

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 Pancakes

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

Turkey Sausage

Cereals (Limit 1)

♥Rice Krispies Frosted Flakes

♥Special K ♥Cheerios

♥Cream of Wheat ♥Oatmeal

Breakfast Breads (Limit 1)

English Muffin

Blueberry Mini Muffin

Corn Mini Muffin

Bagel

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee

Tea/Decaf Tea/Herbal Tea

Hot Cocoa/Sugar-Free Hot Cocoa Ice Water

Milk: ♥Skim, 2%,Whole, Chocolate, Lactaid, ■Soymilk

♥**Juice:** Apple, Cranberry

RENAL DIET

ACCOMPANIMENTS: (Limit 2)

Fresh Fruit ■♥: Apple, Grapes, Pineapple

Canned Fruit ■♥: Peaches, Pears, Applesauce

Remember to order condiments when placing order!

CONDIMENTS:

Margarine Pepper Honey

Lemon

Jelly/Diet Jelly

Sugar/Sugar Substitute/Brown Sugar

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
Turkey w/ Stuffing & Gravy
(Grilled Chicken)

- Macaroni & Cheese (Chicken Marsala)
- Pot Roast Meatloaf
- Pasta: Rotini or (Whole Wheat Penne
w/your choice of: Garlic Butter/Pesto)

From the Grill:

♥ Grilled Chicken Sandwich

Cheeseburger Hamburger
Turkey Burger ■ Grilled Cheese

SOUPS & SALADS:(Limit 1 each)

Chicken Noodle
Chicken Broth Beef Broth

- ♥ Cottage Cheese
- ♥ Tossed Salad (*Oil & Vinegar/Lowfat
Italian/Lowfat French*)

DESSERTS: (Limit 2)

Pound Cake Brownie ♥ Angel Food Cake
Sherbet ♥: Raspberry, Orange
Italian Ice: Cherry, Watermelon, Lemon
Fresh Fruit ■♥: Apple, Grapes, Pineapple,
Canned Fruit ■♥: Peaches, Pears,
Applesauce
♥ Gelatin/Diet Gelatin ♥ Vanilla Wafers
Lorna Doones ♥ Graham Crackers
Chocolate Chip Cookie

RENAL DIET

COLD ENTREES:

Chef Salad Chicken Caesar Salad
(*Oil & Vinegar/Lowfat Italian/Lowfat
French*)

■♥ Cottage Cheese & Canned Fruit Plate

Deli Bar~ Create your custom sandwich

Salad Meats Cheeses

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

Breads White, ♥ Wheat, Rye, Kaiser Roll,

■ Peanut Butter & Jelly

Extras: Lettuce, Onion,

ACCOMPANIMENTS:

■♥ White Rice Dinner Roll

Breadstick

(Limit 1 Starch, 1 Vegetable)

■♥ Green Beans

■♥ Carrots ■♥ Broccoli ■♥ Corn

■♥ California Blend Vegetables

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee

Tea/Decaf Tea/Herbal Tea/ Iced Tea

Hot Cocoa/Sugar-Free Hot Cocoa ■ Soymilk

Milk: ♥ Skim, 2%, Whole, Chocolate, Lactaid

♥ Juice: Apple, Cranberry

Soda: Coke, Diet Coke, Sprite, Diet Sprite,
Gingerale, Diet Gingerale Ice Water

CONDIMENTS:

Margarine / Pepper/Lemon

Mayo / Lowfat Mayo/Mustard /Relish

Sugar/Sugar Substitute/ Honey

Creamer/Non-dairy creamer Sour Cream

Cranberry Sauce

♥ *indicates a heart healthy menu item*

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Mon Tue Wed Thu Fri Sat Sun

DINNER MENU 5

(Limit 1 Hot or 1 Cold Entrée)

HOT ENTREES:

Panko & Dijon Crusted Tilapia
Turkey w/Stuffing & Gravy
♥Grilled Chicken

■Macaroni & Cheese ♥Chicken Marsala
Pot Roast Meatloaf
■**Pasta:** Rotini or ♥Whole Wheat Penne
w/your choice of: Garlic Butter/Pesto

From the Grill:

♥Grilled Chicken Sandwich
Cheeseburger Hamburger
Turkey Burger ■Grilled Cheese

SOUPS & SALADS:(Limit 1 each)

Chicken Noodle
Chicken Broth Beef Broth

■♥Cottage Cheese
■♥Tossed Salad (*Oil & Vinegar/Lowfat
Italian/Lowfat French*)

DESSERTS: (Limit 2)

Pound Cake Brownie ♥Angel Food Cake
Sherbet ♥: Raspberry, Orange
Italian Ice: Cherry, Watermelon, Lemon
Fresh Fruit ■♥: Apple, Grapes, Pineapple,
Canned Fruit ■♥: Peaches, Pears,
Applesauce
♥Gelatin/Diet Gelatin ♥Vanilla Wafers
Lorna Doones ♥Graham Crackers
Chocolate Chip Cookie

RENAL DIET

COLD ENTREES:

Chef Salad Chicken Caesar Salad
(*Oil & Vinegar/Lowfat Italian/Lowfat
French*)

■♥Cottage Cheese & Canned Fruit Plate

Deli Bar~ Create your custom sandwich

Salad Meats Cheeses

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

Breads White, ♥Wheat, Rye, Kaiser Roll,

■Peanut Butter & Jelly

Extras: Lettuce, Onion,

ACCOMPANIMENTS:

■♥White Rice Dinner Roll
Breadstick

(Limit 1 Starch, 1 Vegetable)

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

BEVERAGES: (Limit 3)

Coffee/Decaf Coffee
Tea/Decaf Tea/Herbal Tea/ Iced Tea
Hot Cocoa/Sugar-Free Hot Cocoa ■Soy milk
Milk: ♥Skim, 2%, Whole, Chocolate, Lactaid
♥Juice: Apple, Cranberry
Soda: Coke, Diet Coke, Sprite, Diet Sprite,
Gingerale, Diet Gingerale Ice Water

CONDIMENTS:

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

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