



CalvertHealth[®]

Food & Nutrition Services

Renal Diet

PATIENT MENU

It is our pleasure to serve you. Our Food and Nutrition staff will visit you daily to help you create the perfect meal to meet your specific dietary needs.

To speak to a staff member, dial extension 5228 (level 2) or 5229 (level 3) and we will be happy to assist you.



BREAKFAST

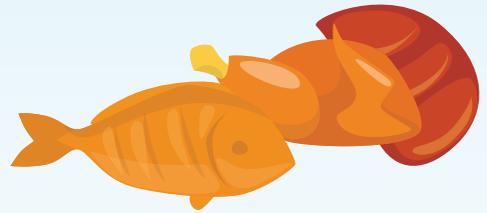
Hot off the Grill:

- Hard Boiled Egg
- Heart-Healthy Scrambled Eggs
- Fried Egg
- Crustless Quiche (0.2)
- French Toast w/ Syrup (2.2)
- Pancakes w/Syrup (2.2)
- Waffle w/ Syrup (3.3)
- Turkey Sausage Link
- Oatmeal (2)
- Cream of Wheat (2.2)
- Cream of Rice
- Grits (2)
- Assorted Cold Cereals (2-3)
- English Muffin (2)
- Muffin (*Banana Nut, Blueberry*) (2-2.5)
- Mini Plain Bagel (1)



LUNCH & DINNER

- Homemade Meatloaf (0.5)
- Sauteed Chicken Breast
- Roasted Pork Loin
- Roasted Turkey
- Baked Rockfish
- Sauteed Rockfish
- Roasted Salmon
- Roasted Turkey Sandwich (2)
- Chicken Salad Sandwich (2)
- Tuna Salad Sandwich (2)
- Grilled Cheese Sandwich (2)
- Grilled Chicken Sandwich (2)
- Grilled Hamburger (2)



(#) Number in parenthesis represents the amount of servings of carbohydrates.
(There are 15 carbohydrates in a serving and you are allowed 4 servings or 60 grams of carbohydrates per meal.)



A LA CARTE ITEMS

- Apple (1.5)
- Applesauce (1)
- Fruit Cup (0.6)
- Grapes (0.5)
- Honeydew (0.5)
- Peaches (0.5)
- Pears (1)
- Pineapple, fresh (1)
- Strawberry, fresh (0.5)
- Activia Peach Yogurt (1)
- Activia Strawberry Yogurt (1)



SIDES, SOUPS & SALADS

- White Rice (1.5)
 - Steamed Broccoli (.5)
 - Sweet Glazed Carrots (1)
 - Corn (1)
 - Green Beans
 - Southern Greens
 - Mixed Vegetables (0.5)
 - Peas (1)
 - Mashed Potatoes* (1.6)
- *potatoes contain a significant amount of potassium so other meal choices may be limited if selected*

- Chicken and Rice Soup (1)
- Maryland Crab Soup (1)
- Chicken, Vegetable, Beef Broth
- Tossed Side Salad

Dressings: *Balsamic, Italian, Raspberry Vinaigrette, Oil & Vinegar, Honey Mustard, French, Ranch, Thousand Island*



BEVERAGES

- Bottled Water
- Assorted Juices (1)
- Iced Tea
- Gingerale (*Regular and Diet*)
- Crystal Light
- Sierra Mist (1)
- Sprite Zero
- Almond or Soy Milk (1)
- Milk (1)
- Coffee (*Decaf and Regular*)
- Hot Tea (*Decaf and Regular*)
- Hot Chocolate



DESSERTS

- Italian Ice (2)
- Chocolate Mousse Cake (0.5)
- Crème Brulee (1.6)
- Seasonal Panna Cotta (0.6)
- Key Lime Shooter (0.8)
- Pound Cake (1)
- Vanilla Wafers (1)
- Apple Pie (3)
- Pudding (*Regular and Sugar-free*)
- Fresh Fruit Cup (0.6)
- Jello (*Regular and Sugar-free*)



CONDIMENTS

- Ketchup
- Mustard
- Mayonnaise
- Ms. Dash
- Malt Vinegar
- Pepper
- Sugar
- Sugar Substitute
- Half & Half
- Non-Dairy Cream
- Butter
- Margarine
- Honey
- Brown Sugar
- Cinnamon
- Lemon Juice
- Jelly
- Syrup/Diet Syrup
- Cream Cheese
- Sour Cream
- Relish
- Tomato
- Onions
- Lettuce
- Pickles
- Tartar Sauce

