



Your Meal Plan is: Dialysis Friendly

PLEASE NOTE: MENU ITEMS ARE SUBJECT TO CHANGE

If you are on a combination of meal plans, the items listed on the menus may vary slightly from what you receive in your delivery.

Please call 202-269-6820 for menu item information.

You can also access this menu and reheating instructions on our website

<https://foodandfriends.org/current-clients/>

Calendar of deliveries 2024

2024

		January							April							July							October									
F&F Week		Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa			
Wk 5			x	2	3	4	5	6	Wk 6		1	2	3	4	5	6	Wk 1		1	2	3	x	5	6	Wk 2			1	2	3	4	5
Wk 6		7	8	9	10	11	12	13	Wk 1	7	8	9	10	11	12	13	Wk 2	7	8	9	10	11	12	13	Wk 3	6	7	8	9	10	11	12
Wk 1		14	15	16	17	18	19	20	Wk 2	14	15	x	17	18	19	20	Wk 3	14	15	16	17	18	19	20	Wk 4	13	14	15	16	17	18	19
Wk 2		21	22	23	24	25	26	27	Wk 3	21	22	23	24	25	26	27	Wk 4	21	22	23	24	25	26	27	Wk 5	20	21	22	23	24	25	26
Wk 3		28	29	30	31				Wk 4	28	29	30					Wk 5	28	29	30	31				Wk 6	27	28	29	30	31		
		February							May							August							November									
Wk 3		Su	Mo	Tu	We	Th	Fr	Sa	Wk 4	Su	Mo	Tu	We	Th	Fr	Sa	Wk 5	Su	Mo	Tu	We	Th	Fr	Sa	Wk 6	Su	Mo	Tu	We	Th	Fr	Sa
Wk 3						1	2	3	Wk 4				1	2	3	4	Wk 5					1	2	3	Wk 6						1	2
Wk 4		4	5	6	7	8	9	10	Wk 5	5	6	7	8	9	10	11	Wk 6	4	5	6	7	8	9	10	Wk 1	3	4	5	6	7	8	9
Wk 5		11	12	13	14	15	16	17	Wk 6	12	13	14	15	16	17	18	Wk 1	11	12	13	14	15	16	17	Wk 2	10	11	12	13	14	15	16
Wk 6		18	19	20	21	22	23	24	Wk 1	19	20	21	22	23	24	25	Wk 2	18	19	20	21	22	23	24	Wk 3	17	18	19	20	21	22	23
Wk 1		25	26	27	28	29			Wk 2	26	x	28	29	30	31		Wk 3	25	26	27	28	29	30	31	Wk 4	24	25	26	27	x	x	x
		March							June							September							December									
Wk 1		Su	Mo	Tu	We	Th	Fr	Sa	Wk 2	Su	Mo	Tu	We	Th	Fr	Sa	Wk 4	Su	Mo	Tu	We	Th	Fr	Sa	Wk 5	Su	Mo	Tu	We	Th	Fr	Sa
Wk 1							1	2	Wk 2							1	Wk 4	1	x	3	4	5	6	7	Wk 5	1	2	3	4	5	6	7
Wk 2		3	4	5	6	7	8	9	Wk 3	2	3	4	5	6	7	8	Wk 5	8	9	10	11	12	13	14	Wk 6	8	9	10	11	12	13	14
Wk 3		10	11	12	13	14	15	16	Wk 4	9	10	11	12	13	14	15	Wk 6	15	16	17	18	19	20	21	Wk 1	15	16	17	18	19	20	21
Wk 4		17	18	19	20	21	22	23	Wk 5	16	17	18	19	20	21	22	Wk 1	22	23	24	25	26	27	28	Wk 2	22	23	24	x	26	27	28
Wk 5		24	25	26	27	28	29	30	Wk 6	23	24	25	26	27	28	29	Wk 2	29	30						Wk 3	29	30	31				
Wk 6		31							Wk 1	30							Wk 2								Wk 3							

x = Food will not be delivered

Numbers to Know:

Delivery Line: (202) 269-6820

Contact Your Dietitian Today:

Rebecca: (202) 269-6885

Nicole: (202) 269-6876

Ashley: (202) 269-6898

Jenn: (202) 269-6879

Matt: (202) 269-6887

nutrition@foodandfriends.org

HDM Reheating Instructions:

Breakfast

Egg Patties, Sausage Patties, Muffins, Bread:

1. Remove from plastic container or bag
2. Transfer to microwave-safe dish.
3. Microwave for 30 seconds to 1 minute.

Waffles, English Muffins, Bagels:

1. Heat in toaster until lightly brown.

Important: Importante:

Notice:

Once Thawed/In Refrigerator eat within 3 days.
If frozen, follow "Use by" date on food label

Avisio:

Una vez descongelado/en el refrigerador,
consumir en un plazo de 3 días. Si está
congelado, sigue la fecha de "consumir antes
de" que aparece en la etiqueta del alimento.

Soup

Microwave:

1. Transfer soup to microwave-safe bowl.
2. Microwave on high until steaming (2 minutes).
3. Stir halfway through cooking

Stove Top:

1. Transfer soup into pot over medium-high heat
2. Stir occasionally
3. Continue cooking until soup is bubbling hot

Prepared Frozen Meals

Microwave:

1. Pull back corners of plastic covering.
2. Microwave for 2-3 minutes (will take longer if still frozen).
3. Stop the clock after 1 minute to stir food well.

Note:

Some food may take longer to cook. Cook until food is steaming.

DO NOT place plastic containers in the oven



Week 1

Breakfast

Bagels (2) with Cream Cheese (2)
32 oz. Milk
Oatmeal (4)
Whole Wheat Apple Almond Cake (1)

Lunch

Gemelli, Carrots, Peppers & Chicken with Tahini Dressing
Soups (3)

Fruit

Fruit Cocktail (1)
Fruit Bag : Apples (6), Pears (6)

Snack

Popcorn Bag (1)
Cheese Sticks (3)
Fig Newtons (5)
Apple Sauce (1)
Whole Grain Animal Crackers (1)

Entree #1

Chicken Breast with Mandarin Orange Sauce
Brown Rice
Italian Green Beans and Carrots

Entree #2

Chicken with Brown Gravy
Brown Rice with Cilantro
Green Beans

Entree #3

Diced Chicken with Herb Gravy
Whole Wheat Pasta
Broccoli, Sliced Carrots, Sugar Snap Peas

Entree #4

Diced Chicken with Tarragon Gravy
Brown Rice and Quinoa
Green Beans, Red Bell Pepper

Entree #5

Lemon Dill Fish Stew
Brown Rice
Broccoli, Cauliflower, Carrots, Green Beans, Lima Beans

Entree #6

Curried Diced Chicken and Carrot Salad
Seasoned Collards
Carrot Chutney



Week 2

Breakfast

Blueberries (8 oz)
Turkey Sausage (2)
Egg Patties (4)
Oatmeal (4)
Cheese Sticks (3)
English Muffins (4)

Lunch

Diced Chicken & Apple Salad
Soups (3)

Fruit

Fruit Cocktail (1)
Fruit Bag: Apples (6), Pears (6)

Snack

Hummus (1)
Chicken Salad (1)
Sleeve of Crackers
Fig Newtons (2)

Entree #1

Chicken with Garlic Butter Gravy
White Rice
Cut Green Beans

Entree #2

Chicken Breast with Lemon Herb Sauce
Cauliflower Mash
Seasoned Diced Carrots

Entree #3

Turkey Burger with Herb Brown Gravy
Brown Rice
Seasoned Diced Carrots

Entree #4

Beef Stew
Egg Noodles
Broccoli, Cauliflower, Carrot Blend

Entree #5

Italian Chicken & Gravy
Whole Wheat Pasta
Capri Vegetables

Entree #6

Salmon Fillet
Basmati Rice
Broccoli



Week 3

Breakfast

Milk
Whole Wheat Bagel (2)
Cream Cheese (2)
Oatmeal (4)
Whole Wheat Blueberry coffee cake (1)

Lunch

Diced Chicken, Wild Rice, and Green Bean Salad
Soups (3)

Fruit

Fruit Cocktail (1)
Fruit Bag- Apples (6), Pears (6)

Snack

Cheese Sticks (3)
Fig Newtons (4)
Whole Grain Animal Crackers (1)
Popcorn (1)
Applesauce (1)

Entree #1

Diced Chicken with Lemon Herb Sauce
White Rice
Ginger Carrots

Entree #2

Roasted Chicken Breast with Lime Sauce
Cauliflower Mash
Broccoli

Entree #3

Tofu and Egg Fried Rice
Sonoma Vegetable Blend: Broccoli, Carrots, Sugar Snap Peas

Entree #4

Caribbean Fish Stew
Brown Rice
Broccoli

Entree #5

Southwest Turkey Stew with Vegetables
Cornbread
Italian Green Beans and Carrots

Entree #6

Curried Diced Chicken and Carrot Salad
Basmati Rice
Edamame



Week 4

Breakfast

Blueberries 8 oz.
English Muffins (4)
Turkey Sausage (2)
Oatmeal (4)
Tofu Egg Scramble (1)

Lunch

White Noodle Salad, Stir Fry Veg w/ Sesame Ginger Dressing,
NO PEANUTS, and Edamame
Soups (3)

Fruit

Fruit Cocktail
Fruit Bag: Apples (6), Pears (6)

Snack

Hummus (1)
Chicken Salad (1) 8oz.
Small Box of Crackers (1)
Fig newtons (2)

Entree #1

Sesame Beef and Vegetables
Brown Rice
Broccoli

Entree #2

Chicken Stew
Brown Rice
Winter Broccoli and Cauliflower

Entree #3

Fennel Rice with Turkey and White Rice
Seasoned Cut Green Beans and Carrots

Entree #4

Chicken with Mushroom gravy
Basmati Rice
Carrots

Entree #5

Chicken with Lemon Gravy
Gemelli
Broccoli, Cauliflower, Green Beans, Lima Beans

Entree #6

Herbed Chicken Salad with Artichokes and Gemelli
Sliced Apples with Cinnamon
Cut Green Beans



Week 5

Breakfast

2% Milk (1)

Oatmeal (4)

Whole Wheat Bagels (4)

Cream cheese packets (4)

Whole Wheat Almond Poppysseed Cake (1) 12 oz.

Lunch

Diced Chicken and Vegetable Salad with Creamy Lemon

Dressing

Soups (3)

Fruit

Fruit Cocktail (1)

Renal Fruit Bag- Assortment of six of the following:

Apples, Pears

Snack

Cheese Sticks (3), Animal Crackers (2), Apple Sauce (1),

Mandarin Orange Cup (1), Popcorn (1)

Entree #1

Turkey Teriyaki with Broccoli, Carrots, and Water Chestnuts

Brown Rice

Broccoli, Carrot, Pea Pods, Pepper, Baby Corn Vegetable Blend

Entree #2

Lemon Tahini Chicken Bowl

Basmati Rice

Broccoli, Yellow Carrots, Orange & Cauliflower

Entree #3

Diced Chicken with Lemon Pepper Sauce

Herbed White Rice

Carrots, Onions, Zucchini, & Green Beans

Entree #4

Turkey Burger with Gravy

Brown Rice & Quinoa

Green Beans

Entree #5

Chicken with Rosemary Gravy

Basmati Rice

Seasoned Cumin Carrots

Entree #6

Diced Chicken with White Rice

Rosemary Biscuit

Cauliflower, Broccoli, Carrots, Green Beans, & Lima Beans



Week 6

Breakfast

Fruit- mango/pear (8 oz)
English Muffins (2)
Turkey Sausage (2)
Egg and Cheddar Egg Baked Patties (4)
Oatmeal (4)
Cheese Sticks (3)
Whole Wheat Bread (2 slices)

Lunch

Diced Chicken and Vegetable Salad with Lemon Herb Dressing (3)
Soups (3)

Fruit

Fruit Cocktail (1)
Renal Fruit Bag: Apples (6) and Pears (6)

Snack

Fig Newtons (2)
Hummus (1)
Saltine Crackers (1)
Animal Crackers (1 pack)

Entree #1

Ground Turkey with Brown Gravy & Italian Seasoning
Whole Wheat Pasta-Rotini
Kale, Artichoke, and Italian Green Beans

Entree #2

Chicken with Tarragon Gravy
Grits
Seasoned Collards

Entree #3

Chicken with Mushroom Gravy
Basmati Rice
Carrots, Zucchini, Onion, and Green Beans

Entree #4

Baked Salmon Cake with Cilantro Lime Dressing
Cilantro Wild Rice
Seasoned Cut Green Beans

Entree #5

Blackened Chicken Breast with Cajun Mustard Gravy
Plain Grits
Seasoned Diced Carrots

Entree #6

Southwest Chicken, Carrot, and Green Bean Salad with Cilantro Lime Dressing
Green Beans and Roasted Red Peppers