

Renal Diet

A renal diet helps control the level of sodium, potassium, and phosphorus in your body. Please ask to see a Registered Dietitian Nutritionist if you have questions about your body.

See page 2 for condiments.

Breakfast served all day

HOT & COLD CEREALS

- Grits
- Corn Flakes

BREAKFAST ENTRÉES

- Scrambled Eggs
- Baked French Toast Sticks
- English Muffin or White Bread with scrambled egg

SIDES

- Hard Cooked Egg

BUILD YOUR OWN OMELET

Choose Your Eggs:

Egg Whites
Eggs

Choose Your Toppings:

Sautéed Mushrooms • Sautéed Onions
Green Peppers

SWEETS

- Fresh Apple
- Fresh Berries
- Red Grapes
- Fresh Pineapple

BREAD BASKET

- English Muffin
- White Bread
- Flour Tortilla

BEVERAGES

- Apple Juice
- Cranberry Juice
- Grape Juice
- Iced Tea
- Soy Milk
- Almond Milk

CONDIMENTS

- Margarine
- Butter
- Light Cream Cheese
- Jelly
- Lemon Juice
- Sugar
- Equal® Sucralose
- Pepper
- Herb Seasoning
- Syrup
- Brown Sugar

STARTERS

Tossed Garden Salad

Celery and Carrot Sticks

ENTRÉES

Grilled Chicken Breast

Chicken Nuggets

Roast Beef on White

Grilled Chicken Sandwich
on White

Roast Turkey

Chicken Salad Sandwich
on White

Hamburger on White

BUILD YOUR OWN SANDWICH

---- Choose Your Bread ----

White Bread • Slider Roll

---- Choose Your Protein ----

Sliced Roasted Turkey • Sliced Roast Beef
Sliced Chicken Breast • Chicken Salad • Tuna Salad

---- Choose Your Toppings ----

Lettuce Leaf • Sliced Red Onion

---- Choose Your Condiments ----

Jelly • Lite Mayo

BUILD YOUR OWN GRILL

---- Choose Your Bread ----

White Bread • Hamburger Bun • Slider Roll

---- Choose Your Protein ----

Beef Patty

Grilled Chicken Breast

Sliced Roasted Turkey

---- Choose Your Toppings ----

Lettuce Leaf • Sliced Red Onion

---- Choose Your Condiments ----

Lite Mayo

Low Sodium Ketchup

SOUPS

Chicken Noodle Soup

SIDES

Green Beans

White Rice

Fresh Carrots

Poultry Gravy

Corn

Brown Gravy

Buttered Penne

BREAD BASKET

White Roll • White Bread • Flour Tortilla

Low Sodium Saltines

SWEETS

Mini Chocolate Chip Cookies

Chilled Peaches

Teddy Grahams®

Applesauce

Red Gelatin

Chilled Pears

Citrus Gelatin

Mandarin Oranges

Orange Sherbet

Fresh Apple

Fruit Ice

Fresh Berries

Welch's Fruit Gummies

Red Grapes

Rice Krispy Treat

Fresh Pineapple

Otis Blueberry Muffin

BEVERAGES

Iced Tea

Apple Juice

Cranberry Juice

Grape Juice

Soy Milk

Almond Milk

Renal Diet

A renal diet helps control the level of sodium, potassium, and phosphorus in your body.

Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

CONDIMENTS

Margarine	Sugar
Butter	Equal® Sucralose
Diet French Dressing	Pepper
Diet Italian Dressing	Herb Seasoning
Low Sodium Ketchup	Lite Mayo
Lemon Juice	Jelly
Honey	Lettuce Leaf