BREAKFAST ENTREES & SIDES

**** item only available 6 to 10 a.m.***

Pancake *(1) $0.90
Chocolate Chip Pancake* (1) ... $0.90
French Toast *(1) $1.90
Scrambled Eggs $1.75
Hard Boiled Egg (1)..... $0.99
Egg and Cheese Sandwich * $3.80
Add: ham or bacon
Omelet Special (Ask Operator) . $5.75
Biscuits and Gravy* $3.05
Hashbrown Patty* $1.25
Bacon $0.90/slice
Pork Sausage Link $0.90/link
Banana Bread $1.00
Cinnamon Coffee Cake $3.05
White or Wheat Toast (1) $0.50
English Muffin *..... $0.85
Biscuit* (1) $1.00
Add: Peanut Butter $0.33
Add: Butter, Margarine, Jelly, Diet Jelly, Syrup, Sugar-Free Syrup

CEREAL

Oatmeal or Cream of Wheat*®.. $2.00
Cheerios®, Fruit Loops®, or Raisin Bran® $1.85
Add: Sugar, Brown Sugar, Splenda®

FRUIT

Banana $0.75
Applesauce, Apple Slices, Mandarin Oranges, Diced Pears, Diced Peaches $0.75
Fresh Fruit ……..….$2.55
Cottage Cheese Fruit Plate (1/2 cup plus 2 Fruit).....$1.60+cost of fruit

YOGURT

Greek Yogurt $1.75
Vanilla Yogurt $1.75
Yogurt Parfait..... $3.20
Light Key Lime Pie $1.75

COMFORT FOODS

Chicken Strips $1.00/strip
Add: Ketchup, Barbecue Sauce, Ranch Dressing
Macaroni and Cheese $2.95
Taco (1) hard or softshell $1.50
Add: Taco Sauce, Pico de Gallo
Add: Sour Cream $0.50
Meatloaf $3.40
Pot Roast $4.50
Marinated Chicken $3.75
Lemon Pepper Salmon $5.00
Open Face Sandwich .....$5.75 (Turkey, Beef, or Meatloaf)
Meat Lasagna $4.45
SpaghettiOs® $1.25
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito $3.25

COLD SANDWICHES

Choice of white or wheat bread

Uncrustables ™ Grape $1.50
Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad, Egg Salad, Club…….$2.50
Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles

SOUPS

Chicken Noodle, Low Sodium Chicken Noodle, Tomato, Chili $2.45
Add: Saltine Crackers

7" PERSONAL PIZZA

Cheese, Pepperoni, Special of the Day (Ask Operator).....$6.05

GRILL

Hamburger $3.55
Cheeseburger $3.80
Grilled Chicken Sandwich $3.95
Impossible™ Burger $4.15
Grilled Cheese $3.00
Grilled Ham and Cheese $3.25
Tuna Melt……..$3.25
Hot Dog $1.75
Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles

SIDES

French Fries $2.75
Mashed Potatoes $1.50
Roasted Potatoes……$2.64
Gravy (Beef or Chicken) $0.85
Buttered Noodles $1.45
Pasta Salad $2.25
Rice $1.45
Dinner Roll $0.85
Side Salad with Tomatoes and Cucumbers $2.05
Add: Croutons, Ranch, Fat-free Ranch, French, Balsamic Vinaigrette
Cottage Cheese, 4% fat $1.60
Raw Carrots or Celery $1.40
Mixed Vegetables, Green Beans, Carrots, or Corn……..$1.40
Potato Chips (Regular or Baked)$1.60
SkinnyPop® Popcorn $1.60

BEVERAGES

Milk: Skim, 1%, Whole, Chocolate $0.95
Milk: Vanilla Soy $1.55
Milk: Fairlife 2% lactose free $2.50
Coffee: Regular or Decaf $1.50
Tea: Black, Green, Decaf, Iced $1.20
Juice (assorted) $1.00
Lemon Crystal Light® $0.75
Gatorade G2® Glacier Frost $1.50
Hot Chocolate $1.20

SNACKS AND DESSERTS

Cookie: Chocolate Chip, Chocolate Crinkle, Peanut Butter……..$1.45
Rice Krispie® Bar $1.60
New York Cheesecake $2.60
Triple Chocolate Brownie $1.75
Pudding (Vanilla, Chocolate) $1.10
Italian Ice (Lemon, Orange)..... $1.15
Ice Cream (vanilla, chocolate).... $1.50
Berry Mousse Dream …….$2.60
Animal Crackers $1.05
Graham Crackers $0.50
Cheddar Goldfish® Crackers..... $1.05
Cheez-Its® $1.60
Special K Protein Bars…….$1.75
String Cheese $0.85
Mild Cheddar Snacking Cheese.....$0.85
Hummus $2.05
Gelatin $1.10
Lunchables® …….$3.35

CONDIMENTS (NO CHARGE)

Salt and Pepper
Salt-Free Seasoning
Sugar and Brown Sugar
Splenda®
Creamer and Non-Dairy Creamer
Butter and Margarine
Peanut Butter
Nutella
Jelly: Regular and Sugar-free
Ketchup
Mustard
Ranch: Regular and Fat-free
French Dressing
Balsamic Vinaigrette
Mayonnaise: Regular and Light
Taco Sauce
Hot Sauce
Tartar Sauce
Barbeque Sauce
Parmesan Cheese
Syrup: Regular and Sugar-free
Pico de Gallo
Lemon Slice
Honey

DAILY SPECIALS

One tasty recipe each meal is our daily special. **These patient favorites are available during limited hours each week.**

Breakfast: 6 to 10 a.m.
Lunch: 10 a.m. to 3 p.m.
Dinner: 3 p.m. to 8 p.m.
Soup: 10 a.m. to 8 p.m.

SUNDAY

Breakfast: Breakfast Pizza $6.05
Lunch: Spaghetti & Meat Sauce..$4.40
Dinner: Barbeque Pulled Pork Topped Mac & Cheese $6.20
Soup: Baked Potato $2.45

MONDAY

Breakfast: Cinnamon Berry French Toast $2.40
Lunch: Walking Tacos $4.95
Dinner: Chicken Alfredo $4.75
Soup: Vegetable $2.45

TUESDAY

Breakfast: Breakfast Taco (1) .. $1.70
Lunch: Tuna Noodle Casserole $2.75
Dinner: Shepherds Pie $2.75
Soup: Beef Stew $2.45

WEDNESDAY

Breakfast: Banana Walnut Pancake $2.40
Lunch: Tater Tot Casserole..... $2.75
Dinner: Salisbury Steak $5.00
Soup: White Chicken Chili $2.45

THURSDAY

Breakfast: Egg Bake $3.30
Lunch: Pulled Pork Sandwich... $5.75
Dinner: Italian Chicken Parmesan.. ……..$5.00
Soup: Chicken Tortilla $2.45

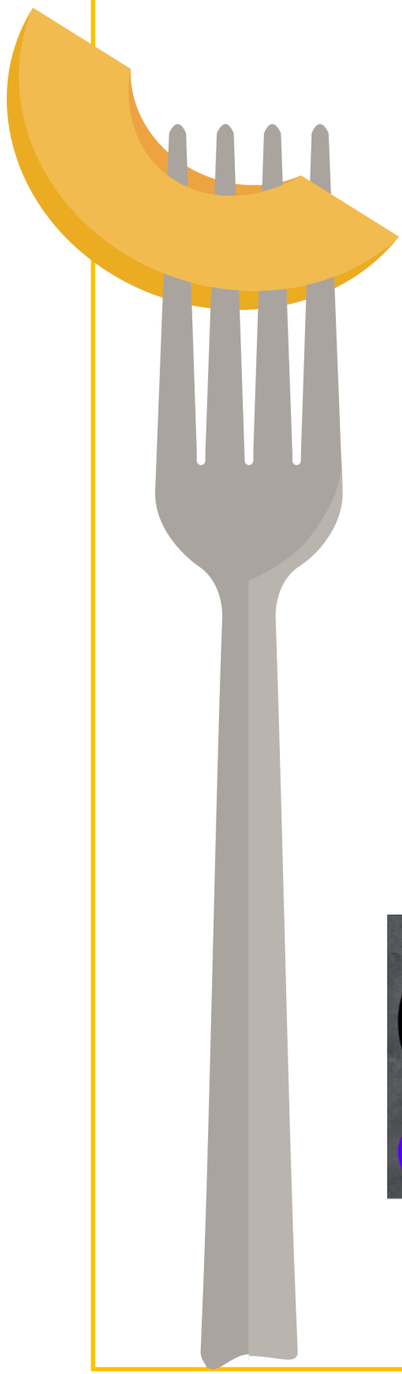
FRIDAY

Breakfast: Waffle Breakfast Sandwich……..$4.00
Lunch: Beer Battered Cod (3 pcs.) ……..$3.95
Dinner: Sweet and Sour Chicken with Rice $5.50
Soup: Broccoli Cheese $2.45

SATURDAY

Breakfast: Breakfast Taco (1)... $1.70
Lunch: Chicken Pot Pie $3.50
Dinner: Chicken Bacon Swiss Sandwich $4.75
Soup: Chicken Wild Rice $2.45

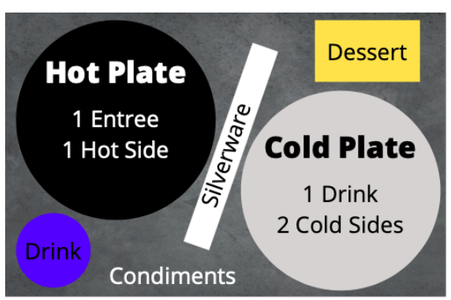
GUEST ROOM SERVICE MENU



Dial 1 2 3 to order
or call 319-356-2714 from 6 a.m. to 8 p.m. Food will be delivered within 60 minutes.

- **You will need to purchase a Food and Nutrition gift card to pay for your meals.**
- Gift cards are available in all Food and Nutrition Services dining areas.
- $5 minimum charge for Guest Room Service.
- Prices on menu are for guests who wish to dine in a patient's room. Prices subject to change.
- Daily homemade specials are available at each meal. Ask operator for more information.

Ordering Guidelines



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HEALTH CARE