

BREAKFAST Menu 1, 3

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)

Decaf Coffee

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 1, 3, 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)

Decaf Coffee
Decaf Tea/Herbal Tea/ Iced Tea
Sugar-Free Hot Cocoa (1 CHO)
Milk: ♥Skim, 2%, Whole, Lactaid, ■Soy milk
(8oz= 1 CHO, 4oz=1/2 CHO)
♥Juice: Apple, Cranberry (1 CHO)
Soda: Diet Sprite, Diet Gingerale Ice Water
♥ indicates a heart healthy menu item
■ indicates a vegetarian menu item

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DINNER Menu 1,3
(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)

- Decaf Coffee
- 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 Sprite, Diet Gingerale Ice Water
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