



## Independent at Home Menu Selections

Select from a variety of **heart-healthy, diabetic-friendly, gluten-free, and vegetarian** options.

### Breakfast

✔ Vegetarian    Ⓞ Gluten-Free    ♥ Heart-Healthy

- ✔ Ⓞ ♥ • Southwestern Potato Skillet w/ Potatoes, Eggs, Vegetables, Beans, Salsa & Cheddar Cheese
- ✔ Ⓞ ♥ • Vegetable Omelet
- ✔ ♥ • Country Fritata w/ whole wheat English Muffin Half
- ✔ ♥ • Vegetable & Potato Skillet w/ Mozzarella Cheese & Plain Omelet
- ✔ ♥ • Cinnamon French Toast w/ Colby Cheese Omelet
- ✔ ♥ • Cinnamon Nut Oatmeal, Sliced Peaches w/ Honey Oat Soy Clusters
- ✔ ♥ • Hearty Morning Cereal & Raisins, Sunflower Seeds & Walnuts
- Ⓞ ♥ • Banana Walnut Pancakes w/ Honey & Turkey Sausage
- Ⓞ ♥ • Western Omelet w/ Ham & Potatoes
- Ⓞ ♥ • Denver Omelet w/ Ham & Peppers
- Ⓞ ♥ • Pancakes w/ Turkey Sausage

- Ⓞ ♥ • Almond Berry Free Oatmeal
- ♥ • Sweet Potato Hash w/ Ham
- ♥ • Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes & Black Beans
- ♥ • Mini Pancakes w/ Turkey Sausage & Peaches
- ✔ • Fruit Breakfast Pizza w/ Apples, Peaches & Strawberries
- ✔ • Mini Pancakes w/ Colby Cheese Omelet
- Ⓞ • Breakfast Skillet w/ Turkey Sausage, Scrambled Eggs, Seasoned Potatoes & Cheese
- Breakfast Pizza w/ Sweet Potato, Eggs, Cheese & Ham
- Apple Almond Berry Oatmeal w/ Turkey Sausage Links
- Breakfast Bagel Sandwich w/ Ham, Egg & Cheese

### Lunch/Dinner

#### Beef/Turkey

- Ⓞ ♥ • Chili Rubbed Beef Steak w/ Candied Sweet Potatoes, Sauteed Vegetables & Feta Cheese
- Ⓞ ♥ • Grilled Beef Steak Quinoa Pilaf & Sauteed Carrots
- Ⓞ ♥ • Grilled Turkey Breast w/ Wild Rice Salad
- Ⓞ ♥ • Turkey Bolognese
- ♥ • Cheese Macaroni w/ Beef
- ♥ • Turkey/Beef Stuffed Green Pepper w/ Rice
- Salisbury Steak, Potatoes w/ Mushroom Gravy, Carrots & Pearl Onions
- Meatloaf w/ Potatoes & Vegetables
- Beef & Vegetable Pot Pie
- Beef & Vegetable Stew
- Turkey Pepper Pasta
- Baked 3 Cheese Ziti w/ Italian Style Turkey Meatballs & Vegetable Blend
- Spaghetti w/ Italian Turkey Sausage, Marinara & Seasoned Green Beans
- Florentine Lasagna

#### Pork

- Ⓞ ♥ • Pork Rosemary w/ Brown Rice
- Ⓞ ♥ • Pork Ragout w/ Spicy Roasted Vegetables & Baked Sweet Potato
- ♥ • Honey-Pineapple Jerk Pork Loin, Black Beans, Vegetables & Roasted Potatoes
- ♥ • Pork Marsala w/ White Rice
- ♥ • Roast Pork Loin w/ Wild Rice & Cinnamon Apples
- ♥ • Latin Braised Pork w/ Brown Rice, Salsa Verde & Vegetables
- White Bean Stew w/ Ham

#### Seafood

- Ⓞ ♥ • Baked Cod w/ Thyme & Spiced Black Bean Salad
- ♥ • Salmon Patty w/ Lemon Dill Glaze, Wild Rice Pilaf, Seasoned Peas & Pearl Onions
- Tuna Casserole

#### Poultry

- Ⓞ ♥ • Chicken Vesuvio
- Ⓞ ♥ • Grilled Chicken Breast w/ Herb Potatoes & Broccoli
- Ⓞ ♥ • BBQ Chicken w/ Tomato Zucchini Salad
- Ⓞ ♥ • Baked Chicken Breast w/ Vegetable Ratatouille
- Ⓞ ♥ • Lemon Herb Chicken, Wild Rice & Broccoli
- ♥ • Chicken & Noodles
- ♥ • Blackened Chicken Breast w/ Peas, Roasted Potatoes & Vegetables
- ♥ • Orange Chipotle Chicken w/ Spanish Rice & Roasted Rosemary Vegetables
- ♥ • Honey Dijon Chicken w/ Brown Rice, Orange Essence & Broccoli
- ♥ • Sweet Basil Chicken Thighs w/ Penne Pasta, Marinara, Broccoli & Carrots
- ♥ • Caribbean Chicken Thighs w/ Yellow Rice & Stewed Black Beans
- Grilled White Chicken w/ BBQ sauce, Potatoes & Sweet Corn
- Honey Lime Chicken w/ Black Beans, Corn, Brown Rice & Salsa Verde
- White Chicken w/ Fettucini Marinara Sauce
- Cashew White Chicken w/ Peas & Carrots over Coconut Rice
- White Chicken Cordon Bleu, Potatoes & Seasoned Vegetables
- Chicken Soup w/ Cojack Cheese Sandwich

#### Vegetarian

- ✔ Ⓞ ♥ • Vegetable Curry w/ Chick Peas & Brown Rice
- ✔ Ⓞ ♥ • Quinoa & Garbanzo Bean Salad w/ Carrots
- ✔ Ⓞ ♥ • Vegetarian Red Beans & Rice
- ✔ Ⓞ ♥ • Greek Barley & Quinoa Salad
- ✔ Ⓞ ♥ • 3 Bean Vegetarian Chili w/ Baby Carrots & Cheddar Cheese
- ✔ ♥ • Hummus w/ Vegetables & Pita
- ✔ ♥ • Vegetarian Lentil & Barley Soup
- ✔ ♥ • Vegetarian Lasagna w/ Zucchini Red Pepper Salad
- ✔ ♥ • Tomato Basil Pizza
- ✔ • Tostada Pizza

Order Today!

☎ 1.866.971.6667

www.MomsMeals.com

✉ To Learn More – Email Us At: MomsMealsCares@MomsMeals.com