# Mantoba Renal Program

## Dialysis Sample Menu

<table>
<thead>
<tr>
<th>Meal</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
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</thead>
</table>
| **Breakfast** | 1 cup cold cereal  
½ cup skim milk or Rice Dream®, Coffee Rich®  
½ cup canned peaches  
1 slice rye toast with 2 tbsp peanut butter  
½ cup coffee or Tea | 1-2 poached eggs  
2 slices toast with 2 tsp Margarine  
½ cup berries (fresh or frozen)  
½ cup Coffee or Tea | ½ cup canned fruit  
½ cup 2% cottage cheese  
2 slices toast  
2 tsp Margarine  
½ cup Coffee or Tea | ½ cup grapes  
1 bagel  
2 tbsp cream cheese  
1 boiled egg  
½ cup Coffee or Tea |
| **Lunch**   | 2-3 oz. sliced chicken on 2 slices white bread with lettuce and cucumber  
2 tsp Mayonnaise  
½ cup Coffee or Tea  
2 digestive cookies | 2-3 oz. roast beef  
2 slices white or rye bread  
1 tsp margarine  
2 tsp Light Mayo or Mustard  
½ cup Crystal Light®  
½ cup grapes | 2-3 oz. tuna mixed with 1 cup Salad - lettuce, celery, radish, green pepper, onion  
1-2 tbsp Light or homemade salad dressing  
6 melba toast or Unsalted soda crackers  
½ cup Coffee or Tea  
2 oatmeal or arrowroot cookies | 1 cup Pasta Salad with 2 oz. roast meat or egg  
½ cup Diet 7Up®  
½ cup canned fruit |
| **Dinner**  | 1 pork chop (3-4 oz.) baked  
1 cup rice  
1 tsp margarine  
½ cup boiled carrots  
Tossed salad with salad dressing  
1 baked apple  
½ cup Coffee or Tea | 4 oz. fish fillet, baked with a dash of lemon juice and parsley  
1 cup boiled noodles with margarine & Mrs Dash®  
½ cup boiled Green peas  
1 oatmeal cookie  
½ cup diet 7Up® | 3-4 oz. roast beef  
½ cup mashed potato  
½ cup boiled Green beans  
2 tsp margarine  
1 slice white or rye bread  
½ cup Crystal Light®  
1 small apple | 4 oz. baked chicken  
1 small boiled potato  
2 tsp margarine  
½ cup boiled broccoli  
½ cup Coffee or Tea  
1 piece white cake with berries (fresh or frozen) and Nutri-Whip® |
| **Snack**   | 2 cups Popcorn with Margarine | 1 slice toast with 2 tbsp peanut butter | 2 cups Popcorn with Margarine | ½ chicken or beef sandwich |

July 2010

To be used in conjunction with advice from a Registered Dietitian.
<table>
<thead>
<tr>
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<th>Day 7</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>2 slices white or rye toast 2 tsp margarine 2 tbsp peanut butter and jam ½ cup Coffee or Tea ½ cup canned mandarins or 1 fresh mandarin orange</td>
<td>1 cup hot cereal ½ cup milk or Rice Dream® or Coffee Rich® ½ cup canned fruit ½ cup Coffee or Tea</td>
<td>2 scrambled eggs 2 slices white toast 2 tsp margarine ½ cup canned pears ½ cup Coffee or Tea</td>
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<tr>
<td>Lunch</td>
<td><em>Chicken salad plate:</em> 3 oz. chicken, diced, green onion &amp; finely chopped celery 2 tsp mayonnaise Serve on lettuce with cucumber &amp; celery sticks 6 unsalted soda crackers 1/2 cup Crystal Light</td>
<td>2 egg omelet with mushrooms red pepper, green onion 2 slices toast 1 tsp margarine ½ cup Coffee or Tea 1 Digestive Cookie ½ cup canned fruit</td>
<td>1 Bagel 1 tbsp Light cream cheese 2 oz. salmon 1 tsp Mayonnaise 2 lettuce leaves 2 Arrowroot Cookies 1/2 Diet 7Up® 1 cup watermelon</td>
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<tr>
<td>Dinner</td>
<td><em>Hot roast beef sandwich:</em> 4 oz. sliced roast beef 2 slices bread/toast ½ cup gravy ½ cup boiled carrots 1 tsp Margarine ½ cup canned fruit ½ cup Coffee or Tea</td>
<td>4 oz. fish baked or broiled with Lemon Juice and seasoning ½ cup mashed potato ½ cup boiled cauliflower Coleslaw with dressing ½ cup canned fruit ½ cup Coffee or Tea</td>
<td>4 oz. roast pork ½ cup unsweetened applesauce ½ cup mashed potato ½ cup boiled Green beans 1 tsp Margarine 1 piece white cake ½ cup Coffee or Tea</td>
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<tr>
<td>Snack</td>
<td>2 cups Popcorn with Margarine ½ Peanut Butter and Jam Sandwich</td>
<td>½ cup Cottage Cheese ½ cup Grapes</td>
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