







# Room Service Dining

Call 341-6363



Please keep this menu throughout your hospital stay.

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# 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:

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Menu

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Date

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Menu

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Date

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Menu

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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](http://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.

## Liquid Diet Menu - Full Liquid Diet

*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)

*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*

### 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)



## General Diet Menu — Lunch and Dinner

### **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)*

## General Diet Menu — Lunch and Dinner

### 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.

## General Diet Menu — Beverages & Desserts

### **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)*

## General Diet Menu — Beverages & Desserts

### 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, mushrooms, 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)*

## Cardiac Diet Menu — Lunch & Dinner

### **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 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)

### **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)

## Low Sodium Diet Menu

*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®*

## Renal Diet Menu – Lunch & Dinner

### **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.

## Renal Diet Menu – Lunch & Dinner

### 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.



## Renal Diet Menu – Desserts

### 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)*

## Gluten-Free Menu – Desserts

### 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.

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