vegetables and White Rice</b> , Grape Juice and Triple Chocolate Cookie 	62	102	♥
95188	<b>Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp</b> and Whole Wheat Dinner Roll 	87	102	
95230	<b>Mexican Style Beef Macaroni &amp; Cheese and Fiesta Blend Vegetables</b> , Orange and Oatmeal Cream Pie 	58	102	♥
95238	<b>Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans</b> , Orange and Oatmeal Raisin Cookie	35	80	
95294	<b>Beef Tacos with Cheese and Santa Fe Style Rice</b> and Corn Tortillas 	50	65	♥D
95404	<b>NEW</b> Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice	62	-	♥D

## Breakfast Meals

95027	<b>Biscuit &amp; Pork Sausage Gravy</b> and Gelatin	26	46	D
95130	<b>Vegetable Egg Scramble and Peaches with Cherries</b> , Whole Wheat Bread and Orange Juice	38	65	♥D
95158	<b>Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley</b> , Orange Juice, Whole Wheat Bread and Margarine	36	63	D
95161	<b>Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link</b> , Syrup, Mandarin Orange Cup, Gelatin and Apple Juice	24	102	♥

 Customer Favorite

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ITEM	<b>Breakfast Meals (continued)</b>	CARBS (g)		
95175	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Orange, Whole Wheat Bread and Peanut Butter	38	74	
95229	Sausage, Egg & Cheese Breakfast Burrito and Cinnamon Apples and Flour Tortillas	53	79	
95237	Cheesy Scrambled Eggs, Turkey Sausage Links and Blueberry Crumb Loaf, Gelatin and Granola 🕒	19	74	
95254	Cinnamon Apple Oatmeal and Scrambled Eggs, Orange Juice, Whole Wheat Bread and Margarine 🍴	63	91	♥
95269	Waffle with Colby Cheese Omelet and Cranberries & Apples, Orange and Syrup	52	97	♥
95274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp	66	-	D
95888	Whole Grain Pancakes, Pork Sausage Patty and Cranberry-Apple Crisp, Syrup and Orange Juice	75	116	♥
95919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp and Syrup	94	121	♥
95924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peach Crisp and Whole Wheat English Muffin	39	62	D
95962	Turkey Sausage, Egg and Cheese Stuffed Biscuit and Spiced Fruit Crisp and Orange Juice	80	94	

🍴 Customer Favorite

🕒 Available for a Limited Time

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 due to seasonal changes causing us to utilize alternative options with like nutritional.



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**REFRIGERATE MEALS UPON ARRIVAL.**