

Circle the meal you are ordering: **Breakfast** Lunch Dinner

Date \_\_\_\_\_

**Renal Diet**  
Dining On Call Menu

(All items in **Bold Print** require a choice.)

## Breakfast

### Entrées

- Build Your Own Omelet**  
(Regular, Egg Whites, Low Cholesterol)
  - Cheese:**  Swiss  Cheddar  Pepper Jack
  - Onions
  - Green Peppers
- Pancakes (1):**  Buttermilk  Blueberry
- Cinnamon French Toast (White Bread)

### Sides

- Scrambled Eggs  
(Regular, Egg whites, Low Cholesterol)
- Boiled Egg
- Turkey Bacon – Slice
- Turkey Sausage Link

### Bakery

- Blueberry Muffin
- English Muffin
- Bagel (1/2), Plain
- White Toast

### Hot and Cold Cereals

- Cream of Wheat®
- Oatmeal
- Grits
- Cheerios®
- Corn Flakes®
- Rice Krispies®

### Fruit and Yogurt

- Fresh Fruit:**  Grapes  Apple
- Soft Fruit:**  Peaches  Pears  Applesauce
- Yogurt**  Vanilla  Strawberry  Greek Plain

## Lunch and Dinner

### Entrée Salads

- Chicken Caesar Salad<sup>(no tomatoes)</sup>
- Chef Salad <sup>(no tomatoes)</sup>
- Dressings:**  Oil & Vinegar  Italian
  - Ranch  Raspberry Vinaigrette

### Chef Selections

- Baked Fish
- Seasoned Chicken Breast
- Roast Turkey Breast with Gravy
- Asian Stir-Fry Vegetables:  Chicken  Tofu

### Grill

- Grilled sandwich:**  Cheese  Chicken Breast on White Bun
- Burger:**  Beef  Turkey
- Toppings:**  Lettuce  Red Onion

### Build Your Own Sandwich

- Bread:**  White
- Protein:**  Turkey  Tuna Salad  Chicken Salad
  - Egg Salad  Peanut Butter & Jelly
- Cheese:**  Swiss  Cheddar  Pepper Jack
- Toppings:**  Lettuce  Red Onion

### Side Dishes

- Side Salads:**  Garden <sup>(no tomatoes)</sup>  Caesar <sup>(no tomatoes)</sup>
- Dressings:**  Oil & Vinegar  Italian
  - Ranch  Raspberry Vinaigrette
- Vegetable:**
  - Corn  Broccoli  Green Beans
  - Dill Carrots
- White Rice
- Bread:**  Cornbread  Dinner Roll
- Macaroni & Cheese
- Pasta:**  Alfredo Sauce
- Carrots & Celery Sticks

### Soups and Broths

- Soup:**  Chicken Noodle  Chicken Broth

Items with a ♦ are not available at our  
Stafford location.

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# Renal Diet

Dining On Call Menu

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## Condiments

- Pepper
- Herb Seasoning
- Cinnamon
- Lemon
- Honey
- Creamer
- Sweetener:**  White Sugar  Brown Sugar  
 Equal®  Sucralose  Sweet & Low®
- Low Fat Mayonnaise
- Mustard
- Butter
- Vinegar
- Sour Cream
- Cream Cheese
- Peanut Butter
- Jelly:**  Grape  Strawberry  Sugar Free
  
- Cranberry Sauce
- Crackers (Unsalted)

## Dressing

- Balsamic  French  Italian
- Ranch  Raspberry Vinaigrette

## Beverages

- Water
- Juice:**  Apple  Cranberry
- Milk:**  Soy  Almond  1% (4oz)
- Iced Tea (Decaf Unsweetened)
- Coffee:**  Regular  Decaf
- Hot Tea:**  Black Decaf  Green  
 **Herbal :**  Mint  Cranberry Apple  
 Orange Spice  Lemon Ginger
  
- Sodas:**  Gingerale  Diet Gingerale  
 Lemon-Lime  Diet Lemon-Lime
- Crystal Light:**  Lemon  ♦Raspberry Ice

## Desserts

- Apple Crisp
- Angel Food Cake
- Popsicle®:**  Cherry  Orange  Grape  
 Sugar Free Orange
- Italian Ice:**  Lemon  Orange
- Orange Sherbet
- Cookie, Sugar
- Gelatin, Berry
- High Protein Frozen Treat (Magic Cup),  
(Vanilla)

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at our Stafford location.

Comments/Supplements: \_\_\_\_\_

### RENAL DIET INFORMATION

Your diet, like your medication, is an important part of your treatment and may speed your recovery. Your doctor has prescribed a Renal Diet for you.

**While on this diet, your meal s may limit one or more of the following nutrients:**

- *Protein:* found in eggs, meats, and dairy products (milk, cheese),
- *Sodium:* found in cured meats (bacon/ham) and other highly processed foods,
- *Potassium:* high in some fruits and vegetables,
- *Phosphorus:* found in milk, nuts, chocolate, and colas
- *Fluids* or foods liquid at room temperature.