



Document #:	SOP – RD110		
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Created By:	Amanda Daines, RD, LD	Updated:	
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Menu Selection Protocol

In order of priority (*conditions higher on the list trump conditions below*)

1. Pureed (if needed to accommodate tooth or mouth problems that make it difficult to chew or swallow)
2. Gluten-Free (celiac disease)
3. Renal (kidney disease or dialysis and has been told by doctor to follow a special diet)
4. Diabetes Friendly (diabetes)
5. Heart Friendly (heart disease or high cholesterol)
6. Lower Sodium (high blood pressure)
7. General Wellness

First delivery is always a variety pack, all other shipments can be customized via the menu that arrives in each cooler that's delivered.

For more information on menus visit: <https://www.momsmeals.com/individuals-caregivers/self-pay/learn-about-our-menus/>

Please note the following:

- Vegetarian
 - All menus above include vegetarian entrees.
 - Choosing the Vegetarian Menu would only be appropriate if no chronic conditions listed above are indicated by the client and the client only wants to have Vegetarian meals
- Cancer Support
 - High protein/calories
 - This menu would be appropriate if no chronic conditions listed above are indicated by the client and higher protein and/or calories is indicated by the client's health condition
- Shelf Stable
 - If client indicates that they do not have enough space (in either a refrigerator or freezer) to store 14 meals/week and client is interested in shelf stable meals, the Shelf Stable Menu is appropriate unless one of the following applies:
 - Client is in need of pureed food
 - Client is managing one of the following health conditions:
 - Celiac Disease
 - Dialysis or need for Renal meals

Note: If there is not a menu that would meet the client's needs, based on the selection criteria above, please reach out to Amanda.Daines@Momsmeals.com for further guidance.