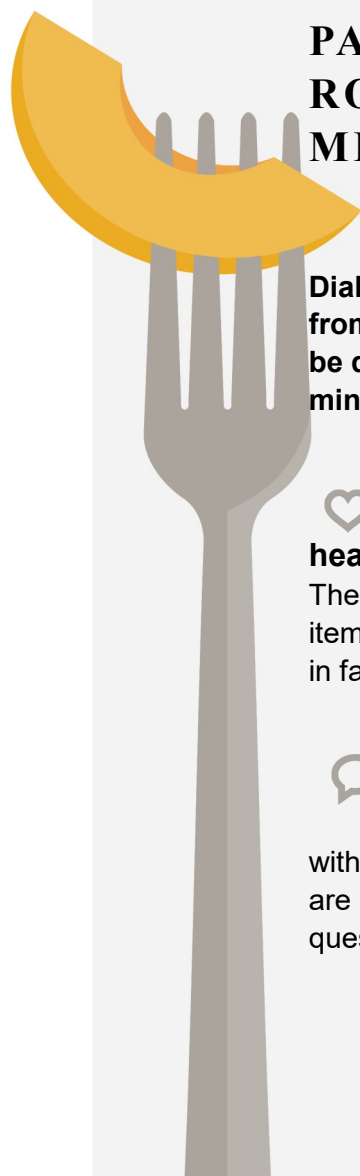


7E

DYSPHAGIA

Easy to Chew: EC7



PATIENT ROOM SERVICE MENU

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



**This menu is heart
healthy.**

There are no fried foods. Most
items are low in sodium and low
in fat.



Questions?

Our operator can help you
with your choices. Our dietitians
are also happy to help with any
questions.



UNIVERSITY OF IOWA
HEALTH CARE

BREAKFAST (SERVED ALL DAY*)

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

ENTREES

Pancake* (1).....	24
Chocolate Chip Pancake* (1).....	28
French Toast* (1 slice).....	29
Scrambled Eggs (1/2 cup).....	2
Hard Boiled Egg (1).....	1

OMELETS

Omelet (2 eggs).....	2
+ American Cheese.....	0
+ Cheddar Cheese.....	0
Ask about our Omelet of the Day!	

YOGURT

Chobani Strawberry (Greek).....	20
Oikos Vanilla (Greek).....	7
Key Lime Pie (Light).....	16
Vanilla.....	27

BUILD YOUR OWN COTTAGE CHEESE FRUIT PLATE

Begin with cottage cheese and add two fruits from below.

Cottage Cheese, 2% fat (1/2 cup) ▲	6
+Applesauce.....	14
+Banana.....	26
+Diced Pears.....	17
+Diced Peaches.....	14
+Mandarin Oranges.....	22

SIDES

Banana Bread▲	53
Ground Sausage.....	2
Pork Sausage Link.....	0
Hash Brown Patty*▲	15

CEREALS

Oatmeal*.....	15
Cream of Wheat*®.....	11
Cheerios®.....	21

FRUIT

Applesauce.....	14
Banana.....	26
Diced Pears.....	17
Diced Peaches.....	14
Mandarin Oranges.....	22

LUNCH AND DINNER

COMFORT FOODS

Baked Tilapia.....	0
Meatloaf.....	9
Meat Lasagna▲	37
SpaghettiOs®▲	30
Open-Face Sandwich (served with mashed potatoes and gravy)	
Turkey▲	47
Ground Chicken.....	47
Meatloaf▲	53
Ground Chicken Sandwich	27
Soft Shell Beef Taco (1)▲	20
Veggie Burger▲	33

SANDWICHES

*Build your own sandwich.
Choose a type of bread and add
toppings.*

Wheat Bread (1 slice).....	12
White Bread (1 slice).....	13
+ Turkey.....	1
+ Ham▲	0
+ Chicken Salad.....	5
+ Tuna Salad▲	4
+ Cheddar Cheese.....	0
+ American Cheese.....	0
+ Swiss Cheese.....	0
+ Provolone Cheese.....	0
+ Hummus.....	10
Grape Uncrustable.....	31

SOUPS

Chili▲	28
Chicken Noodle (Homemade)▲	11
Chicken Noodle (Low-sodium).....	6
Tomato (Low-sodium).....	12

SIDES

Steamed Rice.....	24
Mashed Potatoes.....	25
+ Beef Gravy.....	6
+ Chicken Gravy.....	8
Macaroni and Cheese▲	16
Buttered Egg Noodles.....	23
+ Marinara Sauce▲	16
Cottage Cheese, 4% fat (3/4 cup)▲	5
Cottage Cheese, 2% fat (1/4 cup)▲	3
Dinner Roll.....	16
String Cheese▲	0
Mild Cheddar Snacking Cheese.....	0
Pasta Salad.....	15
Steamed Carrots.....	9

DESSERTS

Cookies	
Chocolate Chip.....	36
Chocolate Crinkle.....	20
Italian Ice	
Lemon.....	20
Orange.....	22
Thrive® Ice Cream	
Chocolate.....	33
Vanilla.....	35
Strawberry.....	34
New York Cheesecake▲	27
Triple Chocolate Brownie	36
Pudding	
Chocolate.....	20
Vanilla.....	19
Berry Dream Mousse.....	40
Chocolate or Vanilla Ice Cream.....	18
Gelatin (orange).....	22
Sugar-Free Gelatin (strawberry, lemon-lime).....	0

EXTRAS

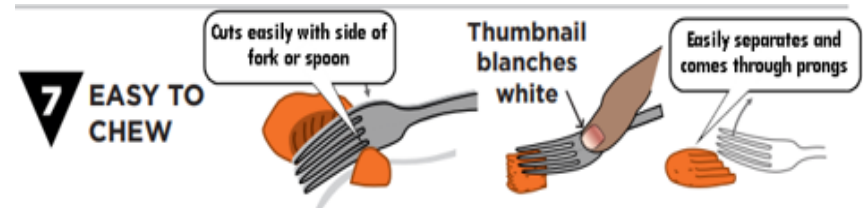
Salt▲	0
Pepper.....	0
Ketchup.....	2
Mustard.....	0
Barbeque Sauce▲	19
Mayo.....	0
Low-Fat Mayo.....	1
Salt-Free Seasoning.....	0
Sugar.....	3
Brown Sugar.....	13
Splenda®.....	1
Cream.....	0
Creamer (Non-Dairy).....	1
Syrup.....	30
Sugar-Free Syrup.....	4
Honey.....	11

BEVERAGES

Coffee	
Regular or Decaf.....	0
Tea	
Black, Green, Decaf, or Iced.....	0-1
Milk	
Skim.....	12
1%.....	11
Whole.....	12
Chocolate▲	23
Vanilla Soy.....	18
Fairlife 2% Lactose-free.....	11
Ensure® Clear Therapeutic Nutrition	
Apple.....	52
Mixed Berry.....	52
Ensure® High Protein Plus	
Chocolate or Vanilla.....	44

Peanut Butter.....	5
Peanut Butter, Low Sodium.....	3
Butter.....	0
Margarine.....	0
Jelly (Grape, Strawberry).....	10
Sugar-Free Jelly.....	3
Parmesan Cheese.....	0
Sour Cream	1
Taco Sauce.....	1
Hot Sauce.....	0
Soy Sauce.....	0
Tartar Sauce.....	2
Pico de Gallo.....	2
Ranch Dressing▲	2
Fat-Free Ranch Dressing	3
Lemon Slice	1
Hummus.....	10
Nutella.....	9

Juice	
Cranberry.....	16
Apple.....	15
Orange.....	14
Prune.....	20
V-8▲	7
Low-sodium V-8.....	8
Hot Chocolate.....	16
Lemon Crystal Light®.....	0
Gatorade G2® Glacier Frost.....	7
Ensure® High Protein	
Chocolate or Vanilla.....	19



99 numbers after each item show carbohydrates per serving
 ▲ indicates items higher in sodium that exceed heart healthy guidelines
 * item only available from 6 to 10 a.m.