

# Improving life through better nutrition at home

## Sample Menu

**Vegetable Egg Scramble**  
and Peaches with Cherries

**Biscuit and Pork**  
**Sausage Gravy**

**Pork Stir Fry Rice**  
and Spiced Fruit Medley

**Corn Chowder and**  
**Peaches with Cherries**

**Homestyle Meatloaf**  
with Potatoes and Corn

**Chicken & Waffle**  
and Peach Crisp

At Mom's Meals®, our programs are tailored to your personal needs. We make sure you get the nutrition you need to help you maintain your health and independence at home.

## Our Difference



**Refrigerated** - Meals are packaged for storage in the fridge for up to 14 days. Heat, eat and enjoy in minutes.



**Choice of Every Meal, Every Delivery** - Select your meals from an array of options based on your preferences and needs.\*



**Medically Tailored** - Designed by chefs and dietitians. Meals taste great and support the nutritional needs of most common chronic conditions.



**Delivery to Any Address** - Meals are delivered to any address, no matter how remote.



**Compassionate Customer Service** - We understand your needs and treat you like you are part of our family.

## Get Started

1

Contact your case manager

2

Select the meals you want to eat\*

3

Meals are delivered to your home

4

Simply heat, eat and enjoy!

\*Initial deliveries will have a variety of meals based on dietary preferences.