

Medically Tailored Meals – Renal

Low Potassium, Low Sodium, Low Phosphorus



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Chicken leg/Thigh with Mushroom Sauce (6 oz)	Italian Roasted Pork Tenderloin with Au Jus Gravy (4 oz)	Beef Hamburger (3 oz)	Baked Chicken Legs with Sauteed Onions and Peppers (6 oz chicken, ½ cup veg)	Chickpea Stew (6 oz)	Baked Fish with Lemon Sauce (4 oz)	
Penne with Garlic Sauce (1/2 cup)	White Rice (1/2 cup)	Polenta (1/2 cup)	Barley (1/2 cup)	Brown Rice (1/2 cup)	Penne with Garlic Sauce (1/2 cup)	
Steamed Carrots (1 cup)	Steamed Cauliflower (1 cup)	Steamed Green Beans (1 cup)	Sauteed Cabbage (1/2 cup)	Steamed Kale (1/2 cup)	Steamed Zucchini (1 cup)	
Low Phosphorus/Low Potassium Bread	Low Phosphorus/Low Potassium Bread	Low Phosphorus/Low Potassium Bun	Low Phosphorus/Low Potassium Bread	Low Phosphorus/Low Potassium Bread	Low Phosphorus/Low Potassium Bread	
Apple	Applesauce	Pear	Plums	Apple	Pear	
Almond Milk	Almond Milk	Almond Milk	Almond Milk	Almond Milk	Almond Milk	

Meals are modified based on individual dietary requirements.

Medically Tailored Meals – Low Sugar/No Sugar Added



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Baked Chicken Leg/Thigh with Lemon Sauce (6 oz)	Italian Roasted Pork Tenderloin with Au Jus Gravy (4 oz)	Beef Meat Sauce (3 oz)	Baked Chicken Legs with Sauteed Onions and Peppers (6 oz chicken, ½ cup veg)	Chickpea Stew (6 oz)	Baked Fish with Stewed Tomato Sauce (4 oz)	
Mashed Sweet Potato (1/2 cup)	White Rice (1/2 cup)	Whole Wheat Pasta (1/2 cup)	Barley (1/2 cup)	Brown Rice (1/2 cup)	Mashed Butternut Squash (1/2 cup)	
Steamed Broccoli (1/2 cup)	Italian Blend Vegetables (1 cup)	Steamed Green Beans (1 cup)	Prince Edward Blend Vegetables (1/2 cup)	Steamed Kale (1 cup)	Steamed Zucchini (1/2 cup)	
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Apple	Orange	Tangerines	Apple	Plums	Pear	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	

Meals are modified based on individual dietary requirements.

Medically Tailored Meals – Mechanically Soft



LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ground Chicken with Lemon Sauce (3 oz)	Ground Turkey with Mushroom Gravy (3 oz)	Stuffed Shells with Marinara Sauce (4 oz)	Ground Chicken with Au Jus Sauce (3 oz)	Chickpea Stew (6 oz)	Baked Fish with Stewed Tomato Sauce (4 oz)	
Mashed Sweet Potatoes (1/2 cup)	Mashed Potatoes (1/2 cup)		Mashed Butternut Squash (1/2 cup)	Coconut Rice (1/2 cup)	Penne with Garlic Sauce (1/2 cup)	
Mashed Carrots (1/2 cup)	Mashed Zucchini (1 cup)	Mashed Cauliflower (1 cup)	Mashed Zucchini (1/2 cup)	Mashed Carrots (1 cup)	Mashed Cauliflower (1 cup)	
Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	Whole Wheat Bread	
Applesauce	Banana	Pureed Baked Pears	Applesauce	Banana	Pureed Baked Pears	
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk	

Meals are modified based on individual dietary requirements.