

RENAL DIET

UC Davis Health Patient Menu

Meal Delivery Times:

Breakfast 6:45 a.m. – 9:30 a.m.

Lunch 11:00 a.m. – 2:00 p.m.

Dinner 4:45 p.m. – 7:30 p.m.



How to make selections:

1. Please review the menu daily so you are ready with your selections.
2. A Dietetic Assistant will call or visit you daily to get your menu choices.
3. The Daily Special will be automatically delivered if you do not make selections.

Please note, menu items may need to be adjusted to meet special diet needs prescribed by your doctor. Some items may be restricted.

Renal Diet

Food and Nutrition Services offers a menu of fresh, seasonal, locally grown foods and ingredients. Chicken breasts and thighs are local and “no antibiotics ever”. Beef for hamburgers, meatloaf, and meatballs is grass-fed.

Daily breakfast options include Cream of Wheat and coffee. Almond milk or juice are served with meals. Soup will be served upon request.

Sunday

Breakfast: Scrambled eggs, turkey sausage links, and applesauce

Lunch: BBQ chicken sandwich and baby carrots

Dinner: Chicken teriyaki, jasmine rice, zucchini, and a peach cup

Monday

Breakfast: Scrambled eggs, turkey sausage links, and apple slices

Lunch: Grilled seasoned chicken, pasta, alfredo sauce, baby carrots, dinner roll, and apple slices

Dinner: Chicken marsala, jasmine rice, cauliflower carrots, and a dinner roll

Tuesday:

Breakfast: French toast, scrambled eggs, turkey sausage links, and red grapes

Lunch: Chicken tinga, flour tortillas, jasmine rice, and taco toppings

Dinner: Meatloaf, mushroom gravy, jasmine rice, baby carrots, and a dinner roll

Wednesday:

Breakfast: Scrambled eggs, turkey sausage, and red grapes

Lunch: Homestyle chicken, jasmine rice, garlic green beans, dinner roll, and apple slices

Dinner: Parmesan chicken, pasta, lemon herb sauce, baby carrots, and a dinner roll

Thursday:

Breakfast: Buttermilk pancakes and scrambled eggs

Lunch: Roast turkey, chicken gravy, jasmine rice, cauliflower carrots, dinner roll, and apple slices

Dinner: Chicken chile verde, Spanish rice, squash sofrito, dinner roll, and red grapes

Friday:

Breakfast: Scrambled eggs, turkey sausage, and apple slices

Lunch: Roasted chicken, pasta, lemon piccata sauce, zucchini, and a dinner roll

Dinner: House made meatballs, herbed gravy, buckwheat, and summer bean medley

Saturday:

Breakfast: French toast, scrambled eggs, turkey sausage links, and apple slices

Lunch: Hamburger on white bun, garden salad with dressing, and baby carrots

Dinner: Lemon herb salmon or oven fried chicken, jasmine rice, broccoli carrots, and a dinner roll

Beverages:

Milk: Almond milk

Juice: Apple, cranberry, cran-grape or diet cranberry

Hot beverage: Coffee, tea

Bottled water

Additional SelectionsBreakfast Entrees

Entrees: Scrambled eggs, buttermilk pancakes, French toast, turkey sausage

Breads: Blueberry or plain bagel, English muffin, or white toast

Hot and cold cereal: 10 Grain Hot Cereal, Cream of Wheat, Cheerios, Rice Krispies, or Total Raisin Bran

Fruit: Fresh fruit plate

Lunch and Dinner Entrees

Entrees: Grilled seasoned chicken breast, roasted salmon, ground turkey tacos, chicken strips, pasta (torchiette, macaroni noodles, or gluten-free spaghetti noodles) with choice of sauce: alfredo or lemon herb sauce

Burger: Hamburger, turkey burger, garden burger

Sandwich: Turkey, tuna salad, or egg salad

Salad: Chicken Caesar, ground turkey taco, or chef salad

Fruit: Fresh fruit plate

Side Items

Rice: Jasmine

Bread: White dinner roll

Fruit: Apple slices, red grapes, canned peaches, fresh pineapple, or applesauce

Soups (low sodium): Chicken noodle or broth

Desserts

Sorbet, Italian Ice, Jell-O, pudding, shortbread cookies, or animal cookies