

FULL MENU A

HIGH PROTEIN:

(>300mg sodium, >400 mg phosphorus, >800 mg potassium)

Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)
Cheesy Chicken with Rice & Peas	480	63	12	31	260	365	800
Chicken Fajita Bowl	450	59	13	24	230	174	760
Kung Pao Tempeh	470	63	15	21	260	293	680
Lemon Chicken w Wild Rice & Broccoli	450	59	13	24	300	217	760
Maple Dijon Chicken with Rice & Green Beans	450	50	14	30	260	235	730
Teriyaki Chicken with Snap Peas & Rice	430	56	9	29	260	399	670
Turkey Meatloaf with Rice & Peas	470	62	12	30	270	292	520

LOW PROTEIN:

(>300mg sodium, >300 mg phosphorus, >600 mg potassium)

Menu Item	Calories	Carbs (g)	Fat (g)	Protein (g)	Sodium (mg)	Phosphorus (mg)	Potassium (mg)
Kung Pao Tempeh	410	62	12	15	270	197	540
Lemon Pasta with Italian Green Beans	420	63	15	12	290	100	460
Mac n Cheese with Broccoli	400	65	11	13	180	147	600
Penne Rosa with Green Beans	410	63	13	12	300	100	600
Southwest Quinoa Bowl	420	59	17	11	230	100	590
Teriyaki Rice with Snap Peas	400	65	10	10	300	244	410
Veggie Taco Bowl	400	62	12	12	200	130	600

Due to the fresh nature of our meals, substitutions are sometimes required and menus are therefore subject to change.