

Renal

(Combination of Low Sodium, Low Potassium and Low Phosphorus Diets) - Dining on Call Menu

Breakfast (Available 7-10:30 am)

Entrées

- Nitty Gritty Bowl (no bacon) ♥
(Cheese grits, scrambled egg, cheddar, scallions)
- Buttermilk Pancakes ♥
- Cinnamon French Toast ♥
- French Toast Bread Pudding
(Baked cinnamon spiced brioche)

Sides

- Scrambled Eggs:** Egg Whites ♥ Regular
- Curried Tofu Scramble Hard Boiled Egg
- Veggie Sausage

Bakery

- Muffin:** Blueberry ♥ Banana Crumb
- Toast:** White Gluten Free
- Plain Bagel

Hot & Cold Cereals ♥

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

Fruit and Yogurt ♥

- Fruit:** Peaches ♥ Pears ♥
- Applesauce** ♥: Plain with Cinnamon
- Yogurt:** French Vanilla ♥ Light Vanilla ♥
- Strawberry ♥ Raspberry ♥

Condiments

- Pepper ♥ Herb Seasoning ♥ Cinnamon ♥
- Lemon ♥ Honey ♥
- Sweetener:** White Sugar Brown Sugar ♥
- Equal® Equal® Saccharin Splenda®
- Non-Dairy Creamer LF Mayonnaise
- Mustard ♥ Hot Sauce Butter Sour Cream
- Cream Cheese (Low Fat) Peanut Butter
- Jelly Crackers ♥

Lunch and Dinner (11-6:30pm)

Soups and Broths

- Soup:** Chicken Noodle ♥
- Minestrone & Orzo ♥
- Broth (Regular & Low Sodium) ♥**
- Chicken Vegetable

Entrée Salads & Handhelds

- Chicken Ceasar Salad (no tomatoes) ♥
- Chicken Salad Sandwich (no tomatoes)

Deli Sandwiches

- Bread:** White Gluten Free
- Meats:** Sliced Turkey Chicken Salad ♥
- Tuna Salad ♥ Peanut Butter & Jelly ♥
- Cheese:** Swiss ♥ Cheddar
- Extras:** Lettuce ♥ Onion ♥

Grill

- Burger on White Bun with Lettuce**
- Build Your Own Burger/ Sandwich**
- Hamburger Chicken Breast ♥
- Bread: Brioche Gluten Free
- Grilled Cheese: Swiss ♥ or Cheddar
- Extras:** Lettuce ♥ Onion ♥

Everyday Chef Specials ♥

(See daily Specials on Page 2)

- Chicken Broccoli Rotini Alfredo**
- Spring Mix Radish Salad
- Rotisserie Chicken Quarter**
- Cheese Grits with Parsley
- Lemon Pepper Green Beans
- Chicken Pot Pie**
- Broccoli

Side Dishes ♥

- Spring Mix & Radish Side Salad ♥
- Carrots** ♥: Lemon Pepper ♥ Steamed ♥
- Green Beans** ♥: Lemon Pepper ♥ Fresh ♥
- Broccoli ♥
- Basmati Rice ♥

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Renal Diet - Daily Chef Specials			
	Breakfast	Lunch	Dinner
MON	Cinnamon French Toast Scrambled Egg White Pears	Chicken Salad Sandwich (no tomato) Chicken Noodle Soup Vanilla Pudding Applesauce with Cinnamon	Carolina BBQ Pork Roast, Broccoli Rice Casserole, Sweet & Tangy Cabbage Slaw Cornbread Muffin Lemon Italian Ice
TUE	Buttermilk Pancake Scrambled Egg White Applesauce with Cinnamon	Chicken Caesar Salad (no tomato) Lemon Italian Ice Peaches	Black Magic Chicken Breast Sautéed Zucchini Sugar Cookie, Pears
WED	Nitty Gritty Bowl (no bacon) Applesauce with Cinnamon	Chicken Broccoli Rotini Alfredo Spring Mix Radish Side Salad Angel Food Cake, Peaches	Beef Pot Roast w/ Demi-Glace Herb Citrus Crunch Rosemary Parmesan Polenta Vanilla Pudding, Pears
THU	Bagel (Plain) Scrambled Egg White Turkey Sausage Rice Krispies Cereal Peaches	Hamburger on White Bun with Lettuce Spring Mix Radish Side Salad Sugar Cookie Pear	Sesame Ginger Chicken Thigh Hibachi Edamame Fried Rice Hibachi Vegetables Sugar Cookie Applesauce with Cinnamon
FRI	Cinnamon French Toast Scrambled Egg White Pears	Turkey on White, no tomato (1/2) Chicken Noodle Soup Sugar Cookie Applesauce with Cinnamon	BBQ Spiced Salmon Cheese Grits Sautéed Zucchini Pears, Peaches
SAT	Buttermilk Pancake Scrambled Egg White Applesauce with Cinnamon	Rotisserie Chicken Quarter Cheese Grits Lemon Pepper Green Beans Lemon Italian Ice Applesauce with Cinnamon	Roast Turkey with Gravy Jasmine Rice Fresh Green Beans Lemon Italian Ice, Pears
SUN	Bagel (Plain) Scrambled Egg White Rice Krispies Cereal Peaches	Hamburger on White Bun with Lettuce Spring Mix Radish Side Salad Sugar Cookie Pears	Chicken Pot Pie Broccoli Applesauce with Cinnamon Pears

Beverages

- Juice:** Apple ♥ Cranberry ♥
- Milk:** Skim (4oz) ♥ 2% (4oz) Soy Vanilla ♥
- Coffee:** Regular Decaf
- Hot Tea:** Black Decaf Green
- Decaf Unsweet Iced Tea
- Sugar Free Lemonade (Crystal Light) ♥
- Sodas (Regular & Diet):**
- Ginger Ale ♥ Lemon-Lime ♥
- Vanilla Nutritional Shake**

Desserts

- Vanilla Ice Cream (Regular & Sugar Free ♥):
- Popsicle® (Regular & Sugar Free) ♥
- Italian Ice ♥ Orange Sherbet ♥
- Vanilla Pudding (Regular & Sugar Free ♥):
- Gelatins** (Regular and Sugar Free) ♥
- Bakery:**
- Angel Food Cake ♥ Mini Apple Pie
- Sugar Cookie Vanilla Wafers

