

# Renal Menu

Sunday

## Breakfast

Pancakes and Scrambled Eggs, Pears

## Lunch

Chicken Marsala, White Rice and Green Beans **or**  
Chicken Salad Sandwich on White and Vegetable Rice Soup

## Dinner

Herb Baked Fish, White Rice, Carrot & Zucchini Blend **or**  
Beef Fajita Salad (no salsa) Vegetable Meatball Soup

Monday

## Breakfast

1/2 Plain Bagel with Cream Cheese, Cheese Omelet, Diced Peaches

## Lunch

Herbed Pork Loin, White Rice and Carrots **or** Hummus  
Platter (no pita chips)

## Dinner

Chicken Fettuccine Alfredo with Zucchini and Yellow  
Squash Blend **or** Chicken Salad Sandwich with  
Vegetable Meatball Soup

Tuesday

## Breakfast

Grits, Scrambled Eggs with Peppers & Onions

## Lunch

Meatloaf with Brown Gravy, Rice Pilaf with Fresh  
Mushrooms (white rice), Steamed Fresh Green Beans **or**  
California Chicken Salad Sandwich (white bread), Vegetable Rice Soup

## Dinner

Roasted Chicken Quarter, Chicken Gravy on White  
Rice, Steamed Carrots **or** Roasted Vegetable Sandwich with  
Balsamic Drizzle, Vegetable Rice Soup

Wednesday

## Breakfast

French Toast Scramble Eggs

## Lunch

Chicken Fried Rice with Asian Vegetable Blend **or**  
Dijon Roast Beef on White Bread, Vegetable Meatball Soup

## Dinner

Salisbury Steak with Brown Gravy, White Rice,  
Whole Baby Carrots **or**  
Tuna Salad Sandwich on White, Vegetable Meatball Soup

Thursday

## Breakfast

Scrambled Eggs, 1/2 Plain Bagel with Cream Cheese,  
Pear Halves

## Lunch

Boiled Salmon, White Rice and Carrots **or**  
Grilled Chicken Sandwich with Vegetable Rice Soup

## Dinner

Roasted Turkey Breast, White Rice, Steamed Carrots,  
Herb Gravy **or**  
Large Garden Salad (no tomato), Vegetable Rice Soup

Friday

## Breakfast

Egg and Cheese Omelet, Sweet Orange Muffin

## Lunch

BBQ Pulled Pork Sandwich (no bbq sauce), Hamburger  
Bun, Cole Slaw **or**  
Tuna Salad Sandwich on White, Vegetable Meatball Soup

## Dinner

Sesame Chicken with Vegetables and White Rice, Diced Peaches,  
Angel Food Cake **or**  
Turkey Sandwich, Vegetable Meatball Soup

Saturday

## Breakfast

Scrambled Eggs with Peppers & Onions, 1/2 Plain Bagel  
with Cream Cheese, Peaches

## Lunch

Baked Fish with White Rice and Carrots **or** Egg Salad  
Sandwich with Chicken Noodle Soup

## Dinner

Grilled Pork Chop with White Rice and Cabbage **or** Fresh Fruit  
Plate (peaches and pears) with a Fruit Muffin and Chicken  
Noodle Soup

# Renal Menu

## Always Available Breakfast

Pancakes  
French Toast  
English Muffin  
Fruit Muffins  
1/2 Plain Bagel with Cream Cheese  
Scrambled Eggs  
Cheese Omelet  
Hot Cereals; Grits  
Peaches  
Pears

## Lunch and Dinner

Hamburger on a bun  
Grilled Chicken Sandwich on a bun  
Egg Salad Sandwich on white bread  
Chicken Salad Sandwich on white bread  
Garden Salad no Tomatoes  
Large Grilled Chicken Salad no tomatoes  
Chicken Salad with Peaches and Pears  
Cottage Cheese with Peaches and Pears  
White Rice  
Steamed Veggies; Carrots, Green Beans

## Soups

Vegetable  
Cream of Chicken  
Chicken Noodle

## Desserts

Fruit; Grapes, Peaches, Pears, Apple  
Vanilla Pudding  
Peaches & Cream Trifle  
Sugar Cookies  
Applesauce



**NORTHSIDE HOSPITAL**