

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 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)

Decaf Coffee

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 1, 3

(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)

Decaf Coffee
Decaf Tea/Herbal Tea/ Iced Tea
Hot Cocoa/Sugar-Free Hot Cocoa ■ Soymilk
Milk: ♥ Skim, 2%, Whole, Chocolate, Lactaid
Juice: Apple, Cranberry
Soda: 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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Mon Tue Wed Thu Fri Sat Sun

DINNER Menu 1, 3

(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

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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)

Decaf Coffee
Decaf Tea/Herbal Tea/ Iced Tea
Hot Cocoa/Sugar-Free Hot Cocoa ■ Soymilk
Milk: ♥ Skim, 2%, Whole, Chocolate, Lactaid
Juice: Apple, Cranberry
Soda: 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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