



Menu

Renal-Friendly

TO PLACE AN ORDER
or if you have comments
or concerns, please call:
1-866-204-6111
M-F 7 AM to 6 PM CST
ORDER DEADLINE:
Tuesday at 5 PM CST for
delivery the following week

Developed in accordance with guidelines of the National Kidney Foundation and the Academy of Nutrition and Dietetics for Nutrition.

Meals are lower in potassium, phosphorus, and sodium. Detailed nutritional information available upon request. Please consult your attending Dietitian or Physician when deciding if these meals meet your specific situation.

Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal
♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

ITEM	American Classics	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
282	Creamy Turkey & Rice Soup and Fruit Compote, Juice and Lemon Cookies	618	13	472	234	761	58 94	
291	Beef Pepper Steak with Gravy over Penne Pasta and Spiced Fruit Crisp —	562	24	495	243	681	67 -	
375	Homestyle Meatloaf with Pasta and Seasoned Vegetables, and Lemon Cookies —	590	24	440	311	796	50 71	
409	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Applesauce and Lemon Cookies —	635	24	542	277	821	50 83	
254	Chicken & Waffle and Peach Crisp, Syrup and Gelatin Cup —	612	14	560	201	654	57 106	♥



International Flavors

080	Curry Vegetables with Pineapple and Brown Rice, Applesauce and Fig Bar	628	10	359	295	772	68 112	♥
112	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Blueberry Applesauce and Fruit Cup —	590	7	686	219	800	91 127	♥
187	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Fruit Cup and Fig Bar —	639	17	520	297	756	66 112	♥
239	Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Juice, Fruit Cup and Fig Bar —	620	14	695	185	655	35 96	

— Customer Favorite

ITEM	International Flavors (continued)	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
288	Vegetarian Red Beans and Rice , Fruit Cup and Fig Bar	586	12	374	238	525	62 110	♥
398	Vegetable Primavera and Sweet Pineapple & Apples , Blueberry Applesauce, Fruit Cup and Lemon Cookies	614	11	366	213	705	65 121	♥
429	Chicken Alfredo Pasta, Seasoned Peas and Carrots , Fruit Cup, Juice and Raspberry Applesauce	609	18	435	325	818	46 95	♥
748	Pork Stir Fry Rice and Spiced Fruit Medley , Juice and Lemon Cookies	662	14	457	223	540	72 108	♥
752	Mushroom Risotto and Seasoned Peas & Carrots , Raspberry Applesauce and Fig Bar	633	15	669	286	788	52 103	♥
760	Chicken Tortilla Soup and Cinnamon Apples , Fig Bar and Raspberry Applesauce	605	14	683	323	747	47 98	♥

Breakfast Meals

139	Ham, Egg and Cheese Scramble and Cranberries & Apples , Juice, Two Fruit Cups and Blueberry Applesauce 	576	16	661	272	737	29 95	♥
161	Cheese Omelet, French Toast Sticks and Turkey Sausage Link , Syrup, Fruit Cup, Gelatin and Juice 	598	19	613	225	613	21 101	♥
248	Cinnamon Apple Oatmeal and Scrambled Eggs , Juice and Fig Bar	612	14	561	333	591	53 100	♥
399	Vegetable Egg Scramble and Peaches with Cherries , Gelatin, Raspberry Applesauce and Lemon Cookies	617	18	578	306	773	37 98	♥
400	Cowboy Breakfast Skillet and Cranberry Apple Crisp , Juice and Lemon Cookies	585	16	517	309	826	53 89	♥

 Customer Favorite

REFRIGERATE MEALS UPON ARRIVAL.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate causing us to utilize alternative options with like nutritional.

