

# The Ohio State University Wexner Medical Center

## Patient Dining Menu: Renal Diet - Limits Phosphorous, Potassium, and Sodium

### How to Order Meals

Use your camera on your phone/tablet to scan this QR code for details on how to order and additional dining information; it is best to order your meals by 6am, 10am, and 3pm

**Chef Specials** *available only at the meal and day indicated*

#### **Breakfast** served 7am-9:30am

**Monday:** French Toast Sticks w/ Berry Sauce, Scrambled Eggs

**Tuesday:** Scrambled Eggs, English Muffin, Apple Slices

**Wednesday:** Scrambled Eggs, Blueberry Muffin, Grapes

**Thursday:** Egg Patty, Oatmeal, Diced Peaches

**Friday:** Egg Strata Casserole, Rice Chex, Apple Slices

**Saturday:** Scrambled Eggs, French Toast w/ Syrup

**Sunday:** Scrambled Eggs, Blueberry Muffin, Grapes



#### **Lunch** served 11am-1:30pm

**Monday:** Stir Fry Beef, Fried Rice, Carrots

**Tuesday:** Meatloaf w/gravy, Buttered Noodles, Green Beans

**Wednesday:** Grilled Chicken Breast, White Rice, Carrot Coins

**Thursday:** Meatballs, Stroganoff Sauce, Buttered Noodles, Peas and Pearl Onions

**Friday:** Grilled Chicken Breast, White Rice, Green Beans

**Saturday:** Sliced Turkey w/ Gravy, Texas Toast, Roasted Carrots

**Sunday:** Salisbury Steak w/ Gravy, Buttered Noodles, Carrot Coins

#### **Dinner** served 4pm-7pm

**Monday:** Grilled Chicken Breast, Corn Bread, Seasoned Brussels Sprouts, Cherry Pie

**Tuesday:** Grilled Chicken Breast, Penne Alfredo, Green Beans, Cheesecake

**Wednesday:** Beef Pot Roast, Gravy, Dinner Roll, Green Beans, Red Velvet Cake

**Thursday:** Sliced Turkey, Country Gravy, Dinner Roll, Glazed Carrots

**Friday:** Alaskan Grilled Salmon, Lemon Cream Sauce, Wild Rice, Grilled Veggies, Sherbet

**Saturday:** Meatloaf with Gravy, Buttered Noodles, Carrots, Orange Sherbet

**Sunday:** Grilled Chicken, Country Gravy, Green Beans, Angel Food Cake

If your doctor has prescribed a renal diet, you will be limited from ordering foods high in phosphorus and potassium.

This includes foods such as milk, chocolate, whole grains, nuts, processed meats, starchy vegetables, and many fruits.

Ask for your care team to consult a Registered Dietitian Nutritionist if you have questions.

**Daily Options** *some items subject to seasonal availability*

**Breakfast Entrees & Sides** *served 7am-9:30am*

French Toast | Scrambled Eggs | Hard Boiled Egg

Blueberry Muffin | English Muffin | Wheat Toast | White Toast

**Cereal** *served 7am-7pm*

Cheerios® | Frosted Mini Wheats® | Honey Nut Cheerios® | Rice Chex®  
Cream of Wheat® | Oatmeal

**Fruit & Lighter Sides** *served 7am-7pm*

Applesauce | Peaches | Pears | Pineapple  
Apple | Grapes

**Beverages** *served 7am-7pm*

Coffee | Tea | Green Tea | Hot Cocoa | Iced Tea | Lemonade  
Juice: Apple | Grape  
Coke® products *see your tablet or ask your nutrition aide for details*

**Lunch & Dinner Entrées** *served 11am-7pm*

Chicken | Salmon | Salisbury Steak w/ Gravy

Create Your Own Sandwich/Salad *see your tablet or ask your nutrition aide for details*

Hamburger | Grilled Chicken | Chicken Salad | Tuna Salad | Turkey Sandwich

Side Salads: House

**Sides** *served 11am-7pm*

Dinner Roll | Buttered Noodles | White Rice  
Baby Carrots | Carrots | Corn | Peas | Green Beans

**Soups & Broths** *served 11am-7pm*

Broths: Beef | Chicken | Vegetable | Chicken Noodle

**Desserts** *served 11am-7pm*

Angel Food Cake | Cookies | Sherbet

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