

# Renal Menu

The renal diet is necessary in the treatment of many kidney diseases and disorders. It limits sodium and potassium (800 mg each 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

### Entrees

- Pancakes (Buttermilk or Whole Wheat)
- French Toast
- Hard Cooked Egg
- Scrambled Eggs (Regular or Cholesterol-Free)
- Scrambled Tofu
- Create-Your-Own Breakfast Burrito\*
- Create-Your-Own Omelet\* (Regular or Cholesterol-Free)  
Turkey Sausage, Diced Green Peppers, Yellow Onions

### Sides

- Turkey Sausage
- Hot Cereal (Grits, Oatmeal, Cream of Wheat)
- Cold Cereal (Cheerios, Corn Flakes, Rice Chex)
- White or Whole Wheat Bread
- Bagel (White or Whole Wheat)
- English Muffin
- Blueberry Muffin

### Fruit

- Apple
- Applesauce
- Peach Slices
- Pear Halves
- Grapes

## Lunch/Dinner

### Entrees

- Roasted Turkey Breast
- Herbed Baked Chicken Breast
- Crispy Baked Fish
- Meatloaf
- Create-Your-Own Pasta\* (Penne, Spaghetti, Elbow Macaroni - buttered or plain)  
Chicken, Ground Beef, or Meatballs
- Create-Your-Own Grill Sandwich\* (Hamburger, Turkey Burger, Veggie Burger, or Grilled Chicken)
- Create-Your-Own Deli Sandwich\* (Turkey, Chicken Salad, Egg Salad, or Tuna Salad)
- Create-Your-Own Taco\* (Chicken, Fish, or Ground Beef)
- Create-Your-Own Rice Bowl\* (Chicken or Tofu)

### Sides

- Steamed White Rice
- Brown Rice
- Quinoa

### Veggies

- Corn
- Yellow Squash
- Green Peas
- Sliced Carrots
- Green Beans

### Soup

- Beef Broth
- Chicken Broth
- Vegetable Broth
- Chicken Noodle Soup
- Garden Vegetable Soup

### Salad

- Side Garden Salad

## Desserts

- Angel Food Cake
- Fruit Crisp
- Vanilla Wafers
- Graham Crackers
- Sugar Cookie
- Regular Gelatin (Berry or Citrus)
- Diet Gelatin (Berry or Citrus)
- Vanilla Pudding (Regular or Sugar Free)
- Lemon Fruit Ice
- Sherbet (Lime or Orange)
- Popsicle (Regular or Sugar Free)

## Beverages

### Hot

- Coffee (Reg or Decaf)
- Hot Tea (Regular or Decaf)

### Cold

- Reg or Diet Gingerale / Lemon Lime Soda
- Lemonade (Reg or Sugar Free)
- Ice Tea (Sweet or Unsweet)
- Unsweetened Almond Milk

### Juice

- Apple Juice
- Grape Juice
- Cranberry Juice

\*Refer to At Your Request regular tri-fold patient menu for detailed list of options.