

Renal Diet

MedStar Washington Hospital 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 Washington Hospital Center.

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](#)

Renal Diet

MedStar Washington Hospital Center

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®

Home Fried Potatoes

English Muffin (*White · Wheat*)

Bagel (*White · Wheat*)

Whole Grain Blueberry Muffin

Greek Yogurt (*Blueberry · Strawberry · Vanilla*)

Cottage Cheese

Whole Fruit

Banana

Orange

Seasonal Apple

Pear

Chilled Fruit

Fresh Fruit Salad

Red Grapes

Applesauce

Diced Peaches

Diced Pears

Pineapple Tidbits

Mandarin Oranges



QUALITY OF LIFE SERVICES

[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

Lunch & Dinner

Hot Entrees & Grill

Herb Baked Chicken Breast

Salisbury Steak

Citrus Herb Tilapia

Baked Chicken Tenders

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

Chicken Breast Sandwich

Grilled Cheese

Deli Sandwiches

Turkey

Roast Beef

Chicken Salad

Tuna Salad

Egg Salad

Entrée Salads

Cottage Cheese Fruit Plate

Pita & Vegetables w/ Hummus

Chicken Caesar Salad



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

Soups, Side Salads & Sides

Soups

Chicken Noodle	Beef Broth
Tomato Basil	Chicken Broth
Vegetable	Vegetable Broth

Side Salads

Garden Side Salad
Carrot & Celery Sticks

Salad Dressings

Italian	Ranch
Fat Free Italian	Fat Free Ranch
Caesar	French
Balsamic Vinaigrette	Fat Free French

Vegetables

Green Beans
Baby Carrots

Starches

Mashed Potatoes
Penne Pasta
Macaroni & Cheese
Steamed Rice (White · Brown)
Dinner Roll (White · Wheat)
Potato Chips
Pretzels



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

Renal Diet

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Desserts

Cookies and Bakery

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

Frozen

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

Pudding

Vanilla (Reg · NSA)
Chocolate (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	


QUALITY OF LIFE SERVICES

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

Renal Diet

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Beverages

Juice

Apple
Cranberry
Orange
Grape
Prune

Milk

1%
Fat Free
Whole
Low Fat
Chocolate
Lactose Free
Soy

Hot

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

Cold

Decaf Iced Tea
Lemonade
Ginger Ale (*Reg · Diet*)



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

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

MedStar Washington Hospital Center

Monday Specials

Breakfast

Scrambled Eggs, Oatmeal & MorningStar® Veggie Sausage

*Served with a Toasted English Muffin, &
Applesauce*

Lunch

Roasted Turkey Breast

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

Citrus Herb Tilapia

*Tilapia Marinated in a Blend of Orange,
Lemon Juice, and Herbs. Served with White
Rice, Green Beans and Chicken Noodle Soup.*

Dinner

Salisbury Steak

*Braised Chopped Beef Steak Topped with
Brown Gravy. Served with Penne Pasta and
Baby Carrots.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

Tuesday Specials

Breakfast

Buttermilk Pancakes, Cream of Wheat®, & MorningStar® Veggie Sausage

Served with Pineapple Tidbits

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

MedStar Washington Hospital Center

Wednesday Specials

Breakfast

Scrambled Eggs with Vegetables & Cheese & Oatmeal

*Served with a Toasted English Muffin, &
Diced Pears*

Lunch

Seasoned Ground Beef and Gravy

Served with Green Beans & Diced Peaches

BBQ Chicken Breast

Marinated Roasted BBQ Chicken Breast.

Dinner

Portobello Stroganoff

*A Light Creamy Sauce made with Portobello
Mushrooms over Rotini Pasta.*

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

MedStar Washington Hospital Center

Thursday Specials

Breakfast

**French Toast &
MorningStar® Veggie Sausage**
Served with a Tropical Fruit Cup

Lunch

Vegetarian Tortilla Soup
Zucchini and Tomato Simmered in Vegetable Broth Seasoned with Ancho Chipotle Chili Finished with Lime, Cheddar Cheese, and Corn Tortilla. Served with a Quinoa, Hominy, & Strawberry Side Salad.

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

Dinner

Balsamic Herb-Roasted Turkey
Carved Balsamic Marinated Turkey Breast, Traditional Bread Stuffing, Poultry Gravy, and Green Beans.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

Friday Specials

Breakfast

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

Served with Diced Pears

Lunch

Salmon Cake with Remoulade Sauce

*Crispy Baked Salmon Patty with White Rice
and Squash Noodles. Served with Diced
Pieces.*

Dinner

BBQ Chicken

*Slowed Cooked Chicken with BBQ Sauce.
Served with White Rice, Carrots, Pound Cake
and Applesauce.*



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

Saturday Specials

Breakfast

Scrambled Eggs & Cream of Wheat®

Served with Pineapple Tidbits

Lunch

Cauliflower Tofu Curry over Thai Fried Rice

Stir Fried Cauliflower Tossed in an Indian Curry Sauce served over Thai Fried Rice seasoned with Garlic and Lemon Grass.

Jerk Chicken Thigh

Caribbean Style Spicy, Tender, Juicy Chicken with White Rice and Green Beans. Served with a Tropical Fruit Cup.

Dinner

Farmers Meatloaf

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

Citrus Herb Tilapia

Tilapia Marinated in a Blend of Orange, Lemon Juice, and Herbs. Served with White Rice and Chicken Noodle Soup.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)

Renal Diet

MedStar Washington Hospital Center

Sunday Specials

Breakfast

Buttermilk Pancakes, Oatmeal, & MorningStar® Veggie Sausage

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

Hummus & Roasted Vegetable Wrap

Tortilla, Roasted Vegetables, Hummus, Romaine & Iceberg Lettuce, and Tomatoes. Served with Seedless Red Grapes & Mediterranean Vegetable Soup.

Lemon Sage Chicken Breast

Chicken Breast Marinated in Oil, Lemon Juice, Sage, and Garlic. Served with Seasoned White Rice, Oregano Green Beans, and Applesauce.



[Breakfast](#)

[Featured Chef Entree](#)

[Soup/Salad/Sides](#)

[Grill/Deli](#)

[Dessert](#)

[Beverages](#)