

Nutrition Second Meal Dietary Information

Meal	Calories	Low Sodium (mg)	Gluten Free	Diabetic Friendly
A. Pork Patty with Pizzaiola Sauce	229	411	X	X
B. Meatballs w/ Noodles & Pizzaiola	242	402		X
C. Homestyle Meatloaf	273	599	X	X
D. Meatballs with Alfredo Shell Pasta	286	399		X
E. Chicken Breast Tenders	289		X	
F. Breaded Chicken Patty	318	467		
G. Honey Mustard Chicken Nuggets	289	488	X	
H. Beef Patty Strips & Gravy	214	535		X
I. Breaded Pollock w/ Coconut Rice	354	516		X
J. Beef & Pepper Patty w/ Gravy	310	505		X
K. Mac & Cheese w/ Smoked Sausage	546			
L. BBQ Chicken	288	451	X	
M. Beef Patty over Cheesy Rice	328	307	X	
N. Spaghetti & Meatballs	349	403		
O. Sausage & French Toast	565			
P. Chicken & Teriyaki Rice	396	542		
Q. Chicken & Bean Burrito	420			
R. Grilled Chicken over Rice & Gravy	262	442		
S. Breaded Fish Wedge	330	380		
T. Creamy Breaded Chicken	409			
U. Ginger Pork	327	525		
UU. Pork Patty & Gravy	274	515		
V. Beef Patty with Onion Gravy	259	427		
W. Sausage Patties and Biscuit/Gravy	554			
WW. Chicken Parmesan	378	491		
X. Sausage, Egg, & Cheese Burrito	514	505		
Y. Breakfast Scramble	294	526	X	X
Z. Chipotle Meatloaf	264	408	X	X
ZZ. Meatballs w/ Rice & Gravy	325	419		

- Our Renal Friendly Meals are <600mg Sodium, <400 mg Phosphorus, <600 mg Potassium.
- Our Diabetic Friendly Meals are <30 g Carbs, <600 mg Sodium.
- Our Lower Sodium Meals are <600 mg Sodium.