

Additional Selections

BREAKFAST ENTRÉES

Entrées: Buttermilk pancakes, scrambled eggs, turkey sausage or French toast

Breads: Bagel, blueberry muffin, English muffin or white toast

Cereals: 10 Grain Hot Cereal, Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies or Total Raisin Bran

Fruits: Fresh fruit plate

LUNCH AND DINNER ENTRÉES

Entrées: Grilled seasoned chicken 🐔 breast ▪ Roasted salmon ▪ Ground turkey tacos ▪ Chicken strips ▪ Hot roast beef sandwich ▪ Pasta (torchiette, macaroni noodles or gluten-free spaghetti noodles) with lemon herb or Alfredo sauce

Burgers: Hamburger 🍔, turkey burger, garden burger

Sandwiches: Turkey, roast beef, egg salad or tuna on white bread only

Salads: Chicken 🐔 Caesar, ground turkey taco salad, or chef salad

Fruits: Fresh fruit plate

SIDE ITEMS/VEGETABLES

Rice: Steamed jasmine rice

Bread: White dinner roll

Fruits: Apple slices, red grapes, fresh pineapple, canned peaches or applesauce

Veggies: Baby carrots, zucchini, side salad with choice of dressing (diet ranch or diet Italian dressing)

Soups: Chicken noodle or broth (low sodium)

DESSERTS

Sorbet or Italian ice, Jell-O, shortbread or animal cookies

PATIENT MENU

Renal Diet



MEAL DELIVERY TIMES

Breakfast: 6:45 a.m. – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:45 p.m. – 7:30 p.m.

HOW TO MAKE SELECTIONS

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Please keep this menu
throughout your stay.

Renal Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally-grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever.” Beef for the hamburgers is local and grass-fed. Beef for the meatloaf is grass-fed.

Daily breakfast options include Cream of Wheat and coffee. Breakfast, lunch, and dinner are served with juice. Soup will be served upon request.

SUNDAY

Breakfast: Scrambled eggs, turkey sausage links, Cream of Wheat, and fruit cup

Lunch: Beef stroganoff, rotelle pasta, baby carrots, and fruit cup

Dinner: Chicken  teriyaki, jasmine rice, baby carrots, and fruit cup

MONDAY

Breakfast: Scrambled eggs, turkey sausage links, Cream of Wheat, and fruit cup

Lunch: Grilled  chicken and pasta with alfredo sauce, baby carrots, dinner roll, and apple slices

Dinner: Lemon cream  chicken, jasmine rice, roasted vegetable, dinner roll, and sorbet

TUESDAY

Breakfast: French toast, scrambled eggs, turkey sausage links, Cream of Wheat, and fruit cup

Lunch: Chicken  tinga tacos, flour tortillas, rice

Dinner: Meatloaf  and gravy, jasmine rice, baby carrots, dinner roll, and sorbet

WEDNESDAY

Breakfast: Scrambled eggs, turkey sausage, Cream of Wheat, and red grapes

Lunch: Homestyle  chicken, Jasmine rice, roasted vegetables, and fresh fruit

Dinner: Parmesan  chicken, pasta with lemon herb sauce, baby carrots, dinner roll and sorbet

THURSDAY

Breakfast: Buttermilk pancakes, scrambled eggs, Cream of Wheat, and fruit cup

Lunch: Roast turkey with gravy, jasmine rice, carrots, and apple slices

Dinner: Chicken  chile verde, Spanish rice, squash sofrito, fresh fruit, and a sugar cookie

FRIDAY

Breakfast: Scrambled eggs, turkey sausage, Cream of Wheat, and apple slices

Lunch: Roast  chicken, penne pasta with lemon piccata sauce, zucchini, and dinner roll

Dinner: BBQ chicken  sandwich, zucchini, and animal cookies

SATURDAY

Breakfast: French toast, scrambled eggs, turkey sausage links, Cream of Wheat, and apple slices

Lunch: Hamburger  on white bun, garden salad with dressing

Dinner: Lemon herb salmon or oven fried  chicken, jasmine rice, steamed vegetables, dinner roll, and sorbet

BEVERAGES

Milk: Almond milk

Juice: Apple, cranberry, cran-grape, or diet cranberry

Hot beverage: Coffee, tea

Bottled water

 = No antibiotics ever

 = Grass-fed beef