



FRESH IS BEST

RENAL DIET 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 and 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.



RISE N' SHINE DAILY BREAKFAST SPECIALS



CLASSICS

Buttermilk Pancake, 1 pancake (1) **V**

French Toast, 1 slice (1.5) **V**

Scrambled Eggs (0) **GS V**

Vegetable Omelet (0) **GS V**

SIDES

Turkey Sausage, 2 links (0) **GS**

CEREALS

Cheerios (1) **GS V VE**

Rice Chex (1.5) **GS V VE**

Rice Krispies (1) **V VE**

Special K (1) **V VE**

Granola (3) **V**

Cream of Wheat (1.5) **V VE**

Oatmeal (1) **V VE**

Grits (1) **GS V VE**

FRESH FRUIT

Apple (1.5) **GS V VE**

BAKERY

Blueberry Muffin (2) **V**

White Toast (1) **V VE**

Rye Toast (1) **V VE**

English Muffin (1.5) **V**

Plain Bagel (2) **V VE**

Croissant (2) **V**

BEVERAGES



HOT BEVERAGES

Coffee (0) **GS V VE**

Decaf Coffee (0) **GS V VE**

Hot Tea (0) **GS V VE**

Decaf Hot Tea (0) **GS V VE**

Herbal Tea (0) **GS V VE**

COLD BEVERAGES

Iced Tea (0) **GS V VE**

Lemonade (0.5) **GS V VE**

Diet Lemonade (0) **GS V VE**

Soft Drinks (1.5-2.5) **GS V VE**

Diet Soft Drinks (0) **GS V VE**

100% JUICES

Apple (1) **GS V VE**

Cranberry (1) **GS V VE**

MILKS

Skim (1) **GS V**

2% (1) **GS V**

Lactose Free (1) **GS V**

Soy (1) **GS V VE**

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.







Carbohydrate exchange indicated within parenthesis.

V Vegetarian **VE Vegan** **GS Gluten-Sensitive**





The GS icon indicates selections are prepared without gluten ingredients.

DAILY FEATURES







SUNDAY LUNCH

Ricotta Stuffed Shells (1.5) 
Garlic Breadstick (1)  
Roasted Vegetables (0.5)   






MONDAY LUNCH

Grilled Chicken (0) 
Traditional Stuffing (1.5)
Broccoli Vegetable
Medley (0.5)   






TUESDAY LUNCH

Turkey Burger (2)
Baked Potato Chips (1.5)   
Tossed Salad (0)   







WEDNESDAY LUNCH

Shaved Roast Beef with Gravy (0)
Mashed Potatoes (1.5)  
Steamed Carrots (0.5)   





THURSDAY LUNCH

Homemade Meatloaf (0.5)
Mashed Potatoes (1.5)  
Steamed Broccoli (0)   








FRIDAY LUNCH

Hamburger (1.5)
Baked Potato Chips (1.5)   
Cucumber Tomato Salad (0)   








SATURDAY LUNCH

Beef Stroganoff (0)
Herbed Egg Noodles (1) 
Zucchini and Carrot Medley (0.5)   

DINNER

Slow Cooked Pot Roast (0) 
Steamed Red Skin
Potatoes (1)   
Steamed Carrots (0.5)   







DINNER

Baked Cod (0) 
Steamed White Rice (1.5)   
Green Beans (0.5)   




DINNER

Pork Tenderloin Marsala (0.5)
Rice Pilaf (2)   
Roasted Vegetables (0.5)   

DINNER

Sloppy Joe on Bun (2.5)
Baked Potato Chips (1.5)   
Cucumber Tomato Salad (0)   

DINNER

Roast Turkey (0)
Traditional Stuffing (1.5)
Steamed Carrots (1)   

DINNER

Penne with Meat Sauce (3.5)
Roasted Zucchini
and Yellow Squash (0.5)   

DINNER

BBQ Chicken (0.5) 
Steamed White Rice (1)   
Corn (1.5)   

ALWAYS AVAILABLE



SALADS

Small Tossed Salad (0)   

Chicken Salad (0) 


Tuna Salad (0) 


Egg Salad (0)  



SOUPS

Chicken Noodle (0.5)

BROTHS

Beef Broth (0) 

Chicken Broth (0) 

Vegetable Broth (0)   

DESSERTS

Strawberry Shortcake (1.5) 

Sugar Cookie (1) 

Vanilla Pudding (1.5)  

Sugar-Free Vanilla

Pudding (1)  

Gelatin (1) 

Sugar-Free Gelatin (0) 

SANDWICHES

Hamburger (1.5)

Grilled Chicken Sandwich (1)

Turkey Burger (2)

ENTRÉES




Meatloaf (0.5)

Pot Roast (0) 




Baked Cod (0) 




Roast Turkey (0) 

SIDES

Carrots (0.5)   

Corn (1.5)   

Broccoli (0)   

Green Beans (0.5)   

Herbed Egg Noodles (1) 

Steamed White Rice (1.5)   

WHEN ORDERING GUEST TRAY

- Guest trays are \$7.00 and must be paid by credit card in advance of the meal delivery.
- Nutrition Services will take payment over the phone (330.363.6459).
- The guest meal will be served with the patient's meal at the next regularly scheduled patient meal delivery.



Scan QR code with smartphone to access patient menus.

Select patient dining and scroll to the desired menu:
Regular, Cardiac, Renal