

Menu based on NKF guidelines for Stage 5 hemodialysis, home and peritoneal dialysis patients.

**Carbs (g):** Approximate grams of carbohydrates are shown for the entree (tray only) and the full meal

♥ **Heart Friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

Item	Breakfast	Calories	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)	Carbs (g)	Heart-Friendly
95043	<b>NEW</b> Banana and Walnut Buckwheat Pancakes with Turkey Sausage, Syrup, Peach Cup and Fig Bar	619	12	476	275	534	31 112	♥
95047	Cinnamon French Toast Sticks with Chipotle Berry Sauce and Turkey Sausage, Mandarin Orange Cup, Fruit Juice and Gelatin	609	13	697	105	533	66 117	♥
95977	Colby Cheese Omelet with Cinnamon French Toast Sticks, Syrup, Margarine, Mandarin Orange Cup and Blueberry Applesauce	616	14	565	227	330	29 94	♥
95998	Maple Apple Walnut Oatmeal and Scrambled Eggs and Peach Cup	618	15	503	330	452	86 105	♥
98270	Breakfast Platter - Plain Omelet, Pork Sausage Patty & French Toast Sticks, Peach Cup, Applesauce and Syrup	675	19	742	202	407	37 101	♥

## Lunch/Dinner

### Beef

95375	Homestyle Beef Meatloaf with Herbed Pasta and Mixed Vegetables, Applesauce and Fig Bar	641	23	476	300	808	45 90	♥
95409	<b>Improved</b> Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, White Bread, Margarine and Applesauce	600	25	662	318	737	55 85	♥

### Poultry

95030	<b>NEW</b> Chicken Breast with Jerk Sauce and Cilantro Rice and Strawberry Rhubarb Applesauce, Animal Crackers and Fruit Juice	613	25	635	294	689	69 105	♥
95045	Lemon Herb Chicken with Wild Rice and Vegetables, Peach Cup, Raspberry Applesauce and Oatmeal Chocolate Chip Cookie	617	25	601	275	818	28 88	♥
95058	<b>NEW</b> Grilled Chicken Breast with Orange Wild Rice Salad and Spiced Fruit Medley and Almonds	611	24	364	297	604	59 63	
98282	White Chicken with BBQ Sauce, Candied Sweet Potatoes and Sicilian Vegetables, Pear Cup, White Bread, Margarine and Oatmeal Raisin Cookie	625	25	540	221	702	39 92	♥
98289	Chicken Fajita Strips with Spanish Rice and Black Beans with Roasted Fajita Vegetables, Pineapple Cup and Animal Crackers	607	30	450	327	658	43 79	♥
98293	Chicken with Pasta in Green Chile Cream Sauce and Green Beans, Mandarin Orange Cup, Fruit Juice and Fig Bar	636	26	700	267	757	30 94	♥

### Vegetarian

95046	Quinoa and Garbanzo Salad with Carrots and Applesauce, Pear Cup, Fig Bar and Vanilla Pudding	625	12	681	169	814	51 119	♥
95056	<b>NEW</b> Vegetable Primavera in Creamy Alfredo Sauce and Strawberry Rhubarb Applesauce, Peach Cup, Gelatin and Vanilla Wafers	622	17	626	305	834	57 117	♥
95060	<b>NEW</b> Coconut Curry Vegetables and Brown Rice, Pineapple Cup and Oatmeal Chocolate Chip Cookie	613	15	495	296	816	46 85	
98288	Vegetarian Red Beans and Rice, Pineapple Cup, Fruit Juice and Fig Bar	639	14	482	241	741	63 125	♥

We offer health specific menus to accommodate many common chronic conditions. Menus include: Heart-Friendly, Diabetic-Friendly, Lower Sodium, Gluten Free, Vegetarian, Pureed and Cancer Support.

Patients should always consult with their attending Registered Dietitian or physician before starting any nutritional program. Mom's Meals Nourishcare does not claim to treat diabetes and is not a substitute for medications.

To assist clients with diabetes with their meal planning, approximate grams of carbohydrates for the entrée (tray only) as well as the full meal are listed after each meal description. Please select the meals that are most appropriate for your dietary needs. **Menus are subject to change.**

