

Renal Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

Our Promise to You

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

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.

Abbreviation Key

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



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Renal Diet

MedStar Southern Maryland Hospital Center

Kitchen x4558

Breakfast

Entrees

Scrambled Eggs

Hard Cooked Egg

French Toast

Buttermilk Pancakes

Create Your Own Omelet

Cheddar Cheese

Mushrooms

Mozzarella Cheese

Green Pepper

Onion

Sides

Morningstar Veggie Sausage

Bagel

English Muffin

Toast

Cereal

Cream of Wheat

Corn Flakes

Oatmeal

Rice Krispies

Cheerios

Rice Chex

Greek Yogurt

Vanilla

Blueberry

Strawberry



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Lunch/Dinner

Entrees

Herb Baked Chicken Leg Quarter

Herb Baked Chicken Breast

Jerk Chicken Thigh

Roasted Turkey Breast

Salmon Cake

Meatloaf

Braised Beef Pot Roast

From the Grill

-Sauteed mushroom and onion available upon request

All Beef Hamburger

Veggie Burger

Chicken Breast

Turkey Burger

Create Your Own Quesadilla

-Served with lettuce, tomato, sour cream and salsa

Steak

Cheese

Chicken

Veggie

Flatbread Pizza

Fresh Mozzarella

Green Pepper

Mushroom

Onion

Black Olives



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Renal Diet

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Soups, Sandwiches and Salads

Create Your Own Deli

Bread Choices: White • Wheat

Roast Turkey	Egg Salad
Roast Beef	Tuna Salad
Peanut Butter & Jelly	Chicken Salad

Entrée Salads

Chef Salad
Chicken Caesar Salad
Hummus with Pita and Vegetables

Side Salads

Garden Salad	Cole Slaw
Caesar Salad	Cottage Cheese

Salad Dressings

Ranch
Fat Free Ranch
French
Fat Free French
Italian
Fat Free Italian

Soups

Chicken Noodle
Garden Vegetable
Beef Broth
Chicken Broth
Vegetable Broth



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Renal Diet

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Sides

Vegetables

Baby Carrots

Broccoli

Cauliflower

Green Beans

Yellow Squash

Starches

Macaroni and Cheese

White Rice

Dinner Roll



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Desserts

Cookies and Cakes

Sugar Cookie
Vanilla Wafers
Graham Crackers
Angel Food Cake
Apple Crisp

Frozen

Vanilla Ice Cream
Orange Fruit Ice
Cherry Fruit Ice
Lemon Fruit Ice

Pudding and Gelatin

Vanilla Pudding
Assorted Gelatin Flavors

Fruit

Diced Pears
Diced Peaches
Pineapple Tidbits
Applesauce
Apple



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Beverages

Juice

Apple
Cranberry
Grape

Milk (4 oz)

1%
Fat Free
Whole
Lactose Free
Soy

Hot

Coffee
Decaf Coffee
Tea
Decaf Tea

Cold

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



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