

Renal Diet Menu – Lunch & Dinner

(Amounts in parentheses are grams of carbohydrates)



Call 6363 to order

Signature Salads *(Side salads available.)*

Grilled Chicken 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).

All salads served with oil & vinegar dressing.

Fresh Sides

Baby Carrots (10g) & Celery Sticks

Custom Sandwiches

Build your own deli style sandwich!

Choice of Bread:

White Bread – 2-slices (30g)

Kaiser Roll (40g)

Pita Bread (35g)

Choice of Toppings:

Meat: turkey, grilled chicken, tuna salad,
chicken salad

Cheese: LS Cheddar, Swiss

Toppings: lettuce, cucumber, sliced red onions,
peppers

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

Soups & Breads

LS Soup: chicken noodle (8g)

LS Broth: beef, chicken

Dinner Roll (30g)

Breadstick (25g)

LS Crackers (5g)

Entrées *(Substitutions and half portions available.)*

Chef's Feature of the Week – served with couscous
(25g) and broccoli flowerets (5g).

Home Style Meatloaf (10g) – topped with savory
mushroom gravy (5g), served with white rice (30g)
and sweet whole baby carrots (10g).

Garlic-Herb Chicken Breast – lightly seasoned and
flame broiled, served with garlic herb penne pasta
(20g) and green beans (5g).

Pot Roast – naturally juicy and slowly roasted until
tender, served with couscous (25g) and corn (15g).

Cornmeal Crusted Trout – farm raised trout lightly
dusted (10g) and sautéed to perfection, served
with white rice (30g) and California blend vegetables
(5g).

Garlic Herb Pasta – penne pasta (45g) or spaghetti
(45g), topped with a light garlic herb sauce.

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

*Taco Bar —Build your own soft shell (15g) taco!

Choice of Fillings (5g): seasoned beef, chicken

Choice of Toppings: LS cheese, shredded lettuce,
diced onion, sour cream, *taco sauce

Sides: white rice (30g)

From the Grill

Flame Broiled Burger (25g)

Grilled Chicken Sandwich (25g)

Toppings: LS cheese, lettuce, onion, peppers

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