

# Renal Diet

Kitchen x46424

MedStar Georgetown University Hospital

## Our Promise to You

Welcome to the menu viewing system for MedStar Health. You are currently looking at the Renal Diet Menu for MedStar Georgetown University Hospital.

Your 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 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  |



[Breakfast](#)   [Featured Chef Entree](#)   [Soup/Salad/Sides](#)  
[Grill/Deli](#)   [Dessert](#)   [Beverages](#)

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## Breakfast

### Hot & Cold Cereals

Cream of Wheat®

Oatmeal

Grits

Cheerios®

Corn Flakes®

Raisin Bran®

Rice Krispies®

Rice Chex®

### Entrees

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

French Toast

Pancakes

### Sides

MorningStar Veggie Sausage®

Turkey Sausage

Pork Sausage

English Muffin

Bagel

Whole Grain Blueberry Muffin

Greek Yogurt (13) (*Blueberry · Strawberry · Vanilla*)

### Whole Fruit

Seasonal Apple

Pear

### Chilled Fruit

Red Grapes

Applesauce

Diced Pears

Diced Peaches



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Renal Diet

Kitchen x46424

MedStar Georgetown University Hospital

## Lunch & Dinner

### Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Burgers: (Natural Beef · Cheeseburger ·  
Turkey · Veggie)

Chicken Breast Sandwich

### Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

### Entrée Salads

Cottage Cheese Fruit Plate

Chicken Caesar Salad

Chef Salad



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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MedStar Georgetown University Hospital

## Soups, Side Salads & Sides

Chicken Noodle  
Vegetable

Beef Broth  
Chicken Broth  
Vegetable Broth

## Side Salads

Garden Side Salad  
Carrot & Celery Sticks

## Salad Dressings

Italian  
Fat Free Italian  
French

Ranch  
Fat Free Ranch  
Fat Free French

## Vegetables

Green Beans  
Baby Carrots

## Starches

Penne Pasta  
Macaroni & Cheese  
Steamed Rice  
Dinner Roll



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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## Desserts

### Cookies and Bakery

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

### Frozen

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

### Pudding

Vanilla (Reg · NSA)

### Gelatin

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

### Whole Fruit

Seasonal Apple  
Pear

### Chilled Fruit

|            |               |
|------------|---------------|
| Red Grapes | Diced Pears   |
| Applesauce | Diced Peaches |



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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## Beverages

### Juice

Apple  
Cranberry  
Grape

### Milk (4 oz)

1%  
Fat Free  
Whole  
Lactose Free  
Soy

### Hot

Coffee (*Regular · Decaf*)  
Tea (*Regular · Decaf*)  
Hot Chocolate (*Reg (21) · SF (10)*)

### Cold

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



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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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](#)

[Saturday](#)

[Sunday](#)



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Renal Diet

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MedStar Georgetown University Hospital

## Monday Specials

### Breakfast

**Cream of Wheat<sup>®</sup>, Scrambled Egg & MorningStar Veggie Sausage<sup>®</sup>**

*Served with a Toasted English Muffin & Diced Peaches*

### Lunch

**Roasted Herb Chicken Thigh**

*Juicy Chicken Thigh Herb Marinated and Roasted with Steamed White Rice, Poultry Gravy and Green Beans. Served with Diced Pears*

### Dinner

**Meatballs with Penne and Gravy**

*Served with a Garden Side Salad, Carrots & Pineapple Tidbits*



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)



# Renal Diet

Kitchen x46424

MedStar Georgetown University Hospital

## Tuesday Specials

### Breakfast

**Buttermilk Pancakes (32), Cream of Wheat® (23) & Turkey Sausage Links**

*Served with a Banana (22)*

### Lunch

#### Pork Carnitas

*Slow Roasted Pork Shoulder with Latin Spice Blend, Roasted Bell Peppers, Spanish White Rice, and Corn. Served with a Tropical Fruit Cup.*

### Dinner

#### Crustless Chicken Pot Pie

*Chicken and Vegetables in a Light Gravy. Served with California Mixed Vegetables, and Pound Cake.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Renal Diet

Kitchen x46424

MedStar Georgetown University Hospital

## Wednesday Specials

### Breakfast

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

*Served with a Toasted English Muffin & Diced Pears*

### Lunch

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

*Served with Green Beans & Diced Peaches*

### Dinner

#### **Beef Pot Roast**

*Carved Slow Roasted Beef Top Round, Gravy,  
Steamed White Rice and Baby Carrots.  
Served with Applesauce.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

# Renal Diet

Kitchen x46424

MedStar Georgetown University Hospital

## Thursday Specials

### Breakfast

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

*Served with a Tropical Fruit Cup*

### Lunch

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

*Oven Roasted Chicken Breast with Savory Rub. Served with Cauliflower, White Rice, Diced Peaches and Pound Cake.*

### Dinner

#### **Crispy Baked Fish**

*White Fish Coated in Bread Crumbs and Baked Until Crispy Served with Traditional Bread Stuffing, Poultry Gravy and Green Beans.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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Kitchen x46424

MedStar Georgetown University Hospital

## Friday Specials

### Breakfast

**Scrambled Eggs, Cream of Wheat® &  
Toasted English Muffin**

*Served with Diced Pears*

### Lunch

#### Herb Roast Beef

*Slow Cooked Herb Marinated Beef with  
Steamed White Rice, Gravy and Carrots.*

*Served with a Sugar Cookie.*

### Dinner

#### Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,  
Lemon Juice and Herbs. Served with  
Parsley Egg Noodles, Carrots, Pound Cake  
and Applesauce.*



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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MedStar Georgetown University Hospital

## Saturday Specials

### Breakfast

**French Toast, Cream of Wheat® &  
Scrambled Eggs**

*Served with Pineapple Tidbits*

### Lunch

#### **Basil Chicken Breast**

*Basil Marinated Chicken Breast, Rice Pilaf  
with Peppers and California Mixed  
Vegetables. Served with Tropical Fruit Cup &  
a Sugar Cookie*

### Dinner

#### **Farmers Meatloaf**

*Traditional Meatloaf with Gravy, Penne  
Pasta and Carrots. Served with Lorna  
Doones®*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

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Kitchen x46424

MedStar Georgetown University Hospital

## 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 Cornbread Muffin, Diced  
Peaches and Angel Food Cake.*

### Dinner

**Lemon Sage Chicken Breast**

*Chicken Breast Marinated in Oil, Lemon  
Juice, Sage and Garlic. Served with Steamed  
White Rice, Oregano Green Beans and  
Pineapple Tidbits.*



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)