



Renal Kidney Friendly 4-Week Cycle Menu (orange)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Menu Schedule:
Week 1	Salisbury Steak & Mushroom Gravy Noodles Italian Mix Vegetables White Bread/Cookies Cals: 808, Sodium: 558mg, Prot: 42 gm, Phos: 463mg, Potassium: 961mg	Chicken Caribbean Stew Green Beans White Bread Diet Gelatin/Topping Cals: 633, Sodium: 508mg, Prot: 34 gm, Phos: 296mg, Potassium: 1172mg	Beef Stroganoff Noodles Carrots White Bread Tropical Fruit Cals: 755, Sodium: 548 mg, Prot: 40 gm, Phos: 406mg, Potassium: 803 mg	Baked Breaded Fish White Rice Roman Mix Vegetables White Bread Vanilla Wafers Cals: 675, Sodium: 550mg, Prot: 28 gm, Phos: 273 mg, Potassium: 467mg	Roast Turkey & LS Gravy Corn Broccoli White Bread Cookies/Apple Juice Cals: 740, Sodium: 666 mg, Prot: 41 gm, Phos: 262 mg, Potassium: 668 mg	May 2: Week 1 May 9: Week 2 May 16: Week 3 May 23: Week 4 May 30: Week 1
Week 2	Chicken Meatballs & Gravy Ziti Pasta Broccoli White Bread Peaches/Apple Juice Cals: 739, Sodium: 538 mg, Prot: 33 gm, Phos: 427mg, Potassium: 1100mg	Aloha Chicken Rice Pilaf California Mix Vegetables White Bread Mixed Fruit Cals: 624, Sodium: 580mg, Prot: 39gm, Phos: 221 mg, Potassium: 629 mg	Breaded Fish Filet Butternut Squash Zucchini White Bread/Applesauce Cals: 626, Sodium: 479mg, Prot: 27 gm, Phos: 261 mg, Potassium: 853mg	Pot Roast & Gravy Mix Root Vegetables Peas White Bread Cookies Cals: 741, Sodium: 590 mg, Prot: 40 gm, Phos: 356 mg, Potassium: 726 mg	Chicken Vegetable Stir Fry White Rice Muffin Pineapple Apple Juice Cals: 732, Sodium: 744mg, Prot: 37gm, Phos: 172mg, Potassium: 629mg	June. 6: Week 2 June 13: Week 3 June 20: Week 4 June. 27: Week 1 July 4: Week 2
Week 3	Turkey Marsala Roasted Root Vegetables White Rice LS Wheat Bread Mixed Fruit/Apple Juice Cals: 660, Sodium: 876 mg, Prot: 25 gm, Phos: 227mg, Potassium: 952 mg	Beef Burgundy Rice Pilaf Beets White Bread Diet Gelatin/Topping Cals: 695, Sodium: 715 mg, Prot: 40 gm, Phos: 328mg, Potassium: 747 mg	Chicken Souvlaki Over Orzo Italian Mix Vegetables White Bread Applesauce Cals: 790, Sodium: 780mg, Prot: 38gm, Phos: 495mg, Potassium: 668mg	Swedish Chicken Meatballs White Rice Carrots White Bread Tropical Fruit Cals: 676, Sodium: 597mg, Prot: 28 gm, Phos: 228mg, Potassium: 553mg	Baked Fish Chuckwagon Corn Tuscany Mix Vegetables White Bread Fresh Fruit Cals: 630, Sodium: 493mg, Prot: 27 gm, Phos: 185mg, Potassium: 790mg	July 11: Week 3 July 18: Week 4 July 25: Week 1 August 1: Week 2 August 8: Week 3
Week 4	Macaroni & Cheese Zucchini White Bread Diet Gelatin/Topping Cals: 775, Sodium: 870, Prot: 31 gm, Phos: 342mg, Potassium: 672 mg	Breaded Fish Filet Peas & Carrots Multigrain Bread Vanilla Wafers Cals: 714, Sodium: 671mg, Prot: 32gm, Phos: 198mg, Potassium: 701mg	Chicken Veg Sauté Rice Pilaf White Bread Applesauce Cals: 776, Sodium: 838mg, Prot: 41 gm, Phos: 165mg, Potassium: 535mg	Roast Turkey & Gravy White Rice Fiesta Mix Vegetables White Bread/Peaches Cals: 611, Sodium: 870mg, Prot: 34gm, Phos: 236mg, Potassium: 598mg	Meatloaf & Gravy White Rice Beets White Bread/Tropical Fruit Cals: 761, Sodium: 604mg, Prot: 36 gm, Phos: 400mg, Potassium: 815mg	August 15: Week 4 August 22: Week 1 August 29: Week 2 No meal: 6-20, 7-4



SCES Nutrition Department Menu Information

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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 average 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. Consume or discard refrigerated meals within 48 hours.

****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 10-15 minutes maximum, or until reaches internal temperature of 165F

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, set oven at 350F for 30 min.

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**

Please call by 11:00 AM the business 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 hear if meals are cancelled due to bad weather.