

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       |
| Baked Tilapia                                       | \$2.25       |
| 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, White Chocolate Macadamia Nut | \$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: Pesto Chicken.....       | \$4.50 |
| 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

Hot Plate

1 Entree  
1 Hot Side

Cold Plate

1 Drink  
2 Cold Sides

Silverware

Condiments

Drink

Dessert

**IOWA**  
HEALTH CARE