Renal Diet Menu – Lunch & Dinner
(Amounts in parentheses are grams of carbohydrates)

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

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)

LS – Low Sodium
*Limited to one per meal.

Menus are available online at bronsonhealth.com. Please leave this copy in room.