

AULTMAN

RENAL PATIENT DINING MENU

AVI FOODSYSTEMS INC
THE FAMILY DIFFERENCE IN HOSPITALITY SERVICES



AVI Fresh is proud to be the culinary services partner to Aultman Hospital. We take extraordinary pride in providing the highest quality, freshest menu available. Thank you for the opportunity to serve you.

We offer a variety of fresh daily features and an Always Available menu for your enjoyment.

A Renal diet, which has been prescribed by your physician, is a plan for kidney health. This diet order helps with avoiding foods that are high in sodium, potassium and phosphorus.

- High-sodium foods include deli meats, salty snacks and canned soups and vegetables.
- High-potassium foods include fruits and vegetables such as oranges, bananas, potatoes and tomatoes.
- High-phosphorous foods include dairy products, brown rice, whole wheat products and dark-colored sodas.

If you have questions or concerns about your diet, please call ext. 36459. If you or your family are outside of the hospital, please call (330) 363-6459.

CARBOHYDRATE COUNTING

The exact carbohydrate amount for each menu item is listed alongside the selection. Those following a carbohydrate-controlled diet can choose items that align with a goal of up to 60 grams of carbohydrates per meal, or per your physician's order.

V Vegetarian
V Vegan
GS Gluten-Sensitive

The GS icon indicates selections are prepared without gluten ingredients.

RISE N' SHINE DAILY BREAKFAST SPECIALS

CLASSICS

Buttermilk Pancake, 1 pancake (21) V

Scrambled Eggs (0) GS V

Hard-Cooked Egg (1) GS V

FRESH FRUITS

Apple (27) GS V VE

SIDES

Turkey Sausage, 2 links (1) GS

CEREALS

Cheerios (14) GS V VE

Oatmeal (25) V VE

Grits (25) GS V VE

BAKERY

Blueberry Muffin (27) V



BEVERAGES

HOT

Coffee (0) GS V VE

Decaf Coffee (0) GS V VE

Hot Tea (0) GS V VE

Decaf Hot Tea (0) GS V VE

COLD

Iced Tea (0) GS V VE

Lemonade (16) GS V VE

Diet Lemonade (0) GS V VE

Soft Drinks (28) GS V VE

Diet Soft Drinks (0) GS V VE

JUICE

Apple (15) GS V VE

MILKS

Skim Milk (7) GS V

2% Milk (7) GS V

Lactose Free Milk (11) GS V

Soy Milk (15) GS V VE

DAILY CULINARY SPECIALS

MONDAY

LUNCH

Grilled Chicken (3) GS

Traditional Stuffing (24)

Broccoli Vegetable Medley (9) GS V VE

DINNER

Baked Cod (1) GS

Steamed White Rice (25) GS V VE

Green Beans (6) GS V VE

THURSDAY

LUNCH

Homemade Meatloaf (14)

Mashed Potatoes (21) GS V

Steamed Carrots (11) GS V VE

DINNER

Roast Turkey (2) GS

Traditional Stuffing (24)

Green Beans (6) GS V VE

SUNDAY

LUNCH

Ricotta Stuffed Shells (33) V

Garlic Breadstick (14) V VE

Roasted Vegetables (6) GS V VE

DINNER

Slow Cooked Pot Roast (4) GS

Steamed Red Skin Potatoes (18) GS V VE

Steamed Carrots (11) GS V VE

TUESDAY

LUNCH

Chicken Noodle Casserole (31)

Peas and Carrots (12)

DINNER

Pork Tenderloin Marsala (12)

Rice Pilaf (37) GS V VE

Roasted Vegetables (6) GS V VE

FRIDAY

LUNCH

Hamburger (30)

Baked Potato Chips (24) GS V VE

Garden Salad (4) GS V VE

DINNER

Penne with Meat Sauce (40)

Roasted Zucchini and Yellow Squash (4) GS V VE

WEDNESDAY

LUNCH

Grilled Chicken (3) GS

Herbed Egg Noodles (19) V

Steamed Broccoli (8) GS V VE

DINNER

Turkey Burger (32)

Baked Potato Chips (24) GS V VE

Garden Salad (4) GS V VE

SATURDAY

LUNCH

Beef Stroganoff (4)

Herbed Egg Noodles (19) V

Zucchini and Carrot Medley(4) GS VE V

DINNER

Barbecue Chicken (13) GS

Steamed White Rice (25) GS V VE

Corn (26) GS VE



ALWAYS AVAILABLE

ENTRÉES

Meatloaf (14)

Baked Cod (1) GS

Grilled Chicken Breast (3) GS

SIGNATURE SANDWICHES

Grilled Chicken Sandwich (30)

Turkey Burger (32)

SALADS

Small Garden Salad (4) GS V VE

Egg Salad (2) GS V

SIDES

Green Beans (6) GS V VE

Herbed Egg Noodles (19) V

Steamed White Rice (32) GS V VE

SOUPS

Chicken Noodle (10)

BROTHS

Beef Broth (3) GS

Chicken Broth (3) GS

Vegetable Broth (3) GS V VE

DESSERTS

Vanilla Pudding (23) GS V

Gelatin (15) GS

Sugar Cookie (18) V

Strawberry Shortcake (21) V

SUGAR FREE

Vanilla Pudding (13) GS V

Gelatin (1) GS

WHEN ORDERING GUEST TRAYS

Guest trays are available for $10.00 and must be paid in advance by credit card.

To arrange payment, please contact Nutrition Services at (330.363.6459).

Guest meals are served during the patient's next regularly scheduled meal delivery and will feature the house menu selections only.

Scan here for more information!

The following major food allergens may be used as ingredients in this facility: Egg, Fish, Milk, Peanuts, Soy, Sesame, Shellfish, Tree Nuts, Wheat. Please inform a member of our team if you have a food allergy or sensitivity. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk for foodborne illness. 2000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutritional information is available upon request.

