

RENAL DIET MENU

This diet restricts sodium, potassium, and phosphorus. If you are unhappy with these restrictions, please speak with your doctor about modifying your diet.

BREAKFAST

Assorted Cold Cereals Oatmeal
Blueberry Muffin Pancakes
Cream of Wheat® Plain Bagel
English Muffin Pop-Tarts® (*Brown Sugar, Strawberry*)
Fried Egg Scrambled Eggs
Grits White Toast
Hard-Boiled Egg
Nature Valley®
Oatmeal Raisin Bar

ENTRÉES

Black Bean Burger Hamburger
Black Beans & Rice Grilled Chicken
Caribbean Red Beans & Rice Breast
& Rice Uncrustable® PB&J
Chicken Fried Rice Veggie Fried Rice
Chicken Nuggets Veggie Stir-Fry
Chicken Taco
(*no cheese*)

BUILD A SANDWICH

White Bread

Chicken Salad Deli Roast Beef
Deli Ham Grilled Chicken Breast
Deli Turkey Tuna Salad

Topping Choices:

Lettuce Red Onion

SOUP & SALAD

Broth (*Chicken & Vegetable*)
Chicken Noodle Soup *Caeser, Italian & Garden Salad Ranch Dressing*

FRUIT

Apple Peaches
Applesauce Pears
Blueberries Pineapple
Fruit Cocktail Raisins
Grapes Strawberries

DESSERTS

Animal Crackers Oreos®
Graham Crackers Popsicle
Italian Ice Rice Krispies Treat™
Orange Gelatin Sugar Cookie
Orange Sherbet Vanilla Pudding

SIDES & SNACKS

Buttered Egg Noodles Hummus
Cheez-Its® Pasta
Garlic Bread Rice (*Brown & White*)

Vegetables

Cooked: Broccoli, Carrots, Corn, Green Beans, and Green Peas

Raw: Broccoli, Carrots, Celery, and Cucumber

Assorted Chips:

Doritos® (*Cool Ranch*) Goldfish®
& *Nacho Cheese*) Pretzels
Fritos®

CONDIMENTS

Brown Sugar Mayo
Butter Mustard
Caramel Dip Peanut Butter
Cinnamon Pepper
Honey Salsa
Honey Mustard Sodium Free
Jelly Seasoning
Ketchup Sour Cream
Lemon Juice Syrup
Margarine Tartar Sauce

BEVERAGES

Almond Milk (*Vanilla*) Juice (*Apple & Cranberry*)
Bottled Water
Carnation® Instant Soda (*Ginger Ale & Breakfast (Vanilla) Lemon Lime*)
Crystal Light® Soy Milk (*Vanilla*)

