

# Renal Diet

Kitchen x72650

MedStar Franklin Square Medical Center

## Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Renal Diet Menu for MedStar Franklin Square Medical Center.

You Doctor or Dietitian has prescribed this diet for your health. Our renal diet has many great options that are lower in salt, potassium and phosphorus to keep your kidneys healthy. Registered Dietitians worked in partnership with our culinary team to create chef-inspired meals to deliver nutrition that heals.

## How to Place Your Order

We encourage you to try one of our [featured chef entrees](#). A host/hostess will make contact with you throughout the day to take your order.

## Using This Menu

This menu was designed to show you the items available on the renal diet. You can scroll through to review all of the items available. The blue links at the bottom of the page will allow you to skip around to different sections. Please note the Featured Chef Entrée link below.

### [Featured Chef Entrée](#)

#### Abbreviation Key

Low Sodium	LS	No Sugar Added	NSA
Low Fat	LF	Sugar Free	SF



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## Breakfast

### Hot & Cold Cereals

Cream of Wheat®

Oatmeal

Grits

Cheerios®

Corn Flakes®

Frosted Flakes®

Rice Krispies®

Rice Chex®

### Entrees

Cage-Free Eggs: (*Scrambled · Cholesterol-Free · Hard Cooked*)

French Toast

Pancakes

### Sides

Turkey Sausage

English Muffin

Bagel

Whole Grain Blueberry Muffin

Greek Yogurt (*Blueberry · Strawberry · Vanilla*)

### Whole Fruit

Seasonal Apple

Pear

### Chilled Fruit

Red Grapes

Applesauce

Diced Peaches

Diced Pears

Pineapple Tidbits



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## Lunch & Dinner

### Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Burgers: *(All-Beef Burger · Turkey · Veggie)*

Chicken Breast Sandwich

Grilled Cheese

### Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

### Entrée Salads

Cottage Cheese Fruit Plate

Chicken Caesar Salad

Chef Salad



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## Soups, Side Salads & Sides

### Soups

Chicken Noodle  
Vegetable

Beef Broth  
Chicken Broth  
Vegetable Broth

### Side Salads

Garden Side Salad  
Carrot & Celery Sticks

### Salad Dressings

Ranch  
Fat Free Ranch  
French  
Diet French

Italian  
Diet Italian

### Vegetables

Green Beans  
Baby Carrots

### Starches

Penne Pasta  
Macaroni & Cheese  
Steamed Rice  
Dinner Roll



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## Desserts

### Cookies and Bakery

Sugar Cookie	Vanilla Wafers
Lorna Doones®	Angel Food Cake
Graham Crackers	Pound Cake

### Frozen

Ice Cream (*Vanilla · Strawberry*)  
Fruit Ice (*Lemon · Cherry*)

### Pudding

Vanilla (*Reg · NSA*)

### Gelatin

Cherry (*Reg · SF*)  
Strawberry (*Reg · SF*)  
Orange (*Reg · SF*)

### Whole Fruit

Banana	Seasonal Apple
Orange	Pear

### Chilled Fruit

Fresh Fruit Salad	Diced Pears
Red Grapes	Pineapple Tidbits
Applesauce	Mandarin Oranges
Diced Peaches	

  
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## Beverages

### Juice

Apple  
Cranberry  
Grape

### Milk (4 oz)

1%  
Fat Free  
Whole  
Low Fat  
Lactose Free  
Soy

### Hot

Coffee (*Regular · Decaf*)  
Tea (*Regular · Decaf*)

### Cold

Iced Tea  
Lemonade (*Reg or SF*)  
Gingerale (*Reg or Diet*)  
Lemon Lime Soda (*Reg or Diet*)



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## Featured Chef Entrée

We are pleased to provide you with a variety of Chef Specials throughout the week. Please note, these items are only available on the specified meal and day listed. Please click one of the day links below or scroll down to see the Specials.

[Monday](#)

[Tuesday](#)

[Wednesday](#)

[Thursday](#)

[Friday](#)

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## Monday Specials

### Breakfast

#### **Scrambled Eggs and Cream of Wheat**

*Served with an English Muffin & Applesauce*

### Lunch

#### **Roasted Turkey Breast**

*Carved Boneless Turkey Breast, Steamed White Rice, Poultry Gravy & Green Beans  
Served with Diced Pears*

### Dinner

#### **Roasted Tilapia**

*Tilapia Lightly Seasoned and Roasted.  
Served with Parsley Egg Noodles, Green Beans and Diced Peaches.*



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## Tuesday Specials

### Breakfast

**Buttermilk Pancakes, Cream of Wheat® & Turkey Sausage**

*Served with Applesauce*

### Lunch

**BBQ Chicken**

*Grilled BBQ Chicken Breast, White Rice & Carrots. Served with Tropical Fruit Cup*

### Dinner

**Crustless Chicken Pot Pie**

*Chicken and Vegetables in a Light Gravy,. Served with California Mixed Vegetables and Diced Peaches.*



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## Wednesday Specials

### Breakfast

#### **Scrambled Eggs & Cream of Wheat**

*Served with an English Muffin & Diced Pears*

### Lunch

#### **Ground Beef and Gravy**

*Served with Penne Pasta, Green Beans & a*

### Dinner

#### **Beef Pot Roast**

*Slow Roasted Beef Top Round, Steamed White Rice, Gravy & Baby Carrots served with Applesauce*



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## Thursday Specials

### Breakfast

#### **French Toast & Cream of Wheat**

*Served with Diced Pears*

### Lunch

#### **Herb Baked Chicken Breast**

*Oven Roasted Chicken Breast with Herb Seasoning. Served with Cauliflower, Steamed White Rice & Diced Pears*

### Dinner

#### **Balsamic Herb-Roasted Turkey**

*Carved Balsamic Marinated Turkey Breast, Traditional Bread Stuffing, Poultry Gravy, Green Beans, & Diced Peaches*



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## Friday Specials

### Breakfast

#### Scrambled Eggs and English Muffin

*Served with Diced Pears.*

### Lunch

#### Citrus Herb Tilapia

*Lightly Seasoned Tilapia Filet. Served with Egg Noodles, Carrots, Applesauce & Pound Cake.*

### Dinner

#### Herb Baked Chicken Breast

*Oven Roasted Chicken Breast with Herb Seasoning. Served with Penne Pasta, Carrots, & Diced Pears.*



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## Saturday Specials

### Breakfast

#### **French Toast & Cream of Wheat®**

*Served with Pineapple Tidbits*

### Lunch

#### **Chicken Teriyaki Stir Fry**

*Marinated Chicken Tossed with Stir Fried Vegetables & Teriyaki. Served with Steamed White Rice & Pineapple Tidbits*

### Dinner

#### **Farmers Meatloaf**

*Traditional Meatloaf with Gravy, Penne Pasta, & Green Beans. Served with Lorna Doones®*



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## Sunday Specials

### Breakfast

**Buttermilk Pancakes, Oatmeal, & Turkey  
Sausage Links**

*Served with Diced Pears*

### Lunch

**Traditional Beef Stew**

*Braised Beef, Potatoes, & Carrots in a  
Savory Sauce Served with Oven Roasted  
Zucchini, Diced Peaches & Angel Food Cake*

### Dinner

**Basil Chicken Breast**

*Chicken Breast Marinated with Italian  
Spices. Served with Steamed White Rice,  
Roasted Vegetables, & Pineapple Tidbits*



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