



# Menu

## Cancer Support

**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

ITEM	American Classics	CARBS (g)
95050	Tuna Casserole and Cranberry Nut Mix	60 72
95115	BBQ Chicken with Potato Medley and Seasoned Vegetables, Whole Wheat Bread and Peanut Butter	50 69
95194	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp and String Cheese	70 70
95220	Swedish Style Meatballs with Creamy Mushroom Sauce over Pasta and Seasoned Vegetables, Whole Wheat Dinner Roll and String Cheese	49 64
95241	Beef Stew, String Cheese, Gelatin and Cookie	40 87
95288	 <b>HOLIDAY MEAL</b> Turkey Breast with Apple-Cranberry Sauce, Potato Medley and Seasoned Green Beans, String Cheese and Vanilla Pudding <i>Sliced turkey breast accompanied by savory apple and cranberry sauce (flavors include brown sugar, fruit juice, cider vinegar, ginger and sage) and served with a potato medley of red skinned and sweet potatoes. Tray also includes side of seasoned green beans.</i>	54 77
95312	Chicken with Mushroom Gravy, Potatoes and Seasoned Vegetables, Gelatin and Vanilla Pudding	37 80
95517	Homestyle Meatloaf with Potatoes and Seasoned Vegetables, Whole Wheat Bread and Peanut Butter	46 65
95789	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables, Whole Wheat Dinner Roll, Vanilla Pudding and String Cheese	30 67

## Soup or Sandwich

95199	Cheeseburger and Seasoned Mixed Vegetables, Whole Wheat Bun, Orange and Gelatin	10 77
95317	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp, Whole Wheat Bun and String Cheese	49 78
95762	Chicken Tortilla Soup and Cinnamon Apples, String Cheese and Cranberry Nut Snack Mix	47 59
95203	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Gelatin, String Cheese and Cookie	53 99

— Customer Favorite

⌚ Available for a Limited Time

ITEM	International Flavors	CARBS (g)	
95245	<b>Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp</b> , Gelatin and String Cheese 	78	99
95405	<b>Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice</b> , Whole Wheat Dinner Roll and Chocolate Pudding	62	98
95505	<b>NEW Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables</b> , Whole Wheat Dinner Roll, Peanut Butter and String Cheese	41	61
95749	<b>Pork Stir Fry Rice and Spiced Fruit Medley</b> , Almonds and String Cheese	70	76
95756	<b>Mushroom Risotto and Seasoned Peas &amp; Carrots</b> , String Cheese and Cranberry Nut Snack Mix	53	65
95766	<b>Cajun Style Pasta with Chicken and Cinnamon Apple Crisp</b> and Almonds	82	88
95771	<b>Korean Style BBQ Meatballs with White Rice and Seasoned Vegetables</b> , Almonds and String Cheese	56	62
95881	<b>Vegetarian Red Beans and Rice</b> , String Cheese, Gelatin and Almonds	62	88

## Breakfast Meals

95163	<b>Vegetable Egg Scramble and Peaches with Cherries</b> , Whole Wheat English Muffin, Margarine, String Cheese and Orange Juice 	39	77
95164	<b>Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Cinnamon Apple Crisp</b> , Whole Wheat English Muffin and String Cheese 	41	64
95284	<b>Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp</b> and String Cheese 	60	60
95773	<b>Ham, Egg and Cheese Scramble and Cranberries &amp; Apples</b> , Whole Wheat English Muffin, Peanut Butter and Orange Juice	29	71

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**REFRIGERATE MEALS UPON ARRIVAL.**

All meals contain >600 calories and >25g Protein.

Developed in accordance with guidelines of the American Institute for Cancer Research (AICR) and the National Cancer Institute.

**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 nutritionals.

