

FEBRUARY Renal Nutrition MENU



WEEK 1

MON: Grilled Chicken, Pasta with Garlic Butter, Seasoned Peas, Jello

TUES: Chicken Marsala, Rice, Seasoned Broccoli, Cookies

WED: Pork, Buttered Noodles, California Vegetables, Peaches

THURS: Spaghetti with Garlic Butter, Meatballs Seasoned Green Beans, Cake

FRI: Fish on a Bun, Pasta & Vegetables Salad, Pineapple

WEEK 2

MON: Pasta with Garlic Butter, Grilled Chicken, Garlic Bread, Italian Green Beans, Applesauce

TUES: Herbed Baked Chicken, Rice, Seasoned Carrots, Fruit Cup

WED: Hamburger on a bun, Pasta Salad, Coleslaw, Fruit Cup

THURS: Pasta with Garlic Butter, Grilled Chicken, Seasoned Mixed Vegetables, Pineapple

FRI: Herbed Baked Chicken, Rice, Seasoned Broccoli, Brownie



WEEK 3

MON: Grilled Chicken, Fettuccine, Grilled Pepper & Onion, Seasoned Green Beans, Italian Ice

TUES: Roast Turkey with Gravy, Buttered Noodles, California Vegetables, Pudding

WED: Fireman Chicken, Buttered Pasta, Vegetables Medley, Cookies

THURS: Spaghetti with Garlic Butter, Meatballs, Seasoned Broccoli, Garlic Bread, Peaches

FRI: Herbed Baked Chicken, Pasta with Garlic Butter, Italian Green Beans, Sliced Pears

WEEK 4

MON: Grilled Chicken, Peppers & Onions, Fettuccine, Italian Green Beans, Jello

TUES: Italian Chicken Patty, Rice, Seasoned Peas, Pudding

WED: Patty Melt, Coleslaw, Pasta Salad, Sherbert

THURS: Philly Cheesesteak Wrap, Three Bean Salad, Pineapple

FRI: Grilled Chicken, Buttered Pasta, Seasoned Carrots, Pudding



Provided by Hillcrest Commons
Nursing & Rehab Center and Elder
Services of Berkshire County