



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**
- House-Made 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 (0)
Mashed Potatoes with Gravy (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)   
Tossed Salad (0)   








SATURDAY LUNCH

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

DINNER

Braised Beef Short Rib in a
Rich Brown Sauce (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)
Potato Wedges (1)   
Tossed 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) ^{CS} ^V ^{VE}
- Chicken Salad (0) ^{CS}
- Tuna Salad (0) ^{CS}
- Egg Salad (0) ^{CS} ^V

SOUPS

- Chicken Noodle (0.5)

BROTHS

- Beef Broth (0) ^{CS}
- Chicken Broth (0) ^{CS}
- Vegetable Broth (0) ^{CS} ^V ^{VE}

DESSERTS

- Strawberry Shortcake (1.5) ^V
- Sugar Cookie (1) ^V
- Vanilla Pudding (1.5) ^{CS} ^V
- Sugar-Free Vanilla Pudding (1) ^{CS} ^V
- Gelatin (1) ^{CS}
- Sugar-Free Gelatin (0) ^{CS}

SANDWICHES

- Hamburger (1.5)
- Grilled Chicken Sandwich (1)
- Turkey Burger (2)

ENTRÉES

- Meatloaf (0.5)
- Pot Roast (0) ^{CS}
- Baked Cod (0) ^{CS}
- Roast Turkey (0) ^{CS}

SIDES

- Carrots (0.5) ^{CS} ^V ^{VE}
- Corn (1.5) ^{CS} ^V ^{VE}
- Broccoli (0) ^{CS} ^V ^{VE}
- Green Beans (0.5) ^{CS} ^V ^{VE}
- Herbed Egg Noodles (1) ^V
- Steamed White Rice (1.5) ^{CS} ^V ^{VE}

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