



Complete Meals

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



Food Insecurity & the Aging Americans

- ▶ 34 million people, including 9 million children are food insecure, meaning they aren't sure where their next meal is coming from.
- ▶ Studies have showed that 1 in 3 patients that enter the hospital are malnourished
- ▶ Medically tailored meals are innovative and a low-cost response showed to:
 - ▶ Reduce ED visits by 70%
 - ▶ Reduce inpatient admits by 52%
 - ▶ 16% decrease in healthcare costs over 5 years
- ▶ Magic Kitchen, INC uses [MKMeals](#) to service MLTC, Waiver, Medicaid, Areas of Aging Agencies, Programs of All-Inclusive Care for the Elderly, and HMO contracts to provide meals to these participants. We service all ages, genders, ethnicities, and disability.
- ▶ Many recipients are elderly, coping with multiple illnesses who are unable to shop or cook on their own, but there are also a small demographic of children fighting diseases, whose parents don't have time or resources to make sure their child has optimal health.

Citation: FIMC, <http://www.fimcoalition.org/white-house-conference-on-hunger-nutrition-and-health>





What sets us apart?

Magic Kitchen, INC was founded in 2005, beginning in Northern California. In 2017, the company relocated to Kansas City, KS. Magic Kitchen, INC is Medicaid approved in 9 states, with pending approval in 12 states. Apart from contracts, we can also provide single case agreements.

- **Delivery:**
 - UPS Delivery to ALL counties in the continental US, even rural areas
- **We offer meal choices!**
 - Members can choose their meals by Phone, Online, or with the new Mobile App
- **NPI: 1023363983**
- **EIN: 20-4010796**



Information for Case Managers

SUBMITTING A REFERRAL CAN BE DONE ONE OF THE FOLLOWING WAYS:

- FAX TO (816)492-3221
- E-MAIL TO INTAKE@MAGICKITCHEN.COM
- ON OUR WEBSITE AT [HTTPS://WWW.MAGICKITCHEN.COM/MEAL-DELIVERY/MEAL-SERVICE-REFERRAL-FORM.HTML](https://www.magickitchen.com/meal-delivery/meal-service-referral-form.html)

WE GUARANTEE THAT REFERRALS WILL BE PROCESSED IN 2 BUSINESS DAYS! IF YOU HAVE ANY QUESTIONS ABOUT THE PROCESS, PLEASE CALL US AND WE WOULD BE HAPPY TO WALK YOU THROUGH OUR PROCESS!



Live Customer Service Representatives

- Initial call to set-up customer, discuss menu options, likes/dislikes, allergies, and health conditions.
- Each participant is fitted with a friendly customer service representative based on their region.
- Participants can call with questions: **(800)766-1765 or (816)492-3220**
- **Hours of operation: M-F: 8am-6pm CST, Weekends: 9am-3pm**
- Ongoing support to ensure customer is eating the meals and enjoying their options.



How do the meals arrive?

Eco-friendly Packaging

- ▶ All coolers and packaging are recyclable.



Stackable Meals

- ▶ Participants can refrigerate meals up to 5 days, and freeze up to 6 months.
- ▶ Containers can be recycled.



Magic Kitchen, INC

Complete Meals

Medically Tailored Menu Options

- ❖ Low-calorie
- ❖ Diabetic & Low-carb
- ❖ Heart Healthy
 - ❖ Low-fat
 - ❖ Sodium Controlled
- ❖ Renal & Dialysis
- ❖ Portion Control

Special Requests

- ❖ Dairy free
- ❖ Gluten-free
- ❖ Vegetarian
- ❖ Pescetarian
- ❖ Pork-free



Breakfast Menu



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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
- Renal (CKD Stage 3 and 4)
- Diabetic-friendly
- Dialysis-friendly
- Portion-controlled
- 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	Sausage, Egg, and Cheese Burrito with Salsa Applesauce and Hash Browns.	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

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



Lunch & Dinner Menu

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
POULTRY	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
POULTRY	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	-----
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	Breaded Fish & Alfredo Spinach Sauce, Sweet Potatoes, Cauliflower
MEAT	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 Ribeye Sweet Potatoes Mixed Vegetables	Beef with Mushroom Gravy, Roasted Potatoes & Carrots	Breaded Fish Wedge, Butternut Squash & Autumn Blend
MEAT	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	Crunchy Breaded Fish Mac & Cheese Brussel Sprouts
MEAT	Pork Patty and Zesty Orange Rice with Green Peas & Carrots	Salisbury Steak with Sauce, Sweet Mashed Potatoes & Broccoli	Spaghetti & Meatballs, Corn & Broccoli	-----	-----	-----	Fish Sticks, Green Beans and Corn
SEAFOOD	-----	-----	-----	-----	-----	-----	Lemon Pepper Fish with Roasted Potatoes and Okra & Stewed Tomatoes
VEGETARIAN	-----	-----	-----	-----	-----	-----	Cheese Lasagna with Tomato Sauce & Blended Vegetables
VEGETARIAN	-----	-----	-----	-----	-----	-----	Cheese Tortellini with Pomodoro Sauce and Parmesan Cheese
VEGETARIAN	-----	-----	-----	-----	-----	-----	Protein Pasta A la Vodka with Zucchini
SOUPS	Broccoli, Mushroom & Zucchini Soup (2 svgs)	Many Bean Soup (2 svgs)	Tomato Basil Bisque (2 svgs)	Vegetable Barley Beef Soup (2 svgs)	Vegetable Rice Chicken (2 svgs)	-----	-----
BREADS	Carrot Walnut Zucchini Muffin (2 svgs)	Cornbread Blueberry Toaster Cakes (2 svgs)	French Bread (2 svgs)	Herb Focaccia (2 svgs)	Whole Grain Rolls (2 svgs)	-----	-----



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INTRODUCING THE MKMEALS PHONE APP

MKMeals.com wants to make ordering meals as simple as possible for Insurance and Areas of Aging Clients.

How to Install the App

If you have received meals from MK Meals.com previously, install the application. If you have not yet received an order from us, please call MK Meals Customer Service (1-800-766-1765) to ensure an account is fully set up and ready to receive orders before installing the software on your phone.

You can download the app from either Google Play (if you have an Android phone) or the App Store (For iPhones). Scan the QR code to go to our app on one of these platforms.

