

# ADULT RENAL MENU

## Chef Daily Specials

Revised Feb 2022

The renal diet is necessary in the treatment of many kidney diseases and disorders. It limits sodium and potassium (800 mg per meal) which can build up in the blood and become harmful. Fluid may be restricted as well to assist in management of some kidney disorders.

	BREAKFAST	LUNCH	DINNER
<b>SUNDAY</b>	Buttermilk Pancakes, Turkey Sausage Patty, Oatmeal & Pears	Turkey Tetrazzini & Mixed Green Salad or Roast Turkey Breast & Green Beans	Chicken Marsala, White Rice & Baby Carrots or Penne with Meatballs & Caesar Side Salad
<b>MONDAY</b>	Scrambled Eggs, Bacon, Whole Wheat English Muffin & Applesauce	Roasted Turkey Breast, White Rice, Green Beans or Roast Beef Sandwich on Rye	Penne with Meatballs & Mixed Green Salad or Cranberry Dijon Chicken, Brown Rice & Cali Mixed Vegetables
<b>TUESDAY</b>	Buttermilk Pancake, Turkey Sausage Patty, Grits & Applesauce	Pork Carnitas, Spanish White Rice & Corn or Chicken Caesar Wrap & Vegetable Soup	Chicken Pot Pie & Cali Mixed Vegetables or Smothered Pork Chops, White Rice & Green Beans
<b>WEDNESDAY</b>	Scrambled Eggs, Whole Wheat English Muffin, Oatmeal & Pears	Penne with Meatballs & Green Beans or Turkey Burger & Mixed Green Salad	Beef Stew & Mixed Green Salad or BBQ Chicken, White Rice & Mixed Green Salad
<b>THURSDAY</b>	Scrambled Eggs, Bacon, Cheerios & Peaches	Citrus Marinated Chicken, White Rice & Cauliflower or Fettuccini with Tomato Basil & Vegetable Soup	Lemon Thyme Roast Turkey, White Rice & Green Beans or Penne with Meatballs & Green Beans
<b>FRIDAY</b>	Scrambled Eggs, Whole Wheat English Muffin, Oatmeal & Pears	BBQ Pulled Pork, Sliced Carrots & White Rice or Chicken Parm Fresca, Penne & Baby Carrots	Pot Roast, White Rice & Green Beans or Tuscan Herb Pollock, Barley Rice Pilaf & Cali Mixed Vegetables
<b>SATURDAY</b>	French Toast, Bacon, Grits & Applesauce	Basil Chicken, Baby Carrots & Brown Rice or Turkey & Cranberry Spread Sandwich & Mixed Green Salad	Farmer's Meatloaf, White Rice & Green Beans or Penne with Meatballs & Mixed Green Salad

# ALWAYS AVAILABLE

## BREAKFAST

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Regular or Low-Cholesterol Scrambled Eggs  
Hard Boiled Egg  
Buttermilk Pancakes  
French Toast (Reg or WW)  
Tofu Scramble  
Bacon Slice  
Turkey Sausage  
Blueberry Muffin  
Whole Wheat English Muffin  
Bagel - Wheat, White  
Hot Cereal - Oatmeal, Cream of Wheat, Grits  
Cold Cereal - Cheerios, Corn Flakes, Frosted  
Flaked, Rice Krispies

## ENTREES

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Herb Chicken Breast  
Chop Beef Steak  
Tofu Scramble  
Hamburger (Beef, Turkey or Veggie)

Chef Salad  
Caesar Salad  
Chicken Caesar Salad  
Fresh Fruit Plate

### Build-Your-Own Sandwich

Choice of: Whole Wheat Bread, White Bread,  
Hamburger Bun, Whole Wheat Burger Bun, 10"  
Flour Tortilla or 6" Corn Tortilla

Choice of: Turkey Breast, Chicken Salad, Egg  
Salad, Tuna Salad, Herb Chicken Breast,  
Peanut Butter, Grape Jelly, Strawberry Jelly,  
Swiss Cheese

Add On: Leaf Lettuce, Sliced Yellow Onions

## SIDES

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Green Beans  
California Mixed Vegetables  
Mixed Green Salad

Brown Rice  
White Rice  
Penne Pasta

Wheat Dinner Roll  
White Dinner Roll

Chicken Noodle Soup  
Vegetable Soup  
Beef, Chicken or Vegetable Broth

## DESSERTS

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Angel Food Cake  
Peach Cobbler  
Orange Sherbet  
Popsicle (Reg or sf)  
Lemon Fruit Ice  
Cookies

Sugar, Vanilla Wafers, Graham Crackers  
Vanilla Pudding (Reg or sf)  
Gelatin (Reg or sf)  
Berry or Citrus  
Fresh Whole Fruit: Apple, Grapes  
Diced Peaches  
Diced Pears  
Applesauce

Speak with the Call Center  
Representative for  
Additional Options

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CALL US 843-792-3892