

## FULL MENU B

### 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)
Meatballs, Rice, Peas & Carrots	450	53	13	26	300	281.9	590
Chicken in Rojo Sauce	400	54	8	29	260	369	800
Chicken Tikka Masala	420	59	8	25	210	212.3	800
Farmer's Scramble	430	45	17	25	300	103.3	700
Lemon Salmon with Rice & Green Beans	450	56	16	22	220	345.1	790
Thai Chopped Salad with Chicken	400	41	18	21	300	331.8	800
Winter Cranberry Salad	460	57	18	22	270	350	740

### 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)
Cuban Picadillo with Rice, Peas, and Carrots	400	51	12	14	300	181.1	600
Fajita Bowl	410	65	12	12	150	129.7	590
Alfredo Penne with Peas	410	62	13	15	300	188.9	410
Green Goddess Salad	400	40	19	15	230	293.9	590
Lemon Chicken with Rice and Broccoli	410	42	21	16	320	246	600
Tofu Tikka Masala	400	45	18	13	180	171.1	600
Winter Cranberry Salad	400	56	18	10	230	249	580

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