

Qty.	Item #	BREAKFAST:
	2130*	Sweet Potato Hash with Turkey Ham (33 g)
	2532*	Ranch Skillet with Scrambled Eggs and Cheddar Cheese (3 g)
	2533*	Southwestern Skillet (Hash, Scrambled Eggs, Salsa and Cheddar Cheese) (34 g)
	2536*	Hearty Oatmeal w/ Raisins and Almonds (40 g)
	2580*	Banana and Walnut Pancakes with Honey and Turkey Sausage (41 g)
	2592*	Country Frittata and Whole Wheat English Muffin (24 g)
	2638*	Vegetable Omelet (6 g)
	2749*	Breakfast Skillet with Turkey Ham and Plain Omelet (34 g)
	75158*	Biscuit and Turkey Sausage Gravy with Baked Peaches (56 g)
	75183*	Cinnamon Nut Oatmeal (52 g)
	75193	Mini Pancakes with Scrambled Eggs and Turkey Sausage (24 g)
	75197*	Breakfast Platter (Plain Omelet, Turkey Bacon and Hash Brown Stick) (17 g)
	75198	Whole Grain Waffles and Cheddar Cheese Omelet with Margarine and Syrup (40 g)
	75199*	Cheddar Cheese Omelet with Cinnamon French Toast (33 g)
Qty.	Item #	LUNCH:
	2586*	Hearty Beef Soup with Cornbread Muffin (33 g)
	2587*	Grilled Turkey and Wild Rice Salad (39 g)
	75154*	Beef Stuffed Green Pepper with Chick Peas and Sundried Tomatoes (39 g)
	75155*	Rotini Pasta Salad with White Chicken (28 g)
	75165*	Spaghetti and Meat Sauce with Seasoned Peas and Carrots (51 g)
	75171*	Chicken & Egg Noodle Soup with Vegetables and Colby Jack Cheese Sandwich (44 g)
	75180	Cheesy Potato and Ham Soup with Chicken Salad Sandwich (53 g)
	75181*	Braised Bourbon Pork, Barley Mushroom Pilaf and Carrots (37 g)
	75182*	Breaded Fish with Cheesy Potatoes and Mixed Vegetables (48 g)
	75184*	Goulash and Mixed Vegetables (40 g)
	75186*	Meat Lasagna with Chuckwagon Corn (47 g)
	75187*	White Bean Stew with Ham (37 g)
	75188*	Chicken Carbonara (35 g)
	75191	Turkey Pot Pie (29 g)
	75192*	Tuna Casserole (39 g)
	75194*	Creamy Chicken & Corn Bake (27 g)
	75195*	Beef Shepherds Pie (30 g)
	75196*	White Chicken Teriyaki with Vegetable Lo Mein (53 g)
Qty.	Item #	DINNER:
	2317*	Orange Honey Chicken Breast, Barley Pilaf & Roasted Sicilian Vegetables (60 g)
	75037*	White Chicken Fajita Strips, Vegetables and Cheese with Spanish Rice & Tortillas (58 g)
	75097*	Pork Burger with Bun & BBQ Baked Beans (with Bacon) & BBQ Sauce (20 g)
	75148*	Mac & Cheese with White Chicken, Peas and Carrots (30 g)
	75157*	BBQ Flavored White Chicken with Roasted Red Potatoes and Sweet Corn (43 g)
	75160*	Cheese Macaroni with Beef (42 g)
	75161*	Honey Lime White Chicken with Black Beans, Corn, Brown Rice and Salsa Verde (66 g)
	75162*	Pork Roast, Spiced Apples, Caramelized Onion & Bacon Barley Pilaf with Green Beans (42 g)
	75164*	White Chicken with Fettucini, Marinara Sauce & Parmesan (41 g)
	75167*	Asian Style Rice with White Chicken Teriyaki (43 g)
	75169*	Beef Pepper Pasta (39 g)
	75172*	BBQ Grilled White Chicken with Cheesy Potato Casserole & Seasoned Peas & Carrots (29 g)
	75174*	Lemon-Dill Glazed Salmon Loaf and Brown Rice with Seasoned Peas and Carrots (41 g)
	75176*	Meat Patty Loaf with Red Potatoes and Seasoned Green Beans (39 g)
	75177*	Cheesy White Chicken and Broccoli over Seasoned Potatoes (39 g)
	75179	Salisbury Steak with Mushroom Gravy, Mashed Potatoes, Green Beans & Carrots (31 g)
	75185*	Layered Beef Enchilada with Chuckwagon Corn (55 g)
	75189*	Loose Meat Beef Sandwich and BBQ Baked Beans with Bacon (51 g)
	75201*	White Chicken with New Potatoes and Peas (40 g)

ORDER

**866.971.6667**  
**orders@momsmeals.com**



To assist our diabetic customers, the approximate carbohydrate level for each meal is listed in parenthesis. Please select the meals that are most appropriate for your dietary needs. Menus are subject to change.

\* indicates Lower Sodium Meals (Less than 800 mg per meal)

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