



Menu

Renal-Friendly

TO PLACE AN ORDER
or if you have comments
or concerns, please call:
1-866-204-6111
M-F 7 AM to 6 PM CST
ORDER DEADLINE:
Tuesday at 5 PM CST for
delivery the following week

Developed in accordance with guidelines of the National Kidney Foundation and the Academy of Nutrition and Dietetics for Nutrition.

Meals are lower in potassium, phosphorus, and sodium. Detailed nutritional information available upon request. Please consult your attending Dietitian or Physician when deciding if these meals meet your specific situation.

Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal
♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat





ITEM	American Classics	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
282	Creamy Turkey & Rice Soup and Fruit Compote, Juice and Lemon Cookies	629	14	460	259	820	58 94	
375	Homestyle Meatloaf with Pasta and Seasoned Vegetables, and Lemon Cookies 	573	22	400	293	751	51 72	
409	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Applesauce and Lemon Cookies 	615	20	513	252	773	54 87	♥
516	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp and Whole Wheat Bread 	611	21	605	276	660	70 84	
International Flavors								
080	Curry Vegetables with Pineapple and Brown Rice, Applesauce and Fig Bar	628	9	360	265	829	68 112	♥
112	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Applesauce and Fruit Cup 	590	7	686	219	800	91 127	♥
187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Fig Bar 	634	16	512	270	726	65 111	♥
239	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Juice, Fruit Cup and Fig Bar 	620	14	695	185	655	35 96	
288	Vegetarian Red Beans and Rice, Fruit Cup and Fig Bar	586	12	374	238	525	62 110	♥

 Customer Favorite

 Available for a Limited Time

ITEM	International Flavors (continued)	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
398	Vegetable Primavera and Sweet Pineapple & Apples, Applesauce, Fruit Cup and Lemon Cookies	593	11	327	183	688	60 116	♥
429	Chicken Alfredo Pasta, Seasoned Peas and Carrots, Fruit Cup, Juice and Applesauce	605	18	435	325	818	46 95	♥
501	Creamy Tomato Pasta with Italian Style Meatball Crumbles and Seasoned Vegetables, Whole Wheat Dinner Roll, Fruit Cup and Juice	594	14	434	206	751	41 86	
748	Pork Stir Fry Rice and Spiced Fruit Medley, Juice and Lemon Cookies	629	13	441	216	520	70 106	♥
752	Mushroom Risotto and Seasoned Peas & Carrots, Applesauce and Fig Bar	642	15	641	291	826	53 104	♥
760	Chicken Tortilla Soup and Cinnamon Apples, Fig Bar and Applesauce	605	14	683	323	747	47 98	♥

Breakfast Meals

139	Ham, Egg and Cheese Scramble and Cranberries & Apples, Juice, Two Fruit Cups and Applesauce 	576	16	661	272	737	29 95	♥
161	Cheese Omelet, French Toast Sticks and Fruit Compote, Fruit Cup, Gelatin, Juice and Fig Bar 	760	15	585	235	760	49 132	
248	Cinnamon Apple Oatmeal and Scrambled Eggs, Fruit Cup and Gelatin	602	15	486	328	819	53 104	♥
270	Waffle with Cheese Omelet and Cranberries & Apples, Fruit Cup and Syrup 	541	11	696	139	338	46 89	♥
399	Vegetable Egg Scramble and Peaches with Cherries, Gelatin, Applesauce and Lemon Cookies 	626	18	589	306	790	39 100	♥
400	Cowboy Breakfast Skillet and Cranberry Apple Crisp, Juice and Lemon Cookies	585	16	517	309	826	53 89	♥

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REFRIGERATE MEALS UPON ARRIVAL.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate causing us to utilize alternative options with like nutritional.

