

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)
Turkey Meatloaf with Rice & Peas	470	62	12	30	270	292	520
Cheesy Chicken & Rice w Peas	480	64	12	30	260	349.4	780
Chicken Fajita Bowl	430	53	12	24	200	239.5	800
Kung Pao Tempeh	480	64	16	21	270	299.4	720
Lemon Chicken with Wild Rice and Broccoli	470	59	14	26	300	165.6	780
Maple Dijon Chicken with Green Beans and Rice	440	50	14	29	270	284.8	770
Southwest Quinoa Salad	410	41	20	21	270	162.5	800

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)
Lemon Pasta	430	65	15	13	290	9.1	460
Mac and Cheese w Broccoli	400	65	12	13	180	136.7	600
Kale & Chickpea Salad	400	42	17	11	300	237.3	590
Kung Pao Tempeh	420	63	13	16	280	201.5	570
Southwest Quinoa Salad	400	41	23	9	230	86.2	600
Veggie Taco Bowl	410	64	12	12	210	109.4	600
Winter Kale Salad	410	40	20	11	260	292.7	600

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