

# Renal Diet

Take a moment to look through our menu. To place your order, **dial 6255**

We are available to take orders from 7 AM - 5 PM daily.

Your nursing staff is available to assist you with menu selections during your stay.

Please allow up to 45 minutes for your meal to be delivered.

There is a limit of one guest tray per meal per room.

Your 100% satisfaction is our number one goal. If, for any reason, our meal service does not meet your expectations, please call the Dietary Manager at extension 3206 and let us know how we can better serve you, our guest.

# Step 1

Begin by making your beverage choice.

## Beverages:

Choose a drink

- ▷ Coffee *(breakfast only)*  
*(1 cup/day) (Reg. or Decaf)*
- ▷ Hot Tea *(Reg. or Decaf)*
- ▷ Iced Tea *(Sweet/Unsweet)*
- ▷ Pop *(Lemon lime)*
- ▷ White Milk *(breakfast only,*  
*½ cup/day, skim or 2%)*
- ▷ Apple Juice
- ▷ Grape Juice
- ▷ Cranberry Juice
- ▷ Crystal Light
- ▷ Water

# Step 2

Guests are encouraged to choose breakfast OR lunch/dinner items. However, all items are available to order at any time of the day. (Breakfast is served all day and lunch/dinner items can be ordered for breakfast.)

## Breakfast:

Choose 1 item  
from each  
section.

**OR**

Go to the next  
page and make  
selections.

## Entrées:

- ▷ French Toast *(white bread only)*
- ▷ Pancake
- ▷ Eggs *(fried, poached, scrambled, or boiled)*
- ▷ Omelet *(mozzarella cheese, onion,  
mushroom, green pepper, or combo)*

## Breads:

- ▷ Toast *(white)*

## Fruit:

- ▷ Fresh Fruit  
*(apple, grapes, strawberries)*
- ▷ Canned Fruit  
*(applesauce, fruit mix, peaches, pears)*

## Cereals:

- ▷ Cheerios
- ▷ Rice Krispies

# Step 2 continued

## Build A Sandwich

### Bread:

- ▷ White Bun
- ▷ White Bread

### Toppings:

- ▷ Onion
- ▷ Lettuce

### Sandwiches:

- ▷ Hamburger
- ▷ Turkey
- ▷ Roast Beef

## Main Dishes

### Entrées:

- ▷ Roasted Pork Loin
- ▷ Roasted Beef
- ▷ Roasted Turkey
- ▷ Grilled Chicken Breast

### Soup:

- ▷ Chicken Noodle

## Side Dishes

- ▷ Potatoes (*1/2 cup/day, no skin*) (*mashed or boiled*)
- ▷ Seasoned White Rice
- ▷ Seasoned Noodles - Buttered
- ▷ Carrots
- ▷ Green Beans
- ▷ Corn
- ▷ Peas
- ▷ Broccoli
- ▷ Lettuce Salad (*carrots, cucumbers, radishes, onions*)

Choose one  
of the  
following:

Build A Sandwich

**OR**

Choose 1 item  
from Main Dishes

**AND**

Side dish (All  
above options  
include 1 side  
dish.)

## Step 3

Choose any condiments you would like for your meal.

- ▷ Syrup (*sugar-free*)
- ▷ Jelly (*sugar-free*)
- ▷ Ketchup
- ▷ Mustard
- ▷ Honey Mustard
- ▷ BBQ Sauce
- ▷ Margarine
- ▷ Mayonnaise
- ▷ Sugar
- ▷ Splenda
- ▷ Cinnamon
- ▷ Brown Sugar
- ▷ Cinnamon/Sugar
- ▷ Creamer (*Non-Dairy*)
- ▷ Tartar Sauce
- ▷ Parmesan Cheese
- ▷ Salt/Pepper

### Salad Dressing:

- ▷ Ranch (*Regular, Fat Free*)
- ▷ French (*Regular*)
- ▷ Italian (*Regular*)
- ▷ Raspberry Vinaigrette

## Step 4

Choose 1 dessert to go with your meal.

### Desserts:

- ▷ Angel Food Cake

### Snacks:

- ▷ Pudding (*vanilla*) (*sugar-free*)
- ▷ Jell-O (*orange, strawberry*)(*sugar-free*)

# About Your Diet

*This diet is prescribed by the physician for individuals with kidney disease. This diet is restricted in protein, sodium, potassium, and phosphorus. Fluid intake may also be restricted per the physician's orders.*