



Meal and Nutrition Services for All

Sign Up Via Our Website:
www.mobilemealsinc.org

Call Us By Phone:
330-376-7717
1-800-852-6325

Mobile Meals
1357 Home Avenue
Suite 1
Akron, Ohio 44310

Gluten-Free Frozen Meals from Mobile Meals

A gluten-free diet contains meals that exclude gluten which are proteins found in wheat and other types of grains. Gluten may cause health problems for those with gluten-related disorders like celiac disease and wheat allergies.

FAQ:

- Gluten-Free Meals available in **10 Packs** from Mobile Meals
- One of each meal below is included in every **10 Pack**
- Gluten-Free Meals are **Frozen**
- Gluten-Free Meals are **\$3.25/per meal**
- Available for **Pickup** or **Convenient Home Delivery**
- **No Delivery Fee** for **Home Delivery**

#	Meal Description	Calories	Protein	Carbs	Fat	Cholest	Sodium
Gluten Free 10 Pack	11 Cacciatore Chicken Tenders w/ Asparagus and Hash Browns	270	29.6	21.4	7.5	63	555
	20 Sausage with Red Beans & Rice w/ Cabbage and Corn & Peppers	362	17.1	56.6	7.9	26	590
	23 Homestyle Meatloaf w/ Winter Vegetables & Red Skin Potatoes	281	18.4	26.9	12.7	25	472
	34 Beef Chili with Beans w/ Broccoli and Cinnamon Apples	368	27.9	42.8	11	37	707
	36 Honey Mustard Chicken w/ Brussels Sprouts and Sweet Potatoes	281	31.8	32.6	4.6	65	444
	39 Bruschetta Chicken w/ Green Beans and Red Skin Potatoes	293	27.2	21.3	10.8	63	459
	48 Sausage & Beans w/ Winter Vegetables and Cabbage	379	23.7	33.2	16.8	58	588
	59 Ham & Cheese Frittata w/ Broccoli and Hash Browns	217	13.4	16.4	10.3	195	399
	83 Pesto Chicken w/ Carrots and Brussels Sprouts	242	28.6	14	8.5	66	373
	99 Beef Patty w/ Carrots and Brussels Sprouts	239	20.8	14.3	12.9	38	271

Gluten-Free Meals Home Delivered

Order Form

Please fill out the following information to order:

Date: _____

Name: (First Name, MI, Last Name) _____

Address: _____

City/State: _____ Zip: _____

Email: _____

Home Phone: _____ Cell Phone: _____

Number of 10 Packs Ordered: _____

Do not miss out on these great meal deals! Order now and as often as you would like; the minimum is 10 meals (10 Pack Meals) for pickup or convenient home delivery. Call us at 330-376-7717 or 1-800-852-6325 to receive these meals delivered to your doorstep throughout our service area in Northeast Ohio. We accept personal checks; EBT cards; and VISA, MasterCard, & Discover Debit and Credit cards.

For Internal Use Only

Account ID: _____ Route: _____ Delivery Date: _____