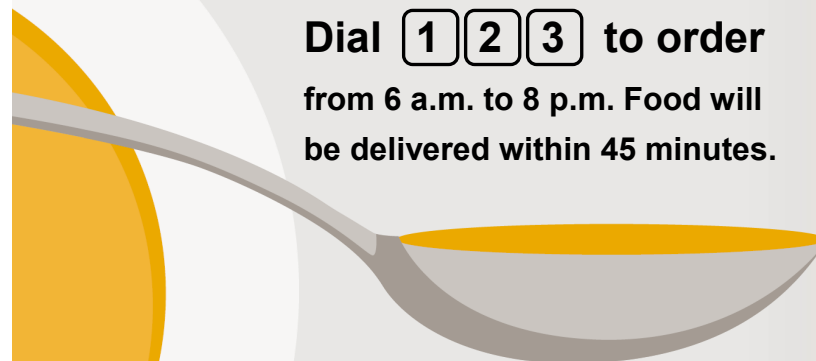


34

DYSPHAGIA
LIQUIDIZED: LQ3
PUREED: PU4

PATIENT ROOM SERVICE MENU

Dial **1** **2** **3** to order
from 6 a.m. to 8 p.m. Food will
be delivered within 45 minutes.



Questions?

Our operator can help you with
your choices for Level 3 or 4.
Our dietitians are also happy
to help with any questions.

Your liquids may be thickened
if ordered by a physician.

*Available for Level 4 only.

IOWA
HEALTH CARE

BREAKFAST

*Pureed Eggs.....2	Yogurt Vanilla.....27
*Pureed French Toast.....15	*Key Lime Yogurt.....16
*Chobani Strawberry Yogurt.....15	*Greek Vanilla Yogurt.....7
	Cream of Wheat.....11
	+ Skim, 1%, or whole milk.....11-12

FRUITS

Applesauce.....14	Pureed Banana.....24
*Pureed Mixed Berries.....19	Pureed Peaches.....15

COMFORT FOODS

*Pureed Beef Steak.....5	
*Pureed Chicken Breast.....5	*Pureed Bread.....8
*Pureed Pork Chop.....5	+ Hummus.....10

SIDES

*Mashed Potatoes.....23	*Pureed Green Beans.....15
+ Chicken8	Blended Cottage Cheese.....8
+Beef Gravy.....6	Blended Macaroni & Cheese.....20
*Pureed Corn.....26	Blended Mashed Potatoes and Gravy.....29

SOUPS

Blended Chicken Noodle Soup.....11	*Tomato Soup.....22
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99 numbers after each item show carbohydrates per serving

DESSERTS

*Gelatin (orange).....22	*Berry Mousse Dream.....40
*Sugar-Free Gelatin (strawberry, lemon-lime).....0	Thrive Vanilla.....35
Pudding Vanilla or Chocolate.....19-20	Thrive Chocolate.....33
	Chocolate or Vanilla Ice Cream..18

DRINKS

Coffee (regular or decaf).....0	Broth (beef, chicken, vegetable).....0
Tea (Black, green, decaf, Iced)....1	Hot Chocolate.....16
Juice	Instant Breakfast (vanilla or chocolate).....38
Apple, Cranberry, Orange.....14-16	Ensure High Protein Plus (vanilla or chocolate).....41
Prune.....20	Ensure High Protein (vanilla or chocolate).....19
V8/Low Sodium V8.....8	Ensure Clear (apple or mixed berry)..52
Lemon Crystal Light.....0	
Gatorade G2 Glacier Frost.....7	
Milk	
Skim, 1%, Whole, Lactose-Free....11-12	
Chocolate.....24	
Vanilla Soy.....18	

CONDIMENTS

Salt.....0	Mayo.....0	Butter.....0
Pepper.....0	Light Mayo.....1	Sour Cream.....1
Salt-Free Seasoning..0	Ketchup.....2	Barbeque Sauce.....19
Sugar.....3	Mustard.....0	Soy Sauce.....0
Splenda.....1	Ranch Dressing.....2	Taco Sauce.....1
Brown Sugar.....13	Fat-Free Ranch Dressing 3	Hot Sauce.....0
*Cream.....0	French Dressing.....2	*Pancake Syrup.....30
Creamer (Non-Dairy).1	*Balsamic Vinaigrette.....3	*Sugar-Free Syrup.....4
Margarine.....0	Parmesan Cheese.....0	Jelly.....10
		Sugar-Free Jelly.....3

