Room Service Dining
Call 341-6363

Please keep this menu throughout your hospital stay.
Table of Contents

About Bronson Room Service .................................. 2
Nothing Nourishes Like Positivity .......................... 3
About our Local Vendors ...................................... 4

- Liquid Diet Menu ................................................. 5
- General Diet Menu .............................................. 7
- Cardiac Menu ...................................................... 13
- Low Sodium Diet Menu ....................................... 19
- Renal Diet Menu .................................................. 20
- Gluten-Free Menu ................................................ 25
About Bronson Room Service

Call 6363 to Order
Bronson is pleased to offer room service to our patients. Bronson Room Service gives you more control over what you eat and when during your hospital stay. To order your meal or snack, please look at the menus inside this booklet. Remember that you may be placed on a special diet during your stay. Once you have decided what you want to eat, dial 6363 from your room phone anytime between 7 a.m. and 8 p.m. We will deliver your order within 45 minutes. Remember to wash your hands before and after your meal.

Eating the Right Diet to Help You Heal
While you’re in the hospital, your care team might have you on a special diet. The diet you’re on is designed to help you heal best. When choosing your meals or snacks, be sure to make your selection from the menu your care team has prescribed.

The correct menu for you is:

________________________________     _______________
Menu                                                         Date
________________________________     _______________
Menu                                                         Date
________________________________     _______________
Menu                                                         Date

Special Situations
Do you have allergies or other special dietary needs? Call 6363. We want to make sure you have healthy food options during your stay. Kosher meals are available for patients upon request.

Guest Trays
Guest trays may be paid for by credit card over the phone at the time of ordering or with cash at any Bronson café. Limit one guest tray per meal.
From Farm to Hospital Table

We want only the healthiest and most nutritious meals for our patients, visitors and staff. That’s why nearly half the food and every egg we serve comes fresh from local producers. We’ve also partnered with Kalamazoo Valley Community College to create the Bronson Healthy Living Campus. The campus teaches nutrition, food production and sustainability, all while bringing locally sourced foods and the skills to prepare them to people in our community. That’s good for everyone’s health!

To read stories about our commitment to sourcing fresh, local food, visit bronsonpositivity.com.
Get to Know Some of Our Local Vendors

Carlson Farms
Bronson sources many of our eggs, chicken, beef and pork products from Carlson Farms, owned and operated by Norm and Karen Carlson in Lawton, Michigan. Since 1988, the family-run farm has been committed to providing those in southwest Michigan with fresh, local, all-natural products.

Crisp Country Acres
Crisp Country Acres is a family farm located in Holland, Michigan. The farm grows over 120 acres of fresh produce. They provide many of the fresh fruits and vegetables you enjoy in your meals while in the hospital.

Kalamazoo Valley Community College Food Hub
Also known as ValleyHub, they buy fresh food from growers and supply it to us, already washed, peeled, chopped or frozen. This way, we can focus on creating your delicious and healthy meals with less in-house preparation.

Joe’s Farm
Joe’s Farm is another source of the eggs we serve in patient rooms and in the cafeteria. Joe Koopsen started his farm in Three Rivers, Michigan when he was 15 years old. The farm offers high quality, locally grown produce, fresh pastured eggs and meat.

Pease Packing
Thinking about ordering a hamburger from the menu? You can feel confident knowing that you’re getting healthy, fresh beef was raised humanely close to home. All the burger patties we serve come from Pease Packing in Scotts, Michigan. Pease’s goal is to offer a local “start to finish” product.

Sarkozy Bakery
Did you know that some national bread brands contain nearly 20 different ingredients? Not at Sarkozy Bakery in downtown Kalamazoo! Judy Sarkozy and her team supply Bronson with freshly baked, all-natural whole wheat and oatmeal breads.
Liquid Diet Menu - Clear Liquid Diet

**Juice** 4oz
* Cranberry (17g)
* Apple (14g)

**Cold Drinks** 8oz
* Crystal Light® – Orange Sunrise, Raspberry Ice
* Sugar-free lemonade
* Iced tea

**Hot Drinks** 8oz
* Coffee – regular, decaf
* Hot tea – regular, decaf
* Herbal tea – lemon, green, orange spice, cranberry, apple, mint medley

Condiments: sugar (3g), Equal®, Splenda®, lemon, honey (12g)

**Broth** 8oz
* chicken, beef, vegetable

**Desserts**
* Popsicle – regular (15g), sugar-free (14g)
* Italian fruit ice (20g)
* Sugar-free lemon sorbet (5g)
* Gelatin – regular (15g), sugar-free

Amounts in parentheses are grams of carbohydrates.
On the full liquid diet, you may choose from any items on the clear liquid diet menu, as well as the following items.

**Milk** 8oz

Skim milk (13g)
2% milk (12g)
Whole milk (12g)
Chocolate milk (20g)
Rice milk – original (23g), vanilla (26g)
Soy milk – original (7g), vanilla (18g), chocolate (25g)
Lactose-free milk (12g)

**Juice** 4oz

Orange (15g)
Prune (25g)
Vegetable (7g)

**Hot Drinks** (8oz)

French vanilla cappuccino (25g)
Hot chocolate – regular (25g), no sugar added (10g)

Condiments: sugar (3g), Equal®, Splenda®, lemon, honey (12g), creamer, non-dairy creamer (2g)

**Hot Cereal**

Oatmeal (25g)
Cream of Wheat® (20g)

Condiments: brown sugar (15g), syrup (30g), sugar-free syrup (4g), jelly (10g), sugar-free jelly (3g)

**Soup**

Cream of mushroom (6g)
Cream of chicken (7g)
Tomato (20g)

**Desserts**

Vanilla yogurt – regular (22g), light (13g)
Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)
Ice cream – regular (15g), fat-free (20g)
Freshly-made smoothies (ask your diet office associate for flavor options)
Sherbet – orange (30g), raspberry (25g)
Magic cup (40g)
General Diet Menu — Breakfast

A la Carte
Fresh fruit – apple (15g), banana (30g), orange (20g), grapes (15g)
Applesauce (15g)
Diced fruit – peaches (15g), pears (15g)
Mixed fruit cup (15g) – cantaloupe, honeydew and grapes
Regular yogurt – vanilla (22g), blueberry (26g), strawberry (25g), peach (26g)
Light yogurt – vanilla (13g), blueberry (13g), strawberry (13g), peach (13g)
Greek yogurt – blueberry (17g), strawberry (16g), black cherry (17g)

Bread & Bakery
Toast – cinnamon raisin (20g), oatmeal bread (23g), whole wheat (23g)
Bagels – cinnamon raisin (51g), plain (47g), whole wheat (55g)
Muffins – blueberry (30g), apple cinnamon (29g), bran (32g)
English muffin (22g)

Cold Cereals
Cheerios (12g), Corn Flakes (18g), Raisin Bran (34g), Shredded Wheat (28g), Frosted Flakes (25g), Fruit Loops (24g), Rice Krispies (22g), All-Bran Original (37g)

Hot Cereals
Oatmeal (20g)
Cream of Wheat® (18g)

Sides
Bacon
Turkey sausage
Hash browns (8g)

Morning Specialties
All made with farm-fresh eggs
Omelet bar (1g) – choice of cheese, ham, turkey sausage, onion, peppers, mushrooms, tomatoes, spinach
Scrambled eggs (1g)
Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg (1g), cheese and/or ham
French toast (23g)
Buttermilk pancake (31g)
Waffle (25g) with strawberry sauce (45g)
Mixed fruit (30g) & cottage cheese (5g) – served with a muffin (30-35g)

Condiments: margarine, salt, pepper, Mrs. Dash®, jelly (10g), sugar-free jelly (3g), peanut butter (5g), honey (12g), cream cheese (1g), sugar (3g), brown sugar (15g), Equal®, Splenda®, raisins (15g), syrup (31g), sugar-free syrup (4g), ketchup (3g), hot sauce
Salads (side salads available)

**Chicken Caesar salad**
Fresh greens (5g) tossed with grilled chicken, parmesan cheese and croutons (5g)

**Chef salad**
Fresh greens, tomatoes and cucumber (5g) tossed with ham, turkey, shredded cheese, egg and croutons (5g)

**Cranberry spinach salad**
Fresh spinach, cucumber, mushrooms, tomatoes and red onion (5g), tossed with dried cranberries (15g) and Asiago cheese

**Garden salad**
Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

*Dressings: French (9g), ranch (3g), Caesar (4g), Italian (3g), oil & vinegar*

*Fat-Free Dressings: French (14g), ranch (14g), Italian (4g), raspberry vinaigrette (9g)*

Hot Sides

**Potato** – baked potato (25g), mashed Idaho potatoes (15g), mashed sweet potatoes (25g)

**White rice** (30g)

**Broccoli florets** (5g)

**California blend vegetables** (5g)

**Corn** (15g)

**Green beans** (5g)

**Spinach** (5g)

**Vegetarian refried beans** (20g)

**Vegetable egg roll** (23g)

Cold Sides

**Original hummus** (10g) – served with whole grain crackers (5g), sliced carrots (10g) or celery sticks

**Pretzels** (47g)

**Potato chips** – regular (23g), baked (26g)

**Sliced carrots** (10g)

Amounts in parentheses are grams of carbohydrates.
General Diet Menu — Lunch and Dinner

Custom Sandwiches
Choose your bread:
Bread (2 slices) - Oatmeal (46g), rye (32g), whole wheat (46g)
Kaiser roll (40g)
Pita bread (32g)
Wheat wrap (30g)
Choose your fillings:
Meat – turkey, grilled chicken, ham, tuna salad, chicken salad, egg salad
Cheese – American, cheddar, mozzarella, Swiss
Toppings – lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (6g), hummus (14g)
Peanut butter & jelly sandwich (61g)

Entrées
Substitutions and half portions available
Garlic herb chicken breast
Lightly seasoned and flame-broiled
Homestyle meatloaf (10g)
Topped with savory mushroom gravy (5g)
Baked macaroni & cheese (30g)
Topped with cheddar cheese and baked until golden
Pot roast
Naturally juicy and slowly roasted until tender
Cornmeal-crusted trout
Farm-raised trout, lightly dusted (10g) and sautéed to perfection, topped with a mild black bean salsa (15g)
Baked chicken parmesan
Penne pasta (45g) or spaghetti (45g) with marinara sauce (10g), topped with a flamed-broiled chicken breast and mozzarella cheese
Asian stir-fry
Asian-style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g) (available with chicken)
Condiments: salt, pepper, Mrs. Dash®, butter, margarine, sour cream (6g), Parmesan cheese, tartar sauce, soy sauce, hot sauce, oil & vinegar, mayonnaise, mustard, steak sauce (3g), BBQ sauce (5g), ketchup (3g), fat-free Miracle Whip® (2g)
Soups
Chicken noodle soup (10g)
Garden vegetable soup (10g)
Tomato soup (5g)

Pasta Bar
*Served as a side dish (20g) or entrée (45g)*

**Choose your pasta** – spaghetti, penne

**Choose your sauce** – marinara (10g), meat (5g), garlic herb

Taco Bar
*Build your own soft shell (14g) taco*

**Choose your meat** – seasoned beef (5g), shredded chicken (5g), black bean salsa (15g), vegetarian refried beans (20g)

**Choose your toppings** – shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream (6g), salsa (3g), taco sauce, guacamole (6g)

Pizza
*Personal size pizza (65g)*

**Choose your meat** – pepperoni, ham, sausage, chicken

**Choose your vegetables** – mushrooms, tomatoes, green pepper, onion, black olives, spinach

From the Grill

**Flame-broiled burger** (35g)

**Ope’s™ organic veggie burger** (35g)

**Grilled chicken sandwich** (35g)

**Grilled cheese sandwich**

*Additional toppings: cheese, lettuce, spinach, tomato, pickle, onion*

*Condiments: ketchup (3g), mustard, mayonnaise, fat-free Miracle Whip® (2g), BBQ sauce (5g), relish (3g), guacamole (6g)*

Amounts in parentheses are grams of carbohydrates.
Milk 8oz
Skim milk (13g)
2% milk (12g)
Whole milk (12g)
Chocolate milk (20g)
Rice milk – original (23g), vanilla (26g)
Soy milk – original (7g), vanilla (18g), chocolate (25g)
Lactose-free milk (12g)

Juice 4oz
Apple (14g)
Orange (15g)
Cranberry (17g)
Prune (25g)
Vegetable – regular (7g), low-sodium (7g)

Cold Drinks 8oz
Crystal Light® – Orange Sunrise, Raspberry Ice
Sugar-free lemonade
Iced tea

Hot Drinks 8oz
Coffee – regular, decaf
French vanilla cappuccino (25g)
Hot chocolate – regular (25g), no sugar added (10g)
Hot tea – regular, decaf
Herbal tea – lemon, green, orange & spice, cranberry apple, mint medley

Condiments: sugar (3g), Equal®, Splenda®, creamer,
non-dairy creamer (2g), lemon, honey (12g)
Bakery

Chocolate fudge brownie (35g)
Apple pie (45g)
Carrot cake (30g)
Angel food cake (35g) – with strawberry sauce (55g)
Cookies – chocolate chip (25g), oatmeal raisin (25g)

On the Lighter Side

Fresh fruit – apple (15g), banana (30g), orange (20g), mixed fruit cup (15g)
Applesauce (15g)
Diced fruit – peaches (15g), pears (15g)
Pudding – chocolate (30g), vanilla (25g), sugar-free (10g)
Gelatin – regular (15g), sugar-free

Frozen Delights

Ice cream – regular (15g), fat-free (20g)
Sherbet – orange (30g), raspberry (25g)
Italian fruit ice (20g)
Sugar-free lemon sorbet (5g)
Popsicles – regular (15g), sugar-free (5g)
Magic cup (40g) – chocolate, vanilla, mixed berry, orange

Freshly-made Smoothies
Limit one per meal. Ask your diet office associate for flavor options.

Amounts in parentheses are grams of carbohydrates.
Cardiac Diet Menu — Breakfast

A la Carte

Fresh fruit — apple (15g), banana (30g), orange (20g), grapes (15g)
Applesauce (15g)
Diced fruit — peaches (15g), pears (15g)
Mixed fruit cup (15g) — cantaloupe, honeydew and grapes
Regular yogurt — vanilla (22g), blueberry (26g), strawberry (25g), peach (26g)
Light yogurt — vanilla (13g), blueberry (13g), strawberry (13g), peach (13g)
Greek yogurt — blueberry (17g), strawberry (16g), black cherry (17g)

Bread & Bakery

Toast — cinnamon raisin (20g), oatmeal (23), whole wheat (23g)
Bagels — cinnamon raisin (51g), plain (47g), whole wheat (55g)
Muffins — blueberry (30g), apple cinnamon (29g), bran (32g)
English muffin (22g)

Cold Cereals

Cheerios (12g), Corn Flakes (18g), Raisin Bran (34g), Shredded Wheat (28g),
Frosted Flakes (25g), Fruit Loops (24g), Rice Krispies (22g),
All-Bran Original (37g)

Hot Cereals

Oatmeal (20g)
Cream of Wheat® (18g)

Morning Specialties

All made with farm-fresh eggs

Omelet bar (1g) — LS cheese, turkey sausage*, onion, peppers, mush-
rooms, tomatoes, spinach
Scrambled eggs (1g)
Sunrise sandwich — available on an English muffin (22g) or bagel (47g)
with egg and LS cheese
French toast (23g)
Buttermilk pancake (31g)
Waffle (25g) — with strawberry sauce (45g)

Sides

Hashbrowns (8g)
Turkey sausage*

Condiments: margarine, pepper,
Mrs. Dash®, Equal®, Splenda®, *light
cream cheese, syrup (30g), sugar-free syrup
(4g), *ketchup (3g), jelly (10g), sugar-free
jelly (3g), *peanut butter (5g), honey (12g),
sugar (3g), brown sugar (15g), raisins (15g)
Salads *(Side salads available)*
All salads served with oil & vinegar dressing

Chicken Caesar salad
Fresh greens (5g) tossed with grilled chicken and Parmesan cheese

Cranberry spinach salad
Fresh spinach, cucumber, mushrooms, tomatoes and red onion (5g), tossed with dried cranberries (15g) and Asiago cheese

Garden salad
Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

Fresh Sides

Original hummus (10g) – served with whole grain crackers (5g), sliced carrots (10g) or celery sticks

Mixed fruit cup (15g) – cantaloupe, honeydew and grapes

Sides

Potato – mashed sweet potatoes (25g), mashed Idaho potatoes (15g), baked potato (25g)

White rice (30g)

Broccoli florets (5g)

Spinach (5g)

Sliced carrots (10g)

Green beans (5g)

Corn (15g)

California blend vegetables (5g)

---

LS = Low Sodium
*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.
Cardiac Diet Menu — Lunch & Dinner

Custom Sandwiches

Choose your bread:
Bread (2-slices) – oatmeal (46g), rye (32g), whole wheat (46g)
Kaiser roll (40g)
Pita bread (32g)
Wheat wrap (30g)

Choose your fillings:
Meat – turkey, grilled chicken, tuna salad, chicken salad, egg salad
Cheese – mozzarella, Swiss

Choose your toppings:
lettuce, spinach, tomato, cucumber, sliced red onions, peppers, guacamole (6g), hummus (14g)

*Peanut Butter & Jelly Sandwich (61g)

Condiments: *ketchup (3g), *mustard, fat-free Miracle Whip® (2g), oil & vinegar

Soups & Breads

LS soup – chicken noodle (8g), garden vegetable (14g), tomato (23g)
LS broth – chicken, beef
Dinner roll (30g)
Breadstick (25g)
LS crackers (5g)

LS = Low Sodium
*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.
Cardiac Diet Menu — Lunch & Dinner

Entrées
Substitutions and half portions available

**Garlic-herb chicken breast**
Lightly seasoned and flame broiled

**Homestyle meatloaf**
(10g) Topped with savory mushroom gravy (5g)

**Pot roast**
Naturally juicy and slowly roasted until tender

**Cornmeal crusted trout**
Farm-raised trout lightly dusted (10g) and sautéed to perfection, topped with a mild black bean salsa (15g)

**Baked chicken parmesan**
Penne pasta (45g) or spagheti (45g) with marinara sauce (10g), topped with a flamed-broiled chicken breast and mozzarella cheese

**Asian stir-fry**
Asian-style vegetables (10g) stir-fried in an orange ginger sauce (15g), served with white rice (30g) (available with chicken)

**Pasta Bar**
Served as a side dish (20g) or entrée (45g)

Choose your pasta – spaghetti, penne
Choose your sauce – marinara (10g), meat (5g), garlic herb

*Taco Bar*
Build your own soft shell (14g) taco

Choose your meat – seasoned beef (5g), shredded chicken (5g), black bean salsa (15g)

Choose your toppings – LS cheese, shredded lettuce, diced tomatoes, diced onion, low fat sour cream (6g), *taco sauce, guacamole (6g)

From the Grill
**Flame-broiled burger** (35g)
**Ope’s™ organic veggie burger** (35g)
**Grilled chicken sandwich** (35g)
**Grilled cheese sandwich**
Toppings – LS cheese, lettuce, spinach, tomato, onion

Condiments: *ketchup (3g), *mustard, fat-free Miracle Whip® (2g), guacamole (6g), pepper, Mrs. Dash®, margarine, low fat sour cream (6g), parmesan cheese
Cardiac Diet Menu — Beverages & Desserts

**Milk 8oz**
- Skim milk (13g)
- 2% milk (12g)
- Chocolate milk (20g)
- Rice milk — original (23g), vanilla (26g)
- Soy milk — original (7g), vanilla (18g), chocolate (25g)
- Lactose-free milk (12g)

**Juice 4oz**
- Apple (14g)
- Orange (15g)
- Cranberry (17g)
- Prune (25g)
- Vegetable — regular (7g), low-sodium (7g)

**Cold Drinks 8oz**
- Crystal Light® — Orange Sunrise, Raspberry Ice
- Sugar-free lemonade
- Decaf iced tea

**Hot Drinks 8oz**
- Decaf coffee
- Hot chocolate — regular (25g), no sugar added (10g)
- Decaf hot tea
- Herbal tea — lemon, orange & spice, cranberry apple, mint medley

*Condiments: sugar (3g), Equal®, Splenda®, non-dairy creamer (2g), lemon, honey (12g)*

**Bakery**
- Angel food cake (35g) — with strawberry sauce (55g)
- Oatmeal raisin cookie (25g)

LS = Low Sodium
*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.
Cardiac Diet Menu — Beverages & Desserts

On the Lighter Side
Fresh fruit — apple (15g), banana (30g), orange (20g), mixed fruit cup (15g)
Applesauce (15g)
Diced fruit — peaches (15g), pears (15g)
Pudding — chocolate (30g), vanilla (25g), sugar-free (10g)
Gelatin — regular (15g), sugar-free

Frozen Delights
Fat-free ice cream (20g)
Sherbet — orange (30g), raspberry (25g)
Italian fruit ice (20g)
Sugar-free lemon sorbet (5g)
Popsicles — regular (15g), sugar-free (5g)
You may choose from all items on the cardiac diet menu along with the following items.

**Breakfast**  
*Made with farm fresh eggs*

**Omelet Bar** (1g) – LS cheese, *turkey sausage, onion, peppers, mushrooms, tomatoes, spinach*

**Scrambled eggs** (1g)

**Sunrise sandwich** – egg (1g) and LS cheese served on an English muffin (22g) or bagel (47g)

**Lunch**

**Egg salad sandwich** – egg salad served on your choice of bread  
**Chef salad** – fresh greens, tomatoes and cucumber (5g) tossed with LS turkey, LS cheese and egg. Served with oil and vinegar dressing

**Desserts**

**Chocolate chip cookie** (25g)  
**Ice cream** – chocolate (15g), vanilla (15g), strawberry (15g)  
**Chocolate fudge brownie** (30g)

**Beverages** 8oz

**Whole milk** (12g)  
**Regular iced tea**  
**Regular coffee**  
**French vanilla cappuccino** (25g)

LS = Low Sodium  
*Limited to one per meal*

Amounts in parentheses are grams of carbohydrates.
Renal Diet Menu – Breakfast

A la Carte
Fresh apple (15g)
Fresh grapes (15g)
Applesauce (15g)
Diced fruit – peaches (15g), pears (15g)
Regular yogurt – vanilla (22g), blueberry (26g), strawberry (25g), peach (26g)
Light yogurt – vanilla (13g), blueberry (13g), strawberry (13g), peach (13g)
Greek yogurt – blueberry (17g), strawberry (16g), black cherry (17g)

Bread & Bakery
Toast – oatmeal bread (23g), cinnamon raisin (20g)
Bagels – cinnamon raisin (51g), plain (47g)
Muffins – blueberry (30g), apple cinnamon (29g)
English muffin (22g)

Cold Cereals
Corn Flakes (18g), Frosted Flakes (25g), Fruit Loops (24g), Rice Krispies (22g)

Milk
Regular milk 4 oz (5g) – Skim, 2%, whole
Lactose-free milk 8oz (12g)
Rice milk 8oz – original (23g), vanilla (26g)

Hot Cereals
Oatmeal (20g)
Cream of Wheat (18g)

Morning Specialties
All made with farm-fresh eggs
Omelet bar (1g) – Choose from LS cheese, *turkey sausage, onion, peppers
Scrambled eggs (1g)
Sunrise sandwich – available on an English muffin (22g) or bagel (47g) with egg (1g) and LS cheese
French toast (23g)
Buttermilk pancake (31g)

*Turkey sausage

Condiments: *cream cheese (1g), margarine, pepper, Mrs. Dash®, jelly (10g), sugar-free jelly (3g), honey (12g), syrup (30g), sugar-free syrup (4g), sugar (3g) brown sugar (15g), Equal®, Splenda®
Salads (Side salads available)
All salads served with oil & vinegar dressing

Chicken Caesar salad
Fresh greens (5g) tossed with grilled chicken, Parmesan cheese and croutons (5g)

Garden salad
Fresh greens tossed with cucumber, carrots, red onion and peppers (5g)

Fresh Sides
Sliced carrots (10g) & celery sticks

Custom Sandwiches
Build your own deli-style sandwich

Choose your bread:
Oatmeal bread – 2 slices (46g)
Kaiser roll (40g)
Pita bread (32g)

Choose your meat:
Meat – turkey, grilled chicken, tuna salad, chicken salad
Cheese – Swiss
Choose your toppings – lettuce, cucumber, sliced red onions, peppers

Soups & Breads
LS chicken noodle soup (8g)
LS Broth – beef, chicken
Dinner roll (30g)
Breadstick (25g)
LS crackers (5g)
Condiments: *mustard, fat-free Miracle Whip® (2g), oil & vinegar

LS = Low Sodium
*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.
Entrées
Substitutions and half portions available

Homestyle meatloaf (10g)
Topped with savory mushroom gravy (5g)

Garlic herb chicken breast
Lightly seasoned and flame-broiled

Pot roast
Naturally juicy and slowly roasted until tender

Cornmeal-crusted trout
Farm-raised trout lightly dusted (10g) and sautéed to perfection

Garlic herb pasta
Penne pasta (45g), topped with a light garlic herb sauce

Condiments: pepper, Mrs. Dash®, margarine, lemon

*Taco Bar
Build your own soft shell (14g) taco

Choose your meat – seasoned beef (5g), shredded chicken (5g)

Choose your toppings – LS cheese, shredded lettuce, diced onion, low fat sour cream, *taco sauce

From the Grill

Flame-broiled burger (35g)
Grilled chicken sandwich (35g)

Toppings: LS cheese, lettuce, onion, peppers, cucumbers

Condiments: *mustard, mayonnaise, fat-free Miracle Whip® (2g)

Sides

White rice (30g)
Broccoli (5g)
Sliced carrots (10g)
Green beans (5g)
Corn (15g)
California blend vegetables (5g)
Renal Diet Menu – Beverages

**Milk**

Regular milk 4oz (5g) – Skim, 2%, whole  
Lactose-free milk 8oz (12g)  
Rice milk 8oz – original (23g), vanilla (26g)

**Juice** 4oz  
Apple (14g)  
Cranberry (17g)

**Cold Drinks** 8oz  
Crystal Light® – Orange Sunrise, Raspberry Ice  
Sugar-free lemonade  
Decaf iced tea

**Hot Drinks** 8oz  
Coffee – regular, decaf  
Hot tea – regular, decaf  
Herbal tea – lemon, green, orange & spice, cranberry apple, mint medley

LS = Low Sodium  
*Limited to one per meal

Amounts in parentheses are grams of carbohydrates.
Bakery
Angel food cake (35g) – with strawberry sauce (55g)
Carrot cake (30g)
Cookie – chocolate chip (25g), oatmeal raisin (25g), vanilla wafers (15g), Lorna Doone® shortbread (19g)

On the Lighter Side
Fresh apple (15g)
Fresh grapes (15g)
Applesauce (15g)
Diced fruit – peaches (15g), pears (15g)
Vanilla pudding (25g)
Gelatin – regular (15g), sugar-free

Frozen Delights
Ice cream – regular (15g), fat-free (20g)
Sherbet – orange (30g), raspberry (25g)
Italian fruit ice (20g)
Popsicle – regular (15g), sugar-free (5g)
Gluten-Free Menu – Beverages

Milk 8oz
Skim milk (13g)
2% milk (12g)
Whole milk (12g)
Chocolate milk (20g)
Soy milk – original (7g), vanilla (18g), chocolate (25g)
Rice milk – original (23g), vanilla (26g)

Juice 4oz
Apple (14g)
Orange (15g)
Cranberry (17g)
Prune (25g)
Vegetable – regular (7g), low-sodium (7g)

Cold Drinks 8oz
Crystal Light® – Orange Sunrise, Raspberry Ice
Sugar-free lemonade
Iced tea

Hot Drinks 8oz
Coffee – regular, decaf
Hot chocolate – no sugar added (10g)
Hot tea – regular, decaf
Herbal tea – lemon, orange & spice, cranberry apple, mint medley

A la Carte

Fresh fruit – apple (15g), banana (30g), orange (20g), grapes (15g)
Applesauce (15g)
Diced fruit (15g)
Mixed fruit cup (15g) – cantaloupe, honeydew and grapes
Regular yogurt – vanilla (22g), blueberry (26g), strawberry (25g), peach (26g)
Light yogurt – vanilla (13g), blueberry (13g), strawberry (13g), peach (13g)
Greek yogurt – blueberry (17g), strawberry (16g), black cherry (17g)

Amounts in parentheses are grams of carbohydrates.
Gluten-Free Menu – Breakfast & Lunch

Cottage cheese (5g)
Gluten-free oatmeal (29g) – apple cinnamon, maple raisin, banana maple
Gluten-free toast (12g)

Condiments: Equal®, Splenda®, creamer, non-dairy creamer (2g), brown sugar (15g), sugar (3g), lemon, honey (12g), margarine, butter, cream cheese, raisins (15g), jelly (10g), sugar-free jelly (3g), peanut butter (5g)

Morning Specialties
All made with farm-fresh eggs

Omelet bar (1g) – choose from cheese, ham, turkey sausage, onion, peppers, mushrooms, tomato, spinach

Scrambled eggs (1g)
Sunrise sandwich – egg (1g), cheese and/or ham served on gluten-free bread (24g)

Mixed fruit (30g) & cottage cheese (5g)

Sides
Bacon
Turkey sausage
Hashbrowns (8g)

Salads (side salads available)
All salads served with oil & vinegar dressing

Chef Salad
Fresh greens (5g) tossed with ham, turkey, shredded cheese, egg, tomato and cucumber

Cranberry Spinach Salad
Fresh spinach, cucumber, mushrooms, tomatoes and red onion (5g), tossed with dried cranberries (15g) and asiago cheese

Garden Salad
Fresh greens tossed with cucumber, carrots, tomatoes and peppers (5g)

Fresh Sides

Original hummus (14g)
Served with gluten-free crackers (5g), sliced carrots (10g) or celery sticks
Gluten-Free Menu – Lunch & Dinner

Soups
Chicken noodle soup with gluten free noodles (10g)
Garden vegetable soup (10g)
Gluten-free crackers (5g)

Custom Sandwiches
Choose Your Bread:
Gluten-free bread (2 slices) (24g)
Gluten-free tortilla wrap (24g)

Choose Your Fillings:
Meat – turkey, ham, tuna salad, chicken salad, egg salad
Cheese – American, cheddar, mozzarella, Swiss
Toppings – lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (4g), hummus (10g)

Peanut butter & jelly sandwich (39g)
Condiments: ketchup (3g), mustard, mayonnaise, fat-free Miracle Whip® (2g), oil & vinegar

Entrées
Substitutions and half portions are available

Garlic Herb Chicken Breast
Lightly seasoned and flame-broiled

Rainbow Trout
Farm-raised trout sautéed to perfection, topped with a mild black bean salsa

Pot Roast
Naturally juicy and slowly roasted until tender

Asian Stir-Fry
Asian-style vegetables (10g) stir-fried with garlic and olive oil, served with white rice (30g) (available with chicken)

Amounts in parentheses are grams of carbohydrates.
Gluten-Free Menu – Dinner

Sides
Potatoes – Idaho mashed potatoes (15g), mashed sweet potatoes (25g), baked potato (25g)
White rice (30g)
Corn (15g)
Carrots (10g)
Broccoli (5g)
Spinach (5g)
Green beans (5g)
California blend vegetables (5g)

Taco Bar
Build your own soft shell (24g) taco
Choose Your Meat – seasoned beef (5g), shredded chicken (5g), refried beans (20g)
Choose Your Toppings – shredded cheese, shredded lettuce, diced tomatoes, diced onion, black olives, sour cream (6g), salsa (3g), taco sauce, guacamole (6g)

From the Grill
Grilled Cheese Sandwich
Gluten-free bread (24g) with your choice of cheese
Cheese Quesadilla
Gluten-free tortilla (48g) with cheddar cheese, served with your choice of salsa (3g), black bean salsa (15g), sour cream (6g) or guacamole (4g)
Ope’s™ Organic Veggie Burger (10g)
Served on a gluten-free roll (20g) with your choice of toppings
Flame-Broiled Hamburger
Served on a gluten-free roll (20g) with your choice of toppings
Grilled Chicken Sandwich
Served on a gluten-free roll (20g) with your choice of toppings
Toppings: cheese, lettuce, spinach, tomato, cucumber, pickles, sliced red onions, black olives, peppers, guacamole (6g), hummus (14g)
Desserts
Gluten-free chocolate chip cookies (25g)
Gelatin – regular (15g), sugar-free
Ice cream – regular (15g), fat-free (20g)
Italian fruit ice (20g)
Sugar-free lemon sorbet (5g)
Popsicle – regular (15g), sugar-free (5g)
Freshly-made smoothies – ask your diet office associate for flavor options

Condiments: salt, pepper, Mrs. Dash®, butter, margarine, sour cream (6g), soy sauce, hot sauce, BBQ sauce (5g), ketchup (3g), mustard, mayonnaise, relish, fat-free Miracle Whip® (2g), oil & vinegar

Amounts in parentheses are grams of carbohydrates.