

# Centennial Hills Hospital MEDICAL CENTER

A Member of The Valley Health System®

## Renal Diet Menu

Your doctor may have prescribed a diet that requires certain nutrients to be restricted each day. Please discuss your meal choices with your Host/Hostess if you have questions.

### ● Carbohydrates

Carbohydrates have been calculated for patients who need help in controlling their blood sugars. Each serving is equivalent to 15 grams of carbohydrate. Most patients will require 4 servings per meal.

### ✔ Vegetarian

### ♥ Heart Healthy

Heart healthy foods are lower in sodium, saturated fat and added sugars.

Gluten Free options available upon request

**Call Room Service at 7-FOOD (7-3663) on your room phone to place an order.**

Guest trays are available for purchase for \$5 via a paid voucher/receipt from the cafe.

Breakfast: 6:30 a.m. - 10 a.m.

Lunch and Dinner: 11 a.m. - 6:30 p.m.

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### BREADS AND BAKERY ♥

White Bread 1

Bagel 4

English Muffin 2

Blueberry Muffin 2

Apple Muffin 2

Cranberry Muffin 2

### CEREALS ✔

Cold

Corn Flakes ♥ 15

Rice Krispies ♥ 15

Cheerios ♥ 15

Frosted Flakes 15

Hot

Cream of Wheat ♥ 2

Grits ♥ 2

### MORNING FARE

Scrambled Eggs

Cholesterol Free

Scrambled Eggs ♥ 1

Orange Cinnamon

French Toast ♥ 15

Buttermilk Pancakes ♥ 15

Blueberry

Cinnamon Apple

Sides

Turkey Sausage Patty ♥ 1

### OMELET SHOPPE

Made to Order

Eggs

Cholesterol Free Eggs ♥

Omelet Extras

Onion ♥

Mushrooms ♥

Green Pepper ♥





### BROTHS & SOUPS (Low sodium options available) ♥

Broth	Soup
Vegetable	Chicken Noodle 1
Beef	
Chicken	

### COMPLEMENTS ♥

White Dinner Roll 1	Graham Crackers 1
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### FROM THE GARDEN 🌿

<b>Side Salads</b>	<b>Dressings</b>
Garden Salad ♥ 5	Italian
	French
	Balsamic Vinaigrette

### GRILLE FAVORITES

Hamburger 🟡 (1.5-3)	<i>Burgers served with lettuce and onion on a white bun.</i>
Grilled Chicken Breast Sandwich 🟡 (2-3) ♥	

### FAMILY FAVORITES

Farmer's Meatloaf ♥ 5	Herb Grilled Chicken 1
Yankee Pot Roast ♥	Black Peppered Chicken Breast 1
Roasted Turkey Breast ♥	Chicken Meatballs
Cod Filet ♥	Over Penne Pasta 2
Garlic Butter	Rosemary Chicken with Orzo and Vegetables 2
Lemon Pepper	

### DELI BAR

<b>Breads ♥</b>	<b>Garden ♥</b>
White 2	Lettuce
	Onion
<b>Meats and Fillings ♥</b>	
Chicken Salad	
Egg Salad	
Tuna Salad	

### ACCOMPANIMENTS ♥

<b>Vegetables 🌿</b>	<b>On the Side</b>
Broccoli 5	Steamed White Rice 2
Green Beans 1	Couscous 2
Carrots	Buttered Pasta

### FRUIT & DESSERTS

<b>Fruit 🌿 ♥ 1</b>	<b>Cookies</b>
Apple	Short Bread Cookies 15
Fresh Fruit Cup	
Peach Slices	<b>Pudding</b>
Pear Halves	(Sugar free options available)
Fruit Cocktail	Vanilla 5
Grapes	
Watermelon	<b>Gelatin ♥ 15</b>
	(Sugar free options available)
<b>Yummy Delights</b>	Strawberry
Angel Food Cake ♥ 1	Orange
Rice Krispy Treats 2	Cherry (sugar free not available)

### Frozen ♥

Lemon Fruit Ice 1
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### BEVERAGES

<b>Juices ♥ 1</b>	<b>Hot</b>
Apple	Coffee
Cranberry	Decaf Coffee ♥
Grape	Tea
	Decaf Tea ♥
<b>Cold</b>	
Iced Tea	
Diet Lemonade	
Lemon Lime Soda 15	
Diet Lemon Lime Soda	

