

HOUSE MENU – DAY ONE

	REGULAR	DIABETIC	CARDIAC	RENAL	PUREE/GROUND/CHOP	PORTION
B	Garnish: Chives					
R	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	Scrambled Eggs	P. Scrambled Eggs	2 eggs
E	Whole Wheat Toast	Whole Wheat Toast	Whole Wheat Toast	White Toast	P. Bread	2 slices
A	Raspberries	Raspberries	Raspberries	Raspberries	P. Fruit	½ cup
K	Jelly	Sugar-Free Jelly	Jelly	Jelly	Jelly	1 pc
F	Margarine	Margarine	Margarine	Margarine	Margarine	1 pc
A	Orange Juice	Orange Juice	Orange Juice	Pineapple Juice	Orange Juice	½ cup
S	Whole Milk	Skim Milk	Skim Milk	4 oz. Skim Milk	Whole Milk	1 carton
T	Coffee	Coffee	Decaf Coffee	Coffee	Coffee	1 cup
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
L	Garnish: Purple Onion Ring					
U	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	Grilled Chicken Salad	P. Grilled Chicken	2 cups
N	Italian Bread Slice	Italian Bread Slice	Italian Bread Slice	Italian Bread Slice	P. Bread	1 each
C	Pineapple	Pineapple	Pineapple	Pineapple	P. Banana	½ cup
H	Margarine	Margarine	Margarine	Margarine	Margarine	1 pc
	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	Balsamic Vinaigrette	2 Tbsp
	Water	Water	Water	Water	Water	1 cup
	Iced Tea	Iced Tea	Decaf Iced Tea	Iced Tea	Iced Tea	1 cup
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
D	Garnish: Green Onions					
I	Brisket	Brisket	Brisket	Brisket	C. Brisket	2 oz
N	Wheat Roll	Wheat Roll	Wheat Roll	White Roll	P. Roll	1 each
N	Potato Salad	Potato Salad	Potato Salad	Rice (1 cup)	P. Potato Salad	¾ cup
E	Baked Beans	Baked Beans	Baked Beans	Broccoli/Cauliflower Mix (1 cup)	P. Baked Beans	½ cup
R	Peach Cobbler	Sugar-Free Peach Cobbler	Peach Cobbler	Shortbread Cookies (2)	P. Peach Cobbler	1 serv
				Margarine		1 pc
	Water	Water	Water	Water	Water	1 cup
	Iced Tea	Iced Tea	Decaf Iced Tea	Iced Tea	Iced Tea	1 cup
	Whole Milk	Skim Milk	Skim Milk		Whole Milk	1 carton
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
DAILY AVERAGES:						
Kcals	2018 kcal	1806 kcal	1744 kcal	1751 kcal	2005 kcal	
Fat	72 g	62 g	47 g	66 g	75 g	
Pro	99 g	118 g	116 g	75 g	91 g	
CHO	250 g	196 g	220 g	211 g	252 g	
Na++	2556 mg	2826 mg	2536 mg	1977 mg	2504 mg	
K++	4054 mg	4446 mg	4530 mg	2144 mg	3969 mg	
PO4	1652 mg	2154 mg	2102 mg	984 mg	1491 mg	

HOUSE MENU – DAY TWO

	REGULAR	DIABETIC	CARDIAC	RENAL	PUREE/GROUND/CHOP	PORTION
B	Garnish: Granola					
R	Yogurt	Yogurt	Yogurt	French Toast (white bread)	Yogurt	1 cup
E	Blueberries	Blueberries	Blueberries	Blueberries	P. Blueberries	½ cup
A	Bran Muffin	Boiled Egg	Bran Muffin	Syrup	P. Bran Muffin	1 each
K	Margarine	Margarine	Margarine	Margarine	Margarine	1 pc
F	Orange Juice	Orange Juice	Orange Juice	Pineapple Juice	Orange Juice	½ cup
A	Whole Milk	Skim Milk	Skim Milk	Skim Milk (4 oz.)	Whole Milk	1 cup
S	Coffee	Coffee	Decaf Coffee	Coffee	Coffee	1 cup
T	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
L	Garnish: Parsley Leaf					
U	Tuna Melt Sandwich	Tuna Melt Sandwich	Tuna Melt Sandwich	Tuna Melt Sandwich (white bread)	P. Tuna Melt Sandwich	1 each
N	Sliced Carrots	Sliced Carrots	Sliced Carrots	Sliced Cucumbers	P. Carrots	½ cup
C	Grapes	Grapes	Grapes	Grapes	Grapes	1 cup
H	Mayo/Mustard	Mayo/Mustard	FF Mayo/Mustard	Mayo	Mayo/Mustard	1 pc
	Water	Water	Water	Water	Water	1 cup
	Iced Tea	Iced Tea	Decaf Iced Tea	Iced Tea	Iced Tea	1 cup
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
D	Garnish: Avocado Slices					
I	Beef Fajita Taco	Beef Fajita Taco (corn tortilla)	Beef Fajita Taco (corn tortilla)	Beef Fajita Taco	P. Beef Fajita	1 each
N	Spanish Rice	Spanish Rice	Spanish Rice	White Rice	P. Roll	½ cup
N	Grilled Vegetables	Grilled Vegetables	Grilled Vegetables	Grilled Vegetables	P. Vegetables	1 cup
E	Tres Leches Cake	Sugar-Free Tres Leches Cake	Tres Leches Cake	Sugar Cookie	P. Tres Leches Cake	1 serv
R	Water	Water	Water	Water	Water	1 cup
	Iced Tea	Iced Tea	Decaf Iced Tea	Iced Tea	Iced Tea	1 cup
	Whole Milk	Skim Milk	Skim Milk		Whole Milk	½ cup
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
DAILY AVERAGES:						
Kcals	2065 kcal	1739 kcal	1792 kcal	1710 kcal	2065 kcal	
Fat	73 g	59 g	48 g	57 g	73 g	
Pro	100 g	104 g	100 g	77 g	100 g	
CHO	257 g	203 g	248 g	229 g	257 g	
Na++	2723 mg	2433 mg	2361 mg	2251 mg	2706 mg	
K++	3811 mg	3782 mg	3705 mg	2233 mg	3741 mg	
PO4	1682 mg	1981 mg	2060 mg	919 mg	1682 mg	

HOUSE MENU – DAY THREE

	REGULAR	DIABETIC	CARDIAC	RENAL	PUREE/GROUND/CHOP	PORTION
B	Garnish: Cream Drizzle					
R	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	1 cup
E	Strawberries	Strawberries	Strawberries	Strawberries	P. Fruit	½ cup
A	Banana	Banana	Banana	Apple	Banana	1 each
K	Margarine	Margarine	Margarine	Margarine	Margarine	1 pc
F	Orange Juice	Orange Juice	Orange Juice	Pineapple Juice	Orange Juice	½ cup
A	Whole Milk	Skim Milk	Skim Milk	Skim Milk (4 oz.)	Whole Milk	1 cup
S	Coffee	Coffee	Decaf Coffee	Coffee	Coffee	1 cup
T	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
L	Garnish: Basil Leaf					
U	Chicken Tortilla Soup	Chicken Tortilla Soup	Chicken Tortilla Soup	Chicken Tortilla Soup	P. Chicken Tortilla Soup	1 ½ cups
N	Guacamole Salad	Guacamole Salad	Guacamole Salad	House Salad (diet ranch dressing)	P. Guacamole Salad	1 cup
C				White Roll		
H	Water	Water	Water	Water	Water	1 cup
	Iced Tea	Iced Tea	Decaf Iced Tea	Iced Tea	Iced Tea	1 cup
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
D	Garnish: Lemon Ring					
I	Grilled Salmon	Grilled Salmon	Grilled Salmon	Grilled Salmon	Grilled Salmon	1 each
N	Sweet Potato	Sweet Potato	Sweet Potato	Broccoli/Carrot/Pea Medley (1 cup)	Sweet Potato (no skin)	1 small
N	Beets	Beets	Beets		P. Beets	1 cup
E	Focaccia Bread	Focaccia Bread	Focaccia Bread	Focaccia Bread	P. Focaccia Bread	1 slice
R	Margarine	Margarine	Margarine	Margarine	Margarine	1 pc
	Tiramisu	Sugar-Free Tiramisu	Tiramisu	Italian Biscotti	P. Tiramisu	1 slice
	Iced Tea	Iced Tea	Decaf Iced Tea	Iced Tea	Iced Tea	1 cup
	Whole Milk	Skim Milk	Skim Milk		Whole Milk	1 cup
	Blue Diet Kit	Yellow Diet Kit	Grey Diet Kit	Grey Diet Kit	Blue Diet Kit	
DAILY AVERAGES:						
Kcals	2003 kcal	1756 kcal	1779 kcal	1805 kcal	1912 kcal	
Fat	83 g	60 g	57 g	64 g	82 g	
Pro	101 g	107 g	196 g	93 g	97 g	
CHO	217 g	204 g	215 g	219 g	209 g	
Na++	2235 mg	2391 mg	2278 mg	2176 mg	2239 mg	
K++	4188 mg	4691 mg	4564 mg	2201 mg	4103 mg	
PO4	1644 mg	2087 mg	2089 mg	984 mg	1554 mg	

3-DAY NUTRITIONAL ANALYSIS

DIET	KCALS	TOTAL FAT	PROTEIN	CHO	NA++ (mg)	K++ (mg)	PO4 (mg)
Regular	2028 kcal	76 g	100 g	241 g	2504 mg	4018 mg	1659 mg
Diabetic	1767 kcal	60 g	109 g	201 g	2550 mg	4307 mg	2074 mg
Cardiac	1772 kcal	50 g	107 g	227 g	2325 mg	4266 mg	2084 mg
Renal	1775 kcal	62 g	82 g	220 g	2133 mg	2190 mg	962 mg
Pureed/Ground/Chop	1994 kcal	76 g	96 g	239 g	2483 mg	4004 mg	1552 mg
3-Day Average	1867 kcal	65 g	99 g	225 g	2399 mg	3749 mg	1666 mg