

Additional Selections

BREAKFAST ENTRÉES

Entrées: Buttermilk pancakes, scrambled eggs, turkey sausage or French toast

Breads: Bagel, blueberry muffin, English muffin or white toast

Cereals: Cream of Wheat, Cheerios, Frosted Flakes, Rice Krispies, Total Raisin Bran or Corn Flakes

Fruits: Fresh fruit plate

LUNCH AND DINNER ENTRÉES

Entrées: Grilled seasoned chicken 🐔 breast
• Roasted salmon • Beef tacos • Hot roast beef sandwich • Pasta (penne, macaroni noodles or gluten-free spaghetti noodles) with lemon herb or alfredo sauce

Burgers: Hamburger 🐄, turkey burger, quinoa veggie burger

Sandwiches: Turkey, roast beef, egg salad or tuna on white bread only

Salads: Chicken 🐔 Caesar, beef taco, or chef salad

Fruits: Fresh fruit plate

SIDE ITEMS/VEGETABLES

Rice: Steamed jasmine rice

Bread: White dinner roll

Fruits: Apple slices, red grapes, canned peaches, pears, pineapple or applesauce

Veggies: Baby carrots, zucchini, side salad with choice of dressing (ranch or Italian dressing)

Soups: Chicken noodle or broth (low sodium)

DESSERTS

Sorbet or Italian ice, Jell-O, shortbread or animal cookies

UC DAVIS
HEALTH

MEDICAL
CENTER

PATIENT MENU

Renal Diet



MEAL DELIVERY TIMES

Breakfast: 6:45 – 9:30 a.m.

Lunch: 11 a.m. – 2 p.m.

Dinner: 4:45 – 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.

Please keep this menu throughout your stay.

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 the hamburgers is local and grass fed. Beef for the meatloaf is grass fed.

Daily breakfast options include cream of wheat, and coffee. Breakfast, lunch and dinner are served with juice. Soup will be served upon request.

SUNDAY

Breakfast: Scrambled eggs, turkey sausage links, cream of wheat and fruit cup

Lunch: Beef stroganoff, egg noodles, baby carrots and a fruit cup

Dinner: Chicken 🐔 teriyaki, jasmine rice, baby carrots, and fruit cup

MONDAY

Breakfast: Scrambled eggs, turkey sausage links, cream of wheat, and fruit cup

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

Dinner: Lemon cream chicken, 🐔 jasmine rice, cauliflower, dinner roll and sorbet

TUESDAY

Breakfast: French toast, scrambled eggs, turkey sausage links, cream of wheat, and fruit cup

Lunch: Chicken 🐔 tinga tacos, flour tortillas, rice and corn

Dinner: Meatloaf 🐄 and gravy, jasmine rice, baby carrots, dinner roll and sorbet

WEDNESDAY

Breakfast: Scrambled eggs, turkey sausage, cream of wheat, and red grapes

Lunch: Grilled chicken, 🐔 penne pasta with alfredo sauce, baby carrots, dinner roll and apple slices

Dinner: Parmesan chicken, 🐔 penne pasta with lemon herb sauce, baby carrots and sorbet

THURSDAY

Breakfast: Buttermilk pancakes, scrambled eggs, cream of wheat and fruit cup

Lunch: Roast turkey 🐔 with gravy, jasmine rice, carrots and cauliflower, and apple slices

Dinner: Beef 🐄 and broccoli, jasmine rice, dinner roll and a sugar cookie

FRIDAY

Breakfast: Scrambled eggs, turkey sausage, cream of wheat, and apple slices

Lunch: Roast chicken, 🐔 penne pasta with lemon piccata sauce, zucchini and dinner roll

Dinner: BBQ chicken 🐔 sandwich baby carrots and red grapes

SATURDAY

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

Lunch: Hamburger 🐄 on white bun, garden salad with dressing

Dinner: Lemon herb salmon or oven fried chicken, 🐔 jasmine rice, steamed vegetables, dinner roll and sorbet

BEVERAGES

Milk: Almond milk

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

Hot beverage: Coffee, tea

Bottled water

🐔 = No antibiotics ever

🐄 = Grass-fed beef