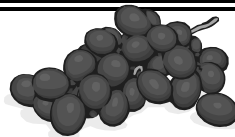
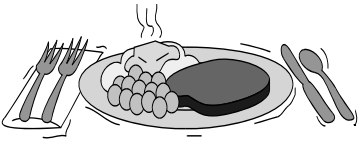

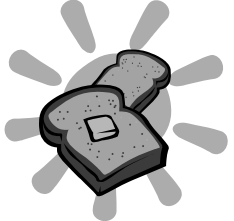


MANTOBA RENAL PROGRAM DIALYSIS SAMPLE MENU

Meal	Day 1	Day 2	Day 3	Day 4
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



Meal	Day 5	Day 6	Day 7	
Breakfast	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	1 cup hot cereal ½ cup milk or Rice Dream® or Coffee Rich® ½ cup canned fruit ½ cup Coffee or Tea	2 scrambled eggs 2 slices white toast 2 tsp margarine ½ cup canned pears ½ cup Coffee or Tea	
Lunch	<u>Chicken salad plate:</u> <ul style="list-style-type: none"> ▪ 3 oz. chicken, diced, green onion & finely chopped celery ▪ 2 tsp mayonnaise ▪ Serve on lettuce with cucumber & celery sticks ▪ 6 unsalted soda crackers 1/2 cup Crystal Light	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	1 Bagel 1 tbsp Light cream cheese 2 oz. salmon 1 tsp Mayonnaise 2 lettuce leaves 2 Arrowroot Cookies ½ Diet 7Up® 1 cup watermelon	
Dinner	<u>Hot roast beef sandwich:</u> <ul style="list-style-type: none"> ▪ 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	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	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	
Snack	2 cups Popcorn with Margarine	½ Peanut Butter and Jam Sandwich	½ cup Cottage Cheese ½ cup Grapes	