



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

Menu developed based on input from 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	Turkey Breast with Orange Wild Rice Salad and Spiced Fruit Medley, Gelatin and Raspberry Applesauce 	605	15	467	211	764	58 97	♥
089	Beef Pepper Steak with Gravy over White Rice and Spiced Blueberries & Apples, Grape Juice and Vanilla Wafers 	195	25	703	233	776	69 106	♥
254	Chicken & Waffle and Peach Crisp, Syrup and Gelatin Cup	606	13	530	182	626	57 107	♥
375	Homestyle Meatloaf with Herbed Pasta and Mixed Vegetables, Applesauce and Vanilla Wafers 	623	27	488	274	711	43 77	
409	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Applesauce and Vanilla Wafers 	636	27	669	287	782	53 87	




International Flavors

072	Chicken with Teriyaki Sauce over White Rice and Stir Fry Vegetables, Mandarin Orange Cup, Blueberry Applesauce and Vanilla Wafers 	580	15	700	281	718	50 114	♥
080	Coconut Curry Vegetables and Brown Rice, Raspberry Applesauce, Fig Bar and Grape Juice	632	9	531	270	773	50 116	♥
112	Teriyaki Stir Fry Vegetables over Brown Rice and Brown Sugar Peaches, Applesauce, Mandarin Orange Cup and Grape Juice	570	7	693	191	832	73 122	♥
145	Vegetable Primavera with Pasta and Sweet Pineapple & Apples, Blueberry Applesauce, Pineapple Cup and Vanilla Wafers	605	10	512	186	713	68 125	♥

 Customer Favorite

ITEM	International Flavors (continued)	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
187	Sweet and Sour Chicken over White Rice with Stir Fry Vegetables, Pineapple Cup, Apple Juice and Fig Bar 	611	15	437	292	736	52 114	♥
239	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Italian Style Peas, Grape Juice, Gelatin Cup and Peach Cup 	604	18	693	208	793	40 95	♥
288	Vegetarian Red Beans and Rice, Apple Juice and Fig Bar	590	13	538	259	696	68 115	♥

Breakfast Meals

132	Vegetable Egg Scramble and Peaches with Cherries, Peach Cup, Grape Juice and Vanilla Wafers 	596	15	660	271	657	41 97	♥
139	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Grape Juice, Pineapple Cup, Mandarin Orange Cup and Applesauce Cup 	591	17	646	277	832	37 101	♥
161	Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Syrup, Mandarin Orange Cup, Gelatin and Apple Juice 	623	15	598	193	611	24 111	♥
248	Cinnamon Apple Oatmeal and Scrambled Eggs, Grape Juice and Fig Bar	607	16	609	327	617	56 102	♥
270	NEW 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.

