



866.204.6111  
orders@momsmeals.com

From PureFoods



## Delivered Fresh Nationwide

### Fast, Fresh and Easy!

Select and order your favorite meals from our expansive and diverse menu! Each meal will then be prepared by our chefs and delivered to your door.

Meals arrive fresh by UPS or FedEx in a custom designed insulated container... ready to heat and eat! With our special packaging, meals stay fresh in your refrigerator for 14 days after delivery!

*"I'm immensely satisfied with your service. The meals have been delectable! The directions to heat them are very clear and easy to understand and follow. They are delivered with no problems"* - Jerry A.

*"Thank you for your meals, which helped to control my diabetes. Instead of taking insulin shots everyday, with your meals, I have only taken 3-5 shots a month. My doctor is ecstatic."* - Linda S.

1

Select & Order

2

FRESH Delivery

3

Heat & Eat!

## ORDER

Mom's Meals is a USDA inspected and approved FRESH food preparation and delivery service dedicated to providing great tasting, FRESH meals to seniors and the disabled.

Phone 866.204.6111  
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Ankeny, Iowa 50021  
Email orders@momsmeals.com  
Web www.momsmeals.com



ORDER

Please Place Orders Before 5:00 pm Tuesday

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(Monday-Friday 8-5)

SELECT



Qty.	Item #	BEEF MEALS:
	95154	Beef Stuffed Green Pepper with Chick Peas & Sundried Tomatoes, Orange & Wheat Bread (86 g)
	95160	Cheese Macaroni with Beef, Baby Carrots, Orange, Wheat Bread & Peanut Butter (97 g)
	95176	Meat Patty Loaf with Roasted Red Potatoes & Seasoned Green Beans, Apple Juice & Wheat Bread (93 g)
	95185*	Layered Beef Enchilada w/Chuckwagon Corn, Apple Grape Juice & Baby Carrots (97 g)
	95189	Loose Meat Beef Sandwich with BBQ Baked Beans (w/bacon), Baby Carrots & Apple Juice (92 g)
Qty.	Item #	PASTA & SALAD MEALS:
	95148	Mac & Cheese with White Chicken and Peas & Carrots, Apple Juice, Wheat Bread & Peanut Butter (88 g)
	95152	Pasta, White Chicken and Ham Salad and Pesto Dressing, Baby Carrots, Orange & Wheat Bread (92 g)
	95164*	White Chicken with Fettuccini, Marinara Sauce & Cheese, Apple Grape Juice, Baby Carrots & HR Peanuts (90 g)
	95165*	Spaghetti & Meat Sauce with Seasoned Peas & Carrots, Orange & Dinner Roll (95 g)
	95169*	Beef Pepper Pasta, BBQ Soy Nuts & Apple White Grape Juice (83 g)
	95188	Chicken Carbonara, String Cheese, Fruit Punch Juice & Wheat Bread (91 g)
Qty.	Item #	PORK MEALS:
	95097	Pork Burger with Bun and BBQ Baked Beans (w/bacon), BBQ Sauce, Baby Carrots & Orange (86 g)
	95187	White Bean Stew with Ham, Cheddar Cheese, Cornbread Muffin & Fruit Punch Juice (95 g)
Qty.	Item #	POULTRY MEALS:
	95157*	BBQ Flavored White Chicken with Roasted Red Potatoes & Sweet Corn, Orange, Wheat Bread & Peanut Butter (95 g)
	95161*	Honey Lime White Chicken with Black Beans, Corn, Brown Rice & Salsa Verde, Peanuts, Baby Carrots & Applesauce (102 g)
	95163	Pineapple Sweet & Sour White Chicken with Rice and Vegetables, Apple Juice and Ranch Soy Nuts (100 g)
	95166	Cashew White Chicken with Vegetables over Coconut Rice, Apple Grape Juice & String Cheese (93 g)
	95167	Asian Style Stir Fried Rice with White Chicken Teriyaki, Apple Juice, Orange & Honey Roasted Peanuts (104 g)
	95177	Cheesy White Chicken & Broccoli over Seasoned Potatoes, Applesauce & Wheat Bread (82 g)
	95196	White Chicken Teriyaki with Vegetable Lo Mein, Orange & Honey Roasted Peanuts (90 g)
	95201*	White Chicken with New Potatoes & Peas, Apple Grape Juice, Wheat Bread & Peanut Butter (100 g)
Qty.	Item #	FISH MEAL:
	95192*	Tuna Casserole with Apple Grape Juice, Dinner Roll & Peanut Butter (95 g)
Qty.	Item #	SOUP & SANDWICH:
	95171	Chicken & Egg Noodle Soup with Vegetables & Colby Jack Cheese Sandwich, Orange & HR Peanuts (81 g)
Qty.	Item #	BREAKFAST MEALS:
	95153*	Mini Pancakes with Turkey Sausage, Baked Peaches, Apple Grape Juice & Honey Roasted Peanuts (97 g)
	95168*	Almond Berry Oatmeal with Turkey Sausage, Apple Juice, Orange & Cheddar Cheese (84 g)
	95173*	Cinnamon Nut Oatmeal with Baked Peaches, String Cheese & Orange ( 97 g)
	95175*	Cheddar Cheese Omelet with Raisin Bran Muffin, Orange & Baby Carrots (88 g)
	95178	Breakfast Skillet (Turkey Sausage, Scrambled Eggs, Seasoned Potatoes & Cheese), Baby Carrots, Wheat Bread, PB & Orange (82 g)
	95183*	Cinnamon Nut Oatmeal, Baby Carrots, Orange & Wheat Bread (103 g)
	95198	Whole Grain Waffles and Cheddar Cheese Omelet, Orange, Apple Grape Juice and Syrup (97 g)

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.

All Meals include Milk.

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

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