

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**
 - Low Cholesterol Regular Egg Whites
 - Cheese:** Swiss Cheddar Pepper Jack
 - Onions Green Peppers
- Pancakes (1):** Buttermilk Blueberry
- Cinnamon French Toast

Sides

- Scrambled Eggs:**
 - Low Cholesterol Regular Egg Whites
- Boiled Egg
- Turkey Bacon – 1 Slice
- Turkey Sausage Link

Bakery

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

Hot and Cold Cereals

- Cream of Wheat®
- Oatmeal
- Grits
- Cheerios®
- Honey Nut Cheerios®
- Corn Flakes®
- Rice Krispies®
- Cinnamon Toast Crunch®

Fruit and Yogurt

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

Lunch and Dinner

Entrée Salads

- Chicken Caesar Salad^(no tomatoes)
- Chef Salad ^(no tomatoes)
- Dressings:** Oil & Vinegar Italian
- Ranch Raspberry Vinaigrette

Chef Selections

- Herb Seasoned Baked Fish
- Seasoned Chicken Breast
- Roast Turkey Breast with Gravy
- Asian Stir-Fry Vegetables (over White Rice):**
 - Chicken Tofu Baked Fish
- Penne Pasta:** Alfredo Sauce

Grill

- Grilled Cheese
- Burger on White Bun:** Beef Turkey
 - Portobello Mushroom Grilled Chicken Breast
- 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 ^(no tomatoes) Caesar ^(no tomatoes)
- Dressings:** Oil & Vinegar Italian
- Ranch Raspberry Vinaigrette
- Vegetable:**
 - Corn Broccoli Green Beans
 - Dill Carrots Green Peas
- White Rice
- Bread:** Cornbread Dinner Roll
- Macaroni & Cheese (1/2 Portion)
- Penne 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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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

- Italian Ranch Oil & Vinegar
- 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
- Sugar Cookie
- Berry Gelatin
- High Protein Frozen Treat (Magic Cup), (Vanilla)

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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.