



Complete Meals

One cannot think well, love well, sleep well if one has not dined well.
 - Virginia Woolf, English Novelist

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. Just call Toll Free: 1-877-516-2442 and speak to our Meal Program representative today!

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

- Low sodium
- Diabetic-friendly
- Portion-controlled
- Renal (CKD Stage 3 and 4)
- Dialysis-friendly
- Nutritionally balanced

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

☎ Toll Free: 1-800-766-1765
 Weekends: 9AM to 3PM CT

Fax: 816-492-3221
 International: 816-492-3220

BREAKFAST

Cheese Omelet & Salsa, Broccoli & Hash Browns	Cheese Omelet with Peppers & Onions, Diced Red Potatoes & Diced Pears	Cheese Omelet with Roasted Potatoes	Crustless Spinach Quiche (2 svgs)	Egg Patty with Roasted Potatoes and Grits	Egg Patty with Roasted Potatoes and Onions & Peppers
French Toast with Turkey Sausage Patty, Potatoes and Strawberries	French Toast, Chicken Sausage, & Blueberry	Fried Egg Patties, Sweet Potatoes & Asparagus	Pancakes with Chicken Sausage & Strawberry Sauce	Pancakes with Turkey Sausage, Roasted Potatoes & Blueberry Sauce	Sausage Patties & Biscuit with Country Gravy, Hash Browns & Cinnamon Apples
Scrambled Eggs over Creamy Polenta with Peppers & Creole Jambalaya Sauce	Turkey Sausage, Egg & Cheddar Cheese on English Muffin (2 svgs)	Waffle with Chicken Sausage and Pears	Waffles with Egg Patty and Blueberries	Waffles with Turkey Sausage and Strawberries	Whole Grain Pancake & Sausages, Sweet Potatoes & Cinnamon Apples

• Denotes > 700mg Sodium

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LUNCH AND DINNER



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POULTRY	Balsamic Glazed Chicken with Roasted Potatoes & Green Beans	Breaded Chicken Fritter Milanese with Penne Pasta and Vegetable Blend	Breaded Chicken Parmesan, with Pasta with Broccoli	Breaded Chicken Patty, Spring Vegetables & Corn	Breaded Chicken Stuffed with Broccoli & Cheese with Gravy, Mashed Potatoes & Spinach	Chicken Fritter Florentine with Gravy, Mashed Potatoes and Sliced Carrots	Chicken Meatballs with Creamy Brown Gravy, Noodles & Spinach
	Chicken Patty & Penne Pasta Alfredo, Carrots & Corn with Peppers	Chicken Patty with BBQ Sauce, Broccoli & Stewed Tomatoes	Chicken Patty with Rosemary Gravy, Lima Beans & Spring Vegetables	Chicken Pot Pie	Chicken Tenders over Zesty Orange Rice with Bean Blend and Three Seasons Blend	Chicken Tenders with Honey Mustard Sauce, Spinach & Carrots	Chicken with General Tso's Sauce, Rice & Oriental Blend Vegetables
	Chicken with Pesto Cream Sauce over Penne Pasta & Petite Broccoli-Individual Meal	Chicken with Sweet & Sour Sauce, Rice and Blended Vegetables	Creamy Chicken Waffle, Autumn Blend & Butternut Squash	White Meat Chicken with BBQ Sauce, Sweet Mashed Potatoes & Cauliflower	White Meat Chicken with Country Gravy, Mashed Potatoes & Collard Greens	White Turkey Tetrazzini with Noodles and Broccoli	-----

SOUPS	Broccoli, Mushroom & Zucchini Soup (2 svgs)	BREADS	Carrot Walnut Zucchini Muffin (2 svgs)
	Many Bean Soup (2 svgs)		Cornbread Blueberry Toaster Cakes (2 svgs)
	Tomato Basil Bisque (2 svgs)		French Bread (2 svgs)
	Vegetable Barley Beef Soup (2 svgs)		Herb Focaccia (2 svgs)
	Vegetable Rice Chicken (2 svgs)		Whole Grain Rolls (2 svgs)

MEAT	BBQ Pork Patty, Red Skin Potatoes & Whole Kernel Corn	BBQ Pork Riblets & Honey BBQ Sauce, Green Pea Blend & Autumn Blend	Beef and Broccoli over Noodles & Vegetable Blend	Beef Goulash with Noodles and Carrots	Beef Meatballs & Shell Pasta with Alfredo Sauce, Green Beans & Corn	Beef Meatballs with BBQ Sauce Macaroni & Cheese and Broccoli
	Beef Meatloaf with Mushroom Gravy, Mashed Potatoes, Carrots	Beef Patty & Onion Gravy, Red Skin Potatoes & Broccoli	Beef Patty with Cheesy Chipotle Rice, Corn & Broccoli	Beef Patty with Seasoned Potatoes & Green Beans	Beef Ribequ Sweet Potatoes Mixed Vegetables	Beef with Mushroom Gravy, Roasted Potatoes & Carrots
	Beef with Red Wine Sauce, Red Diced Potatoes, Okra & Corn	Beef with Salsa Verde, Mashed Potatoes & Brussel Sprouts	Breaded Pork, Red Skin Potatoes & Brussels Sprouts	Chili with Beans with Carrots & Broccoli Florets	Homestyle Meatloaf with Red Skin Potatoes & Winter Blend Vegetables	Creamy Country Fried Steak with Red Skin Potatoes & Mixed Vegetables
	Pork Patty and Zesty Orange Rice with Green Peas & Carrots	Salisbury Steak with Sauce, Sweet Mashed Potatoes & Broccoli	Spaghetti & Meatballs, Corn & Broccoli	-----	-----	-----

SEAFOOD	Breaded Fish & Alfredo Spinach Sauce, Sweet Potatoes, Cauliflower
	Breaded Fish Wedge, Butternut Squash & Autumn Blend
	Crunchy Breaded Fish Mac & Cheese Brussel Sprouts
	Fish Sticks, Green Beans and Corn
	Lemon Pepper Fish with Roasted Potatoes and Okra & Stewed Tomatoes

VEGETARIAN	Cheese Lasagna with Tomato Sauce & Blended Vegetables	Cheese Tortellini with Pesto & Mixed Vegetables
	Eggplant Parmigiana & Polenta with Spinach	Lemon Basmati Rice, Rajma Curry, Shahi Paneer, Dhal and Paneer Pakora
	Cheese Tortellini with Pomodoro Sauce and Parmesan Cheese	Macaroni & Cheese, Stewed Tomatoes & Bean Blend
	Protein Pasta A la Vodka with Zucchini	Spinach Mushroom Lasagna & Garlic Green Beans
	Stuffed Shells with Tomato Sauce, Mozzarella Cheese & Blended Vegetables	Three Cheese Ravioli with Spinach Alfredo, Cauliflower & Mixed Vegetables
	Vegetable Caponata with Spinach & Orzo	-----

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