



Complete Meals

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

Winter 2024



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Try Our New Meal Packs!



Lunch & Dinner Meal Pack A

- Chicken with Sweet & Sour Sauce, Rice and Blended Vegetables
- Breaded Chicken Parmesan, with Pasta with Broccoli
- Beef and Broccoli over Noodles & Vegetable Blend
- Stuffed Shells with Tomato Sauce, Mozzarella Cheese & Blended Vegetables
- Crunchy Breaded Fish Mac & Cheese and Brussel Sprouts
- Breaded Chicken Stuffed with Broccoli & Cheese with Gravy, Mashed Potatoes & Spinach
- Breaded Chicken Florentine w/Gravy, Mashed Potatoes and Carrots
- Beef Patty with Roasted Potatoes & Green Beans



Lunch & Dinner Meal Pack B

- White Meat Chicken with BBQ Sauce, Sweet Mashed Potatoes & Cauliflower
- Balsamic Glazed Chicken with Roasted Potatoes & Green Beans
- Chicken Meatballs with Creamy Brown Gravy, Noodles & Spinach
- Cheese Lasagna with Tomato Sauce & Blended Vegetables
- Beef and Broccoli over Noodles & Vegetable Blend
- Stuffed Shells with Tomato Sauce, Mozzarella Cheese & Blended Vegetables
- Beef Meatloaf with Mushroom Gravy, Mashed Potatoes, Carrots
- White Meat Chicken with Country Gravy, Mashed Potatoes & Collard Greens



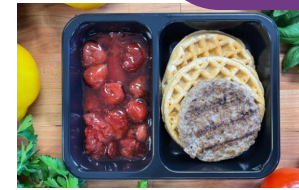
Lunch & Dinner Meal Pack C

- Chicken Patty & Penne Pasta Alfredo with Carrots and Butternut Squash
- Chicken Tenders over Zesty Orange Rice with Bean Blend and Three Seasons Blend
- Pork Patty and Rice with Roasted Garlic Gravy and Succotash Carrots
- Beef Meatballs & Alfredo Shell Pasta, with Corn with Peppers & Green Beans
- Chicken Patty with BBQ Sauce with Stewed Tomatoes & Sweet Potatoes
- Breaded Chicken Patty, Spring Vegetables & Corn
- Beef Meatloaf with Mushroom Gravy, Mashed Potatoes, Carrots
- Beef Patty with Roasted Potatoes & Green Beans



Breakfast Meal Pack D

- Cheese Omelet with Peppers & Onions, Diced Red Potatoes & Diced Pears
- Waffles with Turkey Sausage and Strawberries
- Waffles with Egg Patty and Strawberries
- Cheese Omelet & Salsa, Broccoli & Hash Browns
- French Toast with Turkey Sausage Patty, Potatoes and Strawberries
- Egg Patty with Onions & Peppers and Roasted Potatoes
- Egg Patty with Roasted Potatoes and Grits
- Cheese Omelet with Roasted Potatoes



Breakfast Meal Pack E

- Cheese Omelet with Peppers & Onions, Diced Red Potatoes & Diced Pears
- Waffles with Turkey Sausage and Strawberries
- Pancakes with Turkey Sausage, Roasted Potatoes & Blueberry Sauce
- Cheese Omelet with Roasted Potatoes
- Sausage, Egg, and Cheese Burrito with Salsa Applesauce
- Fried Egg Patties, Sweet Potatoes & Asparagus
- Whole Grain Pancake & Sausages, Sweet Potatoes & Cinnamon Apples
- French Toast & Sausage with Applesauce and Hash Browns

Meals are subject to change in these meal packs based on availability of products.

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

Toll Free: 1-800-766-1765
Weekdays: 8AM to 5PM CT
Saturdays: 9AM to 3PM CT
Limited Coverage
Sundays: Closed
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

Menu

To Order: 1-800-766-1765 | www.MKMeals.com

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 Spinach Quiche (2 svgs)	#6160
Egg Patty with Onions & Peppers and Roasted Potatoes	#903376
Egg Patty with Roasted Potatoes & Grits	#903375
Hot Apple Cinnamon Oatmeal (1 svg)	#6111
Peach Oatmeal (1 svg)	#6114
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
Pancakes with Turkey Sausage, Roasted Potatoes & Blueberry Sauce	#902888
Sausage Egg & Cheese Croissant	#6126
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 Turkey Sausage & Strawberries	#903383
Waffle w Egg Patty & Strawberries	#903750
Whole Grain Pancake & Sausages, Sweet Potatoes & Cinnamon Apples	#98073

SOUPS

Broccoli Cheddar Soup	#6362
Broccoli, Mushroom and Zucchini Soup	#6359
Butternut Squash Soup	#6361
Clam Chowder Soup	#6364
Coconut Carrot Ginger Soup	#6363
Minestrone Soup	#6367
Cream of Mushroom Soup	#6358
Cream of Potato Soup	#6368
Tomato Basil Bisque	#6365
Vegetable Barley Beef Soup	#6366
Vegetable Pasta Chicken Soup	#6357
Vegetable Rice Chicken Soup	#6356

LUNCH/DINNER

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 Meatballs with Creamy Brown Gravy, Noodles & Spinach	#902305
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
Roasted Turkey w/Gravy, Stuffing, Mashed Sweet Potatoes & Green Beans	#92217
White Meat Chicken with BBQ Sauce, Sweet Mashed Potatoes & Cauliflower	#902666
White Meat Chicken with Country Gravy, Mashed Potatoes & Collard Greens	#902322

SEAFOOD

Breaded Fish & Alfredo Spinach Sauce, Sweet Potatoes, Cauliflower	#98091
Crunchy Breaded Fish Mac & Cheese Brussel Sprouts	#902560
Fish Sticks, Green Beans and Corn	#902424
Lemon Pepper Fish with Roasted Potatoes and Okra & Stewed Tomatoes	#902339

BREAD

Carrot Walnut Zucchini Muffin (2 svgs)	#6345
Cornbread Blueberry Toaster Cakes (2 svgs)	#7216
Dinner Rolls	#6194
French Bread	#6195

LUNCH/DINNER

MEAT

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 Meatloaf with Mushroom Gravy, Mashed Potatoes, Carrots	#903047
Beef Patty & Onion Gravy, Red Skin Potatoes & Broccoli	#98088
Beef Patty with Cheesy Chipotle Rice, Corn & Broccoli	#98082
Beef Patty with Roasted Potatoes & Green Beans	#903038
Beef with Mushroom Gravy, Roasted Potatoes & Carrots	#902671
Chili with Beans with Carrots & Broccoli Florets	#98034
Flame Broiled Cheese Burger on Brioche	#6125
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
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
Smoked Sausage & Beans, Red Skin Potatoes & Winter Blend Vegetables	#98048
Spaghetti & Meatballs, Corn & Broccoli	#98065

VEGETARIAN

Cheese Lasagna with Tomato Sauce & Blended Vegetables	#902330
Cheese Pizza, Bean Blend & Mixed	#98024
Macaroni & Cheese with Stewed Brussel Sprouts & Bean Blend	#98075
Protein Pasta A la Vodka with Zucchini	#93371
Stuffed Shells with Tomato Sauce, Mozzarella Cheese & Blended Vegetables	#902332
Three Cheese Ravioli with Spinach Alfredo, Cauliflower & Mixed Vegetables	#98049

FORTIFIED SNACKS

Magic Cups 9g of Protein, - Assorted Flavors
Mighty Shakes 6g of Protein, - Assorted Flavors