

## BREAKFAST HOUSE MENU

### SUNDAY

Pancake, Scrambled Eggs, Bacon,  
Almonds, Apple Slices

### MONDAY

Vegetable Egg Scramble, Blueberry  
Muffin, Greek Yogurt, Almonds,  
Apple Slices

### TUESDAY

Pancake, Scrambled Eggs, Bacon,  
Almonds, Apple Slices

### WEDNESDAY

Vegetable Egg Scramble, Blueberry  
Muffin, Greek Yogurt, Almonds,  
Apple Slices

### THURSDAY

Pancake, Scrambled Eggs, Bacon,  
Almonds, Apple Slices

### FRIDAY

Vegetable Egg Scramble, Blueberry  
Muffin, Greek Yogurt, Almonds,  
Apple Slices

### SATURDAY

Pancake, Scrambled Eggs, Bacon,  
Almonds, Apple Slices

Served with Coffee and Almond Milk

## BREAKFAST PERSONAL CHOICE\*

\*Please note: Not all food options are acceptable  
for therapeutic diet types

### CEREALS (cold or hot)

Cheerios  
Corn Flakes  
Rice Krispies  
Oatmeal  
Cream of Wheat  
Juk (Chicken or Plain)

### BREADS

Bran Muffin  
Blueberry Muffin  
Bread Roll

### HOT ITEMS

Scrambled Eggs  
Hard-Boiled Egg (served chilled)  
Egg & American Cheese  
on an English Muffin  
Pancakes  
Hash Brown Patty  
Bacon  
Impossible Sausage Patty



Our diet clerks know about  
the patient's food allergies  
and prescribed diet from their  
health record. The clerks will  
work with the patients to find  
menu items appropriate for  
their diet and guide  
them through the meal  
ordering process

### OUR HEALTH & SUSTAINABILITY COMMITMENT:

UCSF Nutrition & Food Services is committed to providing our patients and customers with safe, nutritious food that tastes good. We choose food products that are whole & as unprocessed as possible, preferably locally grown, produced & packaged in a manner that is less detrimental to the environment, free from genetic modification, in consideration of animal welfare & fair-trade standards. Our products are free of trans fats & minimize use of products with high fructose corn syrup. While we are not 100% there, we continuously evaluate and change our products to meet this commitment.

**UCSF** Health

Nutrition & Food Services

EN-REN-030226 (HYD)

**UCSF**  
FRESH

PATIENT MENU AT UCSF HYDE

# RENAL DIET



You will be served the  
**HOUSE MENU**

unless you call our  
nutrition office at

**(415) 353-6446**

to order from the

**PERSONAL CHOICE\* MENU**

**Please call before:**

**7:00 PM** (night before) ~ for breakfast changes

**9:00 AM** ~ for lunch changes

**2:00 PM** ~ for dinner changes



## LUNCH HOUSE MENU

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### SUNDAY

Asian Chili Lime Glazed Chicken, Steamed Bok Choy, White Rice, Pineapple

### MONDAY

Chili Cheese Tamales, White Rice, Bread Roll, Steamed Broccoli, Diced Pears

### TUESDAY

Turkey Burger with Pretzel Bun and Garnish, Green Beans, Diced Peaches

### WEDNESDAY

Chicken Marsala, Brown Rice, Bread Roll, Mixed Roasted Squash, Pineapple

### THURSDAY

Roasted Turkey, White Rice, Gravy, Green Beans, Bread Roll, Pineapple

### FRIDAY

Pan Seared Salmon, White Rice, Bread Roll, Steamed Broccoli, Diced Pears

### SATURDAY

Demi Glazed Chicken, White Rice, Bread Roll, Peas & Carrots, Diced Peaches

Served with Almond Milk

## DINNER HOUSE MENU

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### SUNDAY

Meat Sauce with Penne Pasta, Green Beans, Garlic Bread, Vanilla Cream Puff

### MONDAY

Teriyaki Chicken, Brown Rice, Malibu Blend Vegetables, Fortune Cookie, Bread Roll, Pineapple

### TUESDAY

Chicken Breast with Gravy, White Rice, Steamed Broccoli, Lemon Bar

### WEDNESDAY

Beef Pot Roast, White Rice, Bread Roll, Steamed Carrots, Shortbread Cookie

### THURSDAY

Seasoned Shredded Chicken, White Rice, Pinto Beans, Vanilla Cream Puff

### FRIDAY

Spinach & Cheese Ravioli with Meat Sauce, Steamed Carrots, Bread Roll, Lemon Bar

### SATURDAY

Meatloaf with Gravy, Penne Pasta, Mixed Roasted Squash, Bread Roll, Chocolate Chip Cookie

Served with Chamomile Tea

## LUNCH/DINNER PERSONAL CHOICE\*

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\*Please note: Not all food options are acceptable for therapeutic diet types

### HOT ITEMS

Turkey Burger on Wheat Bun

Beyond Burger on Pretzel Bun

Grilled Chicken on Wheat Bun

Grilled Cheese on Wheat with American Cheese

Seasoned Chicken Breast

Chicken Tenders

Salmon (Plain baked or Teriyaki)

Organic Tofu (Plain baked or Teriyaki)

Pasta with Marinara Sauce

Macaroni & Cheese

Cheese Pizza

### SALADS

Caesar (with or without Chicken)

Mixed Side Salad with Tomatoes and Cucumbers

### SANDWICHES on white

Egg Salad

Tuna Salad

Turkey

### SOUPS

Chicken Noodle Soup

Broth (Chicken or Vegetable)

### SIDES

Mashed Potatoes and Gravy

Rice (White or Brown)

Steamed Green Beans

Steamed Carrots

Steamed Broccoli

### FRUIT / DESSERT

Chocolate Chip Cookie

Pudding (Chocolate or Diet Vanilla)

Ice Cream (Vanilla or Chocolate)

Fruit Ice (Lemon)

Gelatin (Orange or Diet Tropical)

Banana

Apple Slices

Pineapple

Seasonal Fruit

