



RENAL PATIENT DINING MENU



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.

- Vegetarian
- Vegan
- Gluten-Sensitive

The GS icon indicates selections are prepared without gluten ingredients.

RISE N' SHINE DAILY BREAKFAST SPECIALS

CLASSICS

- Buttermilk Pancake, 1 pancake (21)
- Scrambled Eggs (0)
- Hard-Cooked Egg (1)

FRESH FRUITS

- Apple (27)

SIDES

- Turkey Sausage, 2 links (1)

CEREALS

- Cheerios (14)
- Oatmeal (25)
- Grits (25)

BAKERY

- Blueberry Muffin (27)

BEVERAGES

HOT

- Coffee (0)
- Decaf Coffee (0)
- Hot Tea (0)
- Decaf Hot Tea (0)

COLD

- Iced Tea (0)
- Lemonade (16)
- Diet Lemonade (0)
- Soft Drinks (28)
- Diet Soft Drinks (0)

JUICE

- Apple (15)

MILKS

- Skim Milk (7)
- 2% Milk (7)
- Lactose Free Milk (11)
- Soy Milk (15)



MONDAY

LUNCH

- Grilled Chicken (3) 
- Traditional Stuffing (24)
- Broccoli Vegetable Medley (9)   

DINNER

- Baked Cod (1) 
- Steamed White Rice (25)   
- Green Beans (6)   

THURSDAY

LUNCH

- Homemade Meatloaf (14)
- Mashed Potatoes (21)  
- Steamed Broccoli (8)   

DINNER

- Roast Turkey (2) 
- Traditional Stuffing (24)
- Steamed Carrots (11)   

SUNDAY

LUNCH

- Ricotta Stuffed Shells (33) 
- Garlic Breadstick (14)  
- Roasted Vegetables (6)   

DINNER

- Slow Cooked Pot Roast (4) 
- Steamed Red Skin Potatoes (18)   
- Steamed Carrots (11)   

TUESDAY

LUNCH

- Chicken Noodle Casserole (31)
- Peas and Carrots (12)

DINNER

- Pork Tenderloin Marsala (12)
- Rice Pilaf (37)   
- Roasted Vegetables (6)   

FRIDAY

LUNCH

- Hamburger (30)
- Baked Potato Chips (24)   
- Garden Salad (4)   

DINNER

- Penne with Meat Sauce (40)
- Roasted Zucchini and Yellow Squash (4)   

WEDNESDAY

LUNCH

- Shaved Roast Beef with Gravy (5)
- Herbed Egg Noodles (19) 
- Steamed Carrots (11)   

DINNER

- Turkey Burger (32)
- Baked Potato Chips (24)   
- Garden Salad (4)   

SATURDAY

LUNCH

- Beef Stroganoff (4)
- Herbed Egg Noodles (19) 

- Zucchini and Carrot Medley (4)   

DINNER

- Barbecue Chicken (13) 
- Steamed White Rice (25)   
- Corn (26)  



ENTRÉES

Meatloaf (14)

Baked Cod (1) 

Grilled Chicken Breast (3) 

SIGNATURE SANDWICHES

Grilled Chicken Sandwich (30)

Turkey Burger (32)

SALADS

Small Garden Salad (4)   

Egg Salad (2)  

SIDES

Green Beans (6)   

Herbed Egg Noodles (19) 

Steamed White Rice (32)   

SOUPS

Chicken Noodle (10)

BROTHS

Beef Broth (3) 

Chicken Broth (3) 

Vegetable Broth (3)   

DESSERTS

Vanilla Pudding (23)  

Gelatin (15) 

Sugar Cookie (18) 

Strawberry Shortcake (21) 

SUGAR FREE

Vanilla Pudding (13)  

Gelatin (1) 

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.

