

# Your Choice: Personalize Your Meal

**\*Please Note:** The **Renal Diet** controls sodium phosphorus, and potassium. The dietary goal of this diet is to have a daily average of less than 2 grams of sodium, 2500 mg of Potassium, and 1200 mg of Phosphorus. A physician may request a protein restriction to this diet. Not all food options below are acceptable based on your prescribed diet order.

## Breakfast Options

Cereals	Breads	Hot Items
Cheerios	Toast (White or Wheat)	Scrambled Eggs or Egg Whites
Corn Flakes	English Muffin (White or Wheat)	Hard Boiled Eggs
Rice Krispies	Blueberry Muffin	French Toast
Oatmeal		Sausage
Cream of Rice		
Cream of Wheat		

## Lunch and Dinner Options

Hot Items	Soups & Salads
Burger *Option of Cheese (Beef)	Chicken Noodle Soup
Grilled Cheese	Caesar Salad *Option of Chicken
Seasoned Chicken Breast	Side Salads
Baked Salmon	Scoop of Chicken Salad, Egg Salad or Tuna Salad
Pasta with Olive Oil & Garlic	
Build Your Own Sandwich	Desserts & Fruits
Your Choice of White, or Ciabatta Bread	Sugar or Chocolate Chip Cookie
Egg Salad	Vanilla Ice Cream
Turkey	Vanilla Pudding
Choice of cheese: Cheddar, and Swiss	Fruit Ice (Cherry or Lemon)
Choice of Toppings: Lettuce and Onion	Strawberry Gelatin
Choice of Condiments: Ketchup, Mayo, Mustard	Peaches
	Apple Slices
	Cottage Cheese and Fruit Plate
Sides	Beverages
Pasta Ditalini	Milk
White Rice	Coffee
Steamed Green Beans	Tea
Steamed Carrots	Juice
Steamed Broccoli	Water
Grilled Mixed Vegetables	

\*Additional personal choice options may be available. Your Nutrition Service Team can assist in making selections.



## Your health is our priority.

At CommonSpirit Health, Food and Nutrition Services strives to provide delicious, wholesome & nutritious meals that help to build healthier communities. By delivering culinary excellence, along with evidence-based clinical nutrition care, we are better able to nourish those we serve. Our vision is to optimize the health and wellness of our patients, guests & team members through the delivery of quality meals and excellent clinical nutrition care.

## Our promise.

When you feel sick, few things feel better than a good home cooked meal.

We want to help all our patients, with any condition, feel that comfort of a home cooked meal during their stay with us.

Our menus provide flavorful comfort foods while maintaining a healthy nutritional balance.

You can receive our standard house menu or build your own.



# Patient Menu

## Renal Diet

Food and Nutrition Services



The **Renal Diet** is intended for patients whose kidneys are not functioning properly. This diet may be ordered for patients with acute kidney injury to chronic kidney disease. It controls sodium, phosphorus, and potassium.

To show our care, we have provided some customized menu options for you. Please see the back of the menu.”

\*Please note: Depending on your health needs and preferences, your personal menu may vary. Ask a Food and Nutrition Services team member if you have questions about your specific menu.

Call our Food and Nutrition Services office at extension

256279

to share your preferences. If we don’t hear from you, we will send you our daily chef selection.

**Please call before:**  
**5:30 AM** for breakfast changes  
**10:30 AM** for lunch changes  
**3:30 PM** for dinner changes

## Breakfast



**Sunday**  
**Cinnamon French Toast**  
Served with Savory Pork Sausage Links, Scrambled Eggs and Refreshing Apple Juice

**Monday**  
**Cheddar Stuffed Cheese Omelet**  
Served with Hearty Oatmeal, English Muffin, and Refreshing Apple Juice

**Tuesday**  
**Scrambled Eggs**  
Served with Cream of Rice, Buttermilk Biscuit, and Apple Slices

**Wednesday**  
**Garden Vegetable Frittata**  
Served with a English Muffin, and Sweet Apple Slices

**Thursday**  
**Cinnamon French Toast**  
Served with Savory Pork Sausage Links, Scrambled Eggs and Refreshing Apple Juice

**Friday**  
**Cheddar Stuffed Cheese Omelet**  
Served with Cream of Rice, English Muffin, and Refreshing Apple Juice

**Saturday**  
**Scrambled Eggs**  
Served with Hearty Oatmeal, Buttermilk Biscuit, and Apple Slices

Served with coffee and milk

## Lunch



**Sunday**  
**Traditional Oven Roasted Turkey**  
Served with Homestyle Gravy, White Rice, Seasoned Green Beans, and Sweet Apple Slices

**Monday**  
**Hearty Meatloaf**  
Served with Brown Gravy, Egg Noodles, Steamed Broccoli, and Shortbread Cookies

**Tuesday**  
**Three Cheese Stuffed Shells with Pesto Sauce**  
Served with Steamed Asparagus and Vanilla Pudding

**Wednesday**  
**Tender Beef Pot Roast**  
Served with Savory Gravy, Steamed Carrots, Egg Noodles, and Pears

**Thursday**  
**Traditional Oven Roasted Turkey**  
Served with Homestyle Gravy, White Rice, Seasoned Green Beans, and Sweet Apple Slices

**Friday**  
**Hearty Meatloaf**  
Served with Brown Gravy, Egg Noodles, Steamed Broccoli, and Shortbread Cookies

**Saturday**  
**Three Cheese Stuffed Shells with Pesto Sauce**  
Served with Steamed Asparagus and Vanilla Pudding

Served with water

## Dinner



**Sunday**  
**Ditalini Pasta with Grilled Chicken and Alfredo Sauce**  
Served with Garden Salad, Warm Garlic Bread, and Peaches

**Monday**  
**Seared Chicken Breast with Lemon Herb Sauce**  
Served with Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

**Tuesday**  
**Smoked BBQ Pulled Pork**  
Served with Seasoned Green Beans, White Rice, Cornbread Muffin, Tropical Fruit Cup

**Wednesday**  
**Teriyaki Glazed Chicken Breast**  
Served with Sesame Scallion Brown Rice, Seasoned Steamed Broccoli, and Pineapple Cup

**Thursday**  
**Ditalini Pasta with Grilled Chicken and Alfredo Sauce**  
Served with Garden Salad, Warm Garlic Bread, and Peaches

**Friday**  
**Seared Chicken Breast with Lemon Herb Sauce**  
Served with Rice Pilaf, Oven Roasted Zucchini, Country-Style Peach Crisp

**Saturday**  
**Smoked BBQ Pulled Pork**  
Served with Seasoned Green Beans, White Rice, Cornbread Muffin, Tropical Fruit Cup

Served with water