



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
058	IT'S BACK! Turkey Breast with Orange Wild Rice Salad and Spiced Fruit Medley, Gelatin and Applesauce	627	15	478	255	790	67 99	♥
282	IT'S BACK! Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, Mandarin Orange Cup and Fig Bar	624	15	532	278	797	44 98	♥
301	Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries & Apples and Grape Juice 	603	20	524	296	736	74 89	♥
375	Homestyle Meatloaf with Herb Pasta and Mixed Vegetables, Apple Juice and Vanilla Wafers 	670	24	541	314	819	55 92	♥
409	Salisbury Steak with Mushroom Gravy, White Rice and Vegetables, Applesauce and Vanilla Wafers 	624	23	619	302	757	51 85	
254	Chicken & Waffle and Peach Crisp, Syrup and Gelatin Cup 	620	13	518	183	631	60 111	♥

International Flavors

112	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Applesauce and Grape Juice	573	7	671	208	684	94 121	♥
145	Vegetable Primavera with Pasta and Sweet Pineapple & Apples, Blueberry Applesauce, Pineapple Cup and Vanilla Wafers	607	10	503	186	731	67 124	♥
187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Pineapple Cup, Apple Juice and Fig Bar 	626	15	435	303	762	54 116	♥
239	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Italian Green Beans, Grape Juice, Peach Cup and Fig Bar 	641	14	691	185	697	35 100	

 Customer Favorite

ITEM	Breakfast Meals	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
132	Vegetable Egg Scramble and Peaches with Cherries, Peach Cup, Grape Juice and Vanilla Wafers	598	15	661	264	650	41 97	♥
139	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Grape Juice, Peach Cup and Mandarin Orange Cup 	567	17	665	284	773	38 94	♥
161	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Syrup, Mandarin Orange Cup, Gelatin and Apple Juice 	623	15	598	193	561	24 111	♥
248	Cinnamon Apple Oatmeal and Scrambled Eggs, Grape Juice and Fig Bar	607	16	609	327	617	56 102	♥
270	Waffle with Colby Cheese Omelet and Cranberries & Apples, Mandarin Orange Cup and Syrup 	593	10	617	144	349	51 103	♥

 Customer Favorite

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 due to seasonal changes causing us to utilize alternative options with like nutritional.

