

Renal Diet Four- Week Cycle Menu (Orange Dot)

Nutrition Program 617-628-2601, www.eldercare.org. Suggested Voluntary Contribution \$2.00 per Meal

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
Week 1	Chicken Stew Broccoli White Bread Cookies Cals: 656, Sodium: 562mg, Prot: 41gm, Phos: 413, Potassium: 927mg	Chicken Meatballs with Gravy Corn Italian Blend Vegetables Dinner Roll Fresh Fruit Cals: 640, Sodium: 523mg, Prot: 28gm, Phos: 203mg, Potassium: 646mg	Beef Stroganoff Vegetable Ratatouille Noodles Light Rye Bread Tropical Fruit Cals: 822, Sodium: 610 mg, Prot: 41gm, Phos: 395 mg, Potassium: 614 mg	Baked Fish Scarpriello Butternut Squash Zucchini Red Peppers Italian Bread Cinnamon Applesauce/Juice Cals: 571, Sodium: 453 mg, Prot: 32 gm, Phos: 393 mg, Potassium: 614 mg	Roast Turkey & LS Gravy White Rice Green Beans Light Rye/Cranberry Sauce Diet Gelatin/Juice Cals: 571, Sodium: 768mg, Prot: 28 gm, Phos: 185 mg, Potassium: 658 mg	Jan. 4: Week 1 Jan. 11: Week 2 Jan. 18: Week 3 Jan. 25: Week 4 Feb. 1: Week 1
Week 2	Lentil Stew Green Beans White Bread Peaches/Juice Cals: 670, Sodium: 762mg, Prot: 26 gm, Phos: 422mg, Potassium: 922mg	Lemon Chicken & Peas White Rice California Mix Vegetables Multigrain Bread Mixed Fruit Cals: 590, Sodium: 757mg, Prot: 42 gm, Phos: 195 mg, Potassium: 573 mg	Potato Crunch Fish Filet Florentine Sauce Butternut Squash Peas Scali Bread/Applesauce Cals: 673, Sodium: 718, Prot: 29 gm, Phos: 168 mg, Potassium: 686 mg	Pot Roast & Gravy Brown Rice Fiesta Mix Vegetables White Roll Diet Gelatin/Topping Cals: 594, Sodium: 402mg, Prot: 40gm, Phos: 439mg, Potassium: 684mg	Chicken Vegetable Stir Fry White Rice Light Rye Bread Muffin/Juice Cals: 712, Sodium: 655mg, Prot: 38 gm, Phos: 142mg, Potassium: 500mg	Feb. 8: Week 2 Feb. 15: Week 3 Feb. 22: Week 4 Mar. 1: Week 1 Mar. 8: Week 2
Week 3	Turkey Marsala Roasted Root Vegetables White Rice Multigrain Bread Mixed Fruit Cals: 621, Sodium: 803mg, Prot: 27 gm, Phos: 197mg, Potassium: 877 mg	Beef Burgundy Rice Pilaf Beets White Bread Diet Gelatin/Topping Cals: 797, Sodium: 767mg, Prot: 41gm, Phos: 328mg, Potassium: 752 mg	Chicken Vegetable Sauté Corn Spinach White Bread Applesauce /Juice Cals: 588, Sodium: 820mg, Prot: 37 gm, Phos: 187 mg, Potassium: 700 mg	Swedish Meatballs Over Noodles Zucchini & Red Peppers Scali bread Tropical Fruit Cals: 694, Sodium: 576 mg, Prot: 28 gm, Phos: 231 mg, Potassium: 427 mg	Lemon Pepper Fish Peas Tuscany Mix Vegetables Dinner Roll Fresh Fruit/ Juice Cals: 620, Sodium: 509 mg, Prot: 37 gm, Phos: 450 mg, Potassium: 1077 mg	Mar. 15: Week 3 Mar. 22: Week 4 Mar. 29: Week 1 Apr. 5: Week 2 Apr. 12: Week 3
Week 4	Meatloaf & Gravy White Rice Spinach Dinner Roll/Tropical Fruit Cals: 734, Sodium: 556, Prot: 39 gm, Phos: 433mg, Potassium: 942 mg	Kale White Bean Stew White Rice/ Green Beans Italian Bread Diet Gelatin/Topping Cals: 605, Sodium: 757mg, Prot: 28 gm, Phos: 240 mg Potassium: 741 mg	Herbed Chicken & Gravy Noodles Zucchini & Cauliflower White Bread/Applesauce Cals: 651, Sodium: 817 mg, Prot: 43 gm, Phos: 254 mg, Potassium: 522 mg	Roast Turkey & LS Gravy White Rice Fiesta Mix Vegetables Italian Bread/Peaches Cals: 548, Sodium: 765 mg, Prot: 30 gm, Phos: 180 mg, Potassium: 400 mg	Potato Crunch Fish Peas & Carrots Multigrain Bread Vanilla Wafers Cals: 767, Sodium: 853 mg, Prot: 31 gm, Phos: 170 mg, Potassium: 471 mg	Apr. 19: Week 4 Apr. 26: Week 1 No meals on: Jan. 18, Feb. 15, April 19

Please call by noon the day before to cancel meals to help prevent food waste and costs. Menu Subject to change.

Meal Cancellation Weather Line: Call 617-628-2614, ext. 6789 to see if meals are cancelled due to weather. See back for more info

Renal Menu Description:

- ☉ Sufficient calories and nutrients based on 1/3 of the Recommended Dietary Allowances for older adults.
- ☉ Ensure sufficient protein, an average between 30-38 grams per meal.
- ☉ Total Sodium controlled for around 700 – 800 mg per meal.
- ☉ No salt is used in preparation, and low sodium ingredients are used.
- ☉ Low Potassium fruits and vegetables, meals planned to have no more than 1000 mg total potassium per meal.
- ☉ Low Phosphorus foods, average less than 400 mg total per meal.
- ☉ Desserts are diet and controlled for sugar/carbohydrate content.

Heating Instructions:

Reheat and enjoy meals right away or refrigerate upon delivery for later.

Do NOT use toaster oven to reheat meal

Microwave oven:

- Peel back lid or slit film to vent steam
- Re-heat in microwave 2 - 3 minutes; stir halfway for even cooking.
- Microwave oven times may vary

Conventional oven:

- Place meal on a cookie sheet and set oven at 350 degrees F for 10 minutes maximum

Re-heating FROZEN meals:

- In microwave, peel back lid or slit film to vent. Heat frozen meals in microwave for 3 - 5 minutes maximum on high. Stir halfway.
OR
- In conventional oven, place meal on cookie sheet and set oven at 350 degrees F for 30 minutes maximum

Missed Meal Policy

If you miss your meal, we will call you, your emergency contacts, doctor, and hospital to find out if you are okay. If we still cannot locate you, we will request the police department to come to your home to do a safety check.

A **Registered Dietitian** is available if you have any questions regarding your meals or special diet. Call the SCES Nutrition Department at 617-628-2601.



Purchase Ensure® Nutrition Drink Supplement by the case from SCES:

Regular Ensure® - \$29.00/24 drinks
Diabetic Ensure® (Glucerna) - \$40.00/24
Ensure Plus® - \$31.00/24 drinks (special order)

No delivery charge for Meals-on-Wheels clients. There is a \$2.50 delivery charge for all others. For more information, call SCES Age Info Dept. at 617-628-2601