

CONSISTENT CARBOHYDRATE/ RENAL MENU

Chef Daily Specials

Your doctor has prescribed a Consistent Carbohydrate (CHO) and Renal diet for you during your stay. This consistent carb diet is used to control diabetes. Carbohydrates are the foods that raise your blood sugar. Examples are milk, fruit, and starches (rice, pasta, bread, corn, potatoes, beans). Sugar substitutes can be requested as sweetener. This diet allows you to eat the foods you want, if you stay within your CHO levels for each meal. The number of CHO grams is listed next to the food items below to assist you when ordering. The renal diet is necessary in the treatment of many kidney diseases and disorders. It limits sodium and potassium which can build up in the blood and become harmful.

Your doctor will prescribe one of the CHO levels listed below that best meets your needs:

Level 1: 45 g CHO / Meal (1 snack = 15-20 g CHO, optional)

Level 2: 60 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Level 3: 75 g CHO / Meal (1-2 snacks = 15-20 g CHO, optional)

Revised Feb 2022

	BREAKFAST	LUNCH	DINNER
SUNDAY	2 Buttermilk Pancakes (33) with SF Syrup (4), Turkey Sausage Patty & Diced Pears (18)	Turkey Tetrazzini (37) & Mixed Green Salad with Oil and Vinegar (1) or Roasted Turkey & Green Beans (6)	Chicken Marsala (10), White Rice (22) & Baby Carrots (9) or Meatballs and Pasta with Gravy (37) & Caesar Salad (7)
MONDAY	Scrambled Eggs (1), Bacon, Applesauce (12) & 1% 4oz Milk (6)	Roasted Turkey Breast with Gravy (4), White Rice (22) & Green Beans (6) or Roast Beef with Cheddar on Rye (27)	Meatballs and Pasta with Gravy (37) & Sliced Carrots (7) or Cranberry Dijon Chicken Breast (1), Brown Rice (20) & California Vegetable Blend (4)
TUESDAY	1 Buttermilk Pancake (17) with SF Syrup (4), Turkey Sausage Patty & Grits (26)	Pork Carnitas (1), Spanish Rice (21) & Corn (18) or Chicken Caesar Wrap (36)	No Crust-Chicken Pot Pie (22.5) & California Vegetable Blend (4) or Pork Chop (8) with Gravy (4), White Rice (22), Green Beans (6) & Applesauce (14)

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BREAKFAST

LUNCH

DINNER

WEDNESDAY

Scrambled Eggs
with half of
English Muffin
(10) & Diced
Pears (18)

Meatballs and Pasta
with Gravy (37),
Green Beans (6) &
Mixed Green Salad
(1)
or
Turkey Burger (31)

Beef Stew (11) with
Mixed Green Salad (1)
or
BBQ Chicken Breast
(1), White Rice (22),
Mixed Green Salad (1)
& Diced Pears (18)

THURSDAY

Scrambled Eggs,
Bacon, Oatmeal (24)
& Diced Peaches (14)

Citrus Marinated
Chicken (5), White
Rice (22) with Gravy
(4) & Cauliflower (3)
or
Fettuccine with
Tomato Basil Sauce
(47) & Garden
Vegetable Soup (10)

Lemon Thyme Roast
Turkey (12), White Rice
(21), Green Beans (6) &
Roll (13)
or
Meatballs and Pasta
with Gravy (37) &
Mixed Garden Salad (1)

FRIDAY

Scrambled Eggs
with Half English
Muffin (10), Turkey
Sausage Patty &
Diced Pears (18)

BBQ Pulled Pork (2)
with Gravy (4), White
Rice (22) & Sliced
Carrots (7)
or
Chicken Parmesan
Fresca (3) with Penne
(32) with gravy (4) &
Carrots (9)

Beef Pot Roast (2),
White Rice (22) &
Green Beans (6)
or
Tuscan Herb Pollock
(3), Barley Rice Pilaf
(20), California
Vegetable Blend (4) &
Wheat Dinner Roll (13)

SATURDAY

French Toast Slice
(16) with Sugar-
free Syrup (4),
Bacon &
Applesauce (15)

Basil Chicken Breast,
Brown Rice (20) &
Baby Carrots (9)
or
Turkey and Cranberry
Sandwich (33) & Mixed
Green Salad (1)

Farmer's Meatloaf (11)
with Gravy (4), Brown Rice
(22) & Green Beans (6)
or
Meatballs and Pasta with
Gravy (37), Mixed Green
Salad (1) & Dinner Roll (13)

ALWAYS AVAILABLE

BREAKFAST

- Regular or Low-Cholesterol Scrambled Eggs
- Hard Boiled Egg
- Buttermilk Pancakes (33)
- French Toast (16)
- Tofu Scramble (5)
- Turkey Sausage
- Bacon
- Blueberry Muffin (18)
- Bagel-Wheat (60), White (42), Cinnamon (42)
- Hot Cereal- Oatmeal (24), Cream of Wheat (17), Grits (26)
- Cold Cereal - Cheerios (20), Corn Flakes (18), Frosted Flaked (25), Rice Krispies (23)

ENTREES

- Herb Chicken Breast
- Tofu Scramble
- Hamburger [Beef, Turkey or Veggie (16)] with choice of Regular Bun (27) or Whole Wheat Bun (26) and Swiss Cheese (1.5)
- Chicken Caesar Salad (8)
- **Build-Your-Own Sandwich:**
- Choice of: Whole Wheat Bread (26), White Bread (27), Hamburger Bun (27), Whole Wheat Burger Bun (26), 10" Flour Tortilla (35) or 6" Corn Tortilla (12)
- Choice of: Turkey Breast, Chicken Salad (3), Tuna Salad (6), Herb Chicken Breast, Peanut Butter (5), Diet Grape Jelly (3), Diet Strawberry Jelly (3) or Swiss Cheese (1.5)
- Add On: Leaf Lettuce, Sliced Tomatoes (0.71), Sliced Yellow Onions (2.5)

SIDES

Green Beans (6)
California Mixed Vegetables (4)
Mixed Green Salad (2)

Brown Rice (20)
White Rice (22)
Penne Pasta (32)

Wheat Dinner Roll (13)
White Dinner Roll (13)

Chicken Noodle Soup (10)
Vegetable Soup (10)
Beef (3), Chicken (2.3) or Vegetable Broth (2.5)

DESSERTS

Angel Food Cake (28)
Peach Cobbler (35)
Orange Sherbet (26)
Sugar-free Lemon Fruit Ice (24.5)
Cookies
 Sugar (22) & Vanilla Wafers (18)
Pudding
 Sugar-Free: Vanilla (11)
Gelatin
 Sugar Free: Berry (2) or Citrus (1)
Fresh Fruit
 Apple (18), Red Grapes (14), Applesauce (12),
 Peach Slices (19), Pear Halves (21)

Speak with the Call Center
Representative for
Additional Options

CALL US 843-792-3892