

# **BREAKFAST**

## **MENU 5**

*Your menu will be corrected according to the diet prescribed by your Doctor.*

### **BREAKFAST ITEMS: (Limit 1)**

Scrambled Eggs    Hard Boiled Egg

♥Egg Substitute

French Toast (1 CHO)

Pancakes (2 CHO)

- Omelet made to order: your choice of –  
Onions, peppers, mushroom, cheese
- Egg & Cheese Breakfast Sandwich (2 CHO)

Turkey Sausage

### **Cereals (1 CHO Each)**

♥Rice Krispies

♥Special K                      ♥Cheerios

♥Cream of Wheat            ♥Oatmeal

### **Breakfast Breads**

Blueberry Mini Muffin (1 CHO)

Corn Mini Muffin (1 CHO)

Bagel (2 CHO)

English Muffin (2 CHO)

### **BEVERAGES: (Limit 3)**

Coffee/Decaf Coffee

Tea/Decaf Tea/Herbal Tea

Sugar-Free Hot Cocoa (1 CHO)

Ice Water

**Milk:** ♥Skim, 2%,Whole, Lactaid,

          ■Soy milk

( 8oz= 1 CHO, 4oz=1/2 CHO )

♥Juice: Apple, Cranberry (1 CHO)

## **CONSISTENT CARBOHYDRATE/ RENAL DIET**

**CHO= Carbohydrate**

### **ACCOMPANIMENTS: (1 CHO each)**

**Fresh Fruit** ■♥: Apple, Grapes, Pineapple

**Canned Fruit** ■♥: Peaches, Pears, Applesauce

*Remember to order condiments when placing order!*

### **CONDIMENTS:**

Margarine    Pepper    Lemon

Diet Jelly

Sugar Substitute

Creamer/Non-dairy creamer

Lite Cream Cheese

♥ *indicates a heart healthy menu item*

■ *indicates a vegetarian menu item*

*Mon Tue Wed Thu Fri Sat Sun*

# **LUNCH MENU 5**

**(Limit 1 Hot or 1 Cold Entrée)**

## **HOT ENTREES:**

- Panko & Dijon Crusted Tilapia(1 CHO)
- Turkey w/Stuffing & Gravy (2 CHO)
- ♥Grilled Chicken Pot Roast
- Macaroni & Cheese (3 CHO)
- ♥Chicken Marsala (1 CHO)
- Meatloaf (1 CHO)
- Pasta: Rotini or ♥Whole Wheat Penne  
w/your choice of: Garlic Butter/Pesto  
(Side order= 1 CHO Entrée= 2 CHO)

## **From the Grill:(Each 2 CHO)**

- ♥Grilled Chicken Sandwich
- Cheeseburger Hamburger
- Turkey Burger ■Grilled Cheese

## **SOUPS & SALADS:(Limit 1 each)**

- Chicken Noodle (1 CHO)
- Chicken Broth Beef Broth
- ♥Cottage Cheese
- ♥Tossed Salad (Oil & Vinegar/Lowfat  
Italian/Lowfat French)

## **DESSERTS: (Each 1 CHO)**

- ♥Angel Food Cake
- Fresh Fruit** ■♥: Apple, Grapes, Pineapple,
- Canned Fruit** ■♥: Peaches, Pears,
- Applesauce
- ♥Vanilla Wafers Lorna Doones
- ♥Graham Crackers
- Pound Cake (2 CHO) ♥ Diet Gelatin(free)

## **CONDIMENTS:**

- Margarine / Pepper/Lemon
- Mayo / Lowfat Mayo/Mustard /Relish
- Sugar Substitute
- Creamer/Non-dairy creamer Sour Cream

# **CONSISTENT CARBOHYDRATE/**

## **RENAL DIET**

**CHO= Carbohydrate**

## **COLD ENTREES:**

- Chef Salad Chicken Caesar Salad(1 CHO)  
(Oil & Vinegar/Lowfat Italian/Lowfat  
French)

- ♥Cottage Cheese & Canned Fruit Plate  
(2 CHO)

## **Deli Bar~ Create your custom sandwich Salad Meats Cheeses**

- Tuna Salad ♥Turkey
- Egg Salad Roast Beef ■Swiss
- Chicken Salad

- Breads** White,♥Wheat, Rye(Each slice=1  
CHO) Kaiser Roll (2 CHO)

- Peanut Butter & Jelly

**Extras:** Lettuce, Onion,

## **ACCOMPANIMENTS:**

- ♥Green Beans
- ♥Carrots ■♥Broccoli
- ♥California Blend Vegetables

(1 CHO)

- ♥White Rice Dinner Roll
- Breadstick ■♥Corn

## **BEVERAGES: (Limit 3)**

- Coffee/Decaf Coffee
- Tea/Decaf Tea/Herbal Tea/ Iced Tea
- Sugar-Free Hot Cocoa (1 CHO)
- Milk:** ♥Skim, 2%, Whole, Lactaid, ■Soymilk  
( 8oz= 1 CHO, 4oz=1/2 CHO )
- ♥**Juice:** Apple, Cranberry (1 CHO)
- Soda:** Diet Coke, Diet Sprite, Diet Gingerale  
Ice Water

- ♥ **indicates a heart healthy menu item**
- **indicates a vegetarian menu item**

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# **DINNER MENU 5**

**(Limit 1 Hot or 1 Cold Entrée)**

## **HOT ENTREES:**

- Panko & Dijon Crusted Tilapia(1 CHO)
- Turkey w/Stuffing & Gravy (2 CHO)
- ♥Grilled Chicken Pot Roast
- Macaroni & Cheese (3 CHO)
- ♥Chicken Marsala (1 CHO)
- Meatloaf (1 CHO)
- Pasta: Rotini or ♥Whole Wheat Penne  
w/your choice of: Garlic Butter/Pesto  
(Side order= 1 CHO Entrée= 2 CHO)

## **From the Grill:(Each 2 CHO)**

- ♥Grilled Chicken Sandwich
- Cheeseburger Hamburger
- Turkey Burger ■Grilled Cheese

## **SOUPS & SALADS:(Limit 1 each)**

- Chicken Noodle (1 CHO)
- Chicken Broth Beef Broth
- ♥Cottage Cheese
- ♥Tossed Salad (Oil & Vinegar/Lowfat  
Italian/Lowfat French)

## **DESSERTS: (Each 1 CHO)**

- ♥Angel Food Cake
- Fresh Fruit ■♥: Apple, Grapes, Pineapple,
- Canned Fruit ■♥: Peaches, Pears,
- Applesauce
- ♥Vanilla Wafers Lorna Doones
- ♥Graham Crackers
- Pound Cake (2 CHO) ♥ Diet Gelatin(free)

## **CONDIMENTS:**

- Margarine / Pepper/Lemon
- Mayo / Lowfat Mayo/Mustard /Relish
- Sugar Substitute
- Creamer/Non-dairy creamer Sour Cream

## **CONSISTENT CARBOHYDRATE/**

## **RENAL DIET**

**CHO= Carbohydrate**

## **COLD ENTREES:**

- Chef Salad Chicken Caesar Salad(1 CHO)  
(Oil & Vinegar/Lowfat Italian/Lowfat  
French)

- ♥Cottage Cheese & Canned Fruit Plate  
(2 CHO)

## **Deli Bar~ Create your custom sandwich Salad Meats Cheeses**

- Tuna Salad ♥Turkey
- Egg Salad Roast Beef ■Swiss
- Chicken Salad

- Breads** White,♥Wheat, Rye(Each slice=1  
CHO) Kaiser Roll (2 CHO)

- Peanut Butter & Jelly

**Extras:** Lettuce, Onion,

## **ACCOMPANIMENTS:**

- ♥Green Beans
- ♥Carrots ■♥Broccoli
- ♥California Blend Vegetables

(1 CHO)

- ♥White Rice Dinner Roll
- Breadstick ■♥Corn

## **BEVERAGES: (Limit 3)**

- Coffee/Decaf Coffee
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