



Complete Meals

Moderation. Small helpings. Sample a little bit of everything. These are the secrets of happiness and good health.
~ Julia Child, Chef & Author

Order Online: www.MKMeals.com

2025-3

BREAKFAST

- Breakfast Scramble w Asparagus & Hash Browns #98093
- Cheese Omelet & Salsa, Broccoli & Hash Browns #98071
- Cheese Omelet with Peppers & Onions, Diced Red Potatoes & Diced Pears #902201
- Cheese Omelet with Roasted Potatoes #903373
- Crustless Quiche (2 svgs) #6112-2
- Egg Patty with Onions & Peppers and Roasted Potatoes #903376
- Egg Patty with Roasted Potatoes & Grits #903375
- French Toast & Sausage with Applesauce and Hash Browns #98066
- French Toast with Turkey Sausage Patty, Potatoes and Strawberries #902239
- Fried Egg Patties, Sweet Potatoes & Asparagus #98074
- Hot Apple Cinnamon Oatmeal (1 svg) #6111
- Hot Peach Oatmeal (1 svg) #6114
- Huevos Rancheros with Red Skin Potatoes & Broccoli #98061
- Pancakes with Turkey Sausage, Roasted Potatoes & Blueberry Sauce #902888
- Sausage Patties & Biscuit with Country Gravy, Hash Browns & Cinnamon Apples #98092
- Sausage, Egg, and Cheese Burrito with Salsa, Applesauce and Hash Browns #98078
- Waffles w Egg Patty & Strawberries #903750
- Waffles w Turkey Sausage & Strawberries #903383
- Whole Grain Pancake & Sausages, Sweet Potatoes & Cinnamon Apples #98073

SOUPS / BREADS

- Broccoli Cheddar Soup #6362
- Broccoli, Mushroom and Zucchini Soup #6359
- Butternut Squash Soup #6361
- Clam Chowder Soup #6364
- Coconut Carrot Ginger Soup #6363
- Cream of Mushroom Soup #6358
- Cream of Potato Soup #6368
- Minestrone Soup #6367
- Tomato Basil Bisque #6365
- Vegetable Barley Beef Soup #6366
- Vegetable Pasta Chicken Soup #6357
- Vegetable Rice Chicken Soup #6356
- Carrot Walnut Zucchini Muffin (2 svgs) #6165
- Cornbread Raspberry Muffins (2 svgs) #6187
- Orange Cranberry Muffins (2 svgs) #6185

FORTIFIED FARE

Magic Cup® frozen dessert and MightyShakes® are a great option for adding calories and protein for those experiencing involuntary weight loss.

- Magic Cups 9g of Protein (2 svgs), - Assorted Flavors
- Mighty Shakes 6g of Protein, - Assorted Flavors



Order Online: www.MKMeals.com
24 hours a day | 7 days a week!

Toll Free: 1-800-766-1765

Weekdays: 8AM to 5PM CT

Fax: 816-492-3221



The success of our MagicKitchen.com MK Complete Meals has inspired our dietitians and chefs to get busy in the kitchen so you don't have to! We continue to expand this nutritious, delicious line of simple-to-prepare meals designed to promote good health.

Each of the meals are also sold separately to give choice and variety.

Our wide variety of medically-tailored meals meet various dietary requirements such as:

- General Wellness
- Low Sodium
- Diabetic-Friendly
- Dialysis-Friendly
- Renal (CKD Stages 3&4)
- Portion-Controlled
- Dysphagia



Lunch & Dinner Menu

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POULTRY

- Balsamic Glazed Chicken with Roasted Potatoes & Green Beans #902639
- Breaded Chicken Florentine w/Gravy, Mashed Potatoes and Carrots - Individual Meal #902360
- Breaded Chicken Milanese w Pasta & Blended Vegetables #902342
- Breaded Chicken Parmesan, with Pasta and Broccoli #902274
- Breaded Chicken Patty, Spring Vegetables & Corn #98050
- Breaded Chicken Stuffed with Broccoli & Cheese with Gravy, Mashed Potatoes & Spinach #902672
- Chicken and Rice with Mushroom Sauce & Mozzarella Cheese, Broccoli and Carrots *New!* #95066
- Chicken Patty & Honey Lemon Rice with Black Beans, Corn & Brussels Sprouts #98095
- Chicken Patty & Penne Pasta Alfredo with Carrots & Butternut Squash #98094
- Chicken Patty with BBQ Sauce, Stewed Tomatoes & Sweet Potatoes #98053
- Chicken Tenders over Zesty Orange Rice with Bean Blend and Three Seasons Blend #98090
- Chicken Tenders with Honey Mustard Sauce, Spinach & Carrots #98017
- Chicken with General Tso's Sauce, Rice & Oriental Blend Vegetables #903137
- Chicken with Sweet & Sour Sauce, Rice and Blended Vegetables #902179
- Honey Mustard Chicken Patty with Sweet Potatoes & Brussell Sprouts #98036
- Roasted Turkey w/Gravy, Stuffing, Mashed Sweet Potatoes & Green Beans (limit 1 per order) #902217A
- White Meat Chicken with BBQ Sauce, Sweet Mashed Potatoes & Cauliflower #902666
- White Meat Chicken with Country Gravy, Mashed Potatoes & Collard Greens #902322

MEAT

- BBQ Pork Rib Pattie, Cubed Sweet Potatoes, Turnips with Roots *New!* #95030
- Beef and Broccoli over Noodles & Vegetable Blend #902665
- Beef Meatballs & Shell Pasta with Alfredo Sauce, Green Beans & Corn #98055
- Beef Meatballs with BBQ Sauce Macaroni & Cheese and Broccoli #902361
- Beef Meatballs with Creamy Brown Gravy, Noodles and Spinach #902305
- Beef Meatloaf with Mushroom Gravy, Mashed Potatoes, Carrots #903047
- Beef Patty & Onion Gravy, Red Skin Potatoes & Broccoli #98088
- Beef Patty with Chipotle Cheesy Rice, Corn & Broccoli #98082
- Beef Patty with Roasted Potatoes & Green Beans #903038
- Beef with Mushroom Gravy, Roasted Potatoes & Carrots #902671
- Beef with Red Wine Sauce, Roasted Potatoes, and Okra & Corn #903359
- Cheddar Mac & Beef, Peas, Peppers, Onions and California Blend *New!* #95092
- Chili with Beans with Carrots & Broccoli Florets #98034
- Ginger Pork Patty, Red Skin Potatoes & Green Pea Blend #98097
- Homestyle Meatloaf with Red Skin Potatoes & Winter Blend Vegetables #98023
- Mac & Cheese with Smoked Sausage, Stewed Tomatoes & Bean Blend #98058
- NY Strip Shaped Beef Patty with Horseradish Sauce, Red Skin Potatoes & Brussel Sprouts #98022
- Pepperoni Pizza, Four Seasons Vegetables & Corn #98012
- Pork Patty and Zesty Orange Rice with Green Peas & Carrots #98031
- Pork Patty & Rice with Roasted Garlic Gravy, Succotash & Carrots #98063
- Salisbury Steak, Red Skin Potatoes & Mixed Vegetables #98047
- Spaghetti & Meatballs, Corn & Broccoli #98065

SEAFOOD

- Breaded Fish & Alfredo Spinach Sauce, Sweet Potatoes, Cauliflower #98091
- Breaded Fish with Parma Rosa Sauce, Corn with Peppers & Italian Green Beans #98067
- Breaded Fish, Lima Beans, Corn and Red Pepper *New!* #95045
- Creole Fish, Tomato Herb Sauce with Rice, Cauliflower and Green Beans *New!* #95085
- Crunchy Breaded Fish Mac & Cheese Brussel Sprouts #902560
- Lemon Pepper Fish with Roasted Potatoes and Okra & Stewed Tomatoes #902339
- Southern Style Fish with Rice Blend, California Blend Veggies, Green Peas *New!* #95099

VEGETARIAN

- Cheese Lasagna with Tomato Sauce & Blended Vegetables #902330
- Cheese Pizza, Bean Blend & Mixed #98024
- Cheese Tortellini Marinara, Brussels Sprouts and Carrots *New!* #95078
- Mac & Cheese #87509
- Macaroni & Cheese with Stewed Brussel Sprouts & Bean Blend #98075
- Protein Pasta A la Vodka with Zucchini #903155
- Stuffed Shells with Tomato Sauce, Mozzarella Cheese & Blended Vegetables #902332
- Three Cheese Ravioli & Spinach Alfredo, Cauliflower and Mixed Vegetables #98049

SANDWICHES (LIMIT 4)

- Flame Broiled Cheese Burger on Brioche #6125
- Sausage Egg & Cheese Croissant #6126

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Nutritious, Delicious, Convenience!

June 25