

## 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 .....	\$1.45/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
Enchilada Casserole.....	\$4.20
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
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## 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
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: Sweet and Sour Chicken with Rice .....	\$5.50
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: Sesame Beef with Rice .....	\$5.75
Soup: Chicken Tortilla .....	\$2.45

## FRIDAY

Breakfast: Waffle Breakfast Sandwich.....	\$4.00
Lunch: Beer Battered Cod (3 pcs.) .....	\$3.95
Dinner: Tuscan Chicken .....	\$3.95
(chicken and vegetables in a creamy garlic parmesan sauce)	
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

The graphic illustrates the components of different meal orders. It features a central white diagonal line labeled 'Silverware'. To the left of the line is a black circle labeled 'Hot Plate' containing '1 Entree' and '1 Hot Side'. To the right is a grey circle labeled 'Cold Plate' containing '1 Drink' and '2 Cold Sides'. A yellow box labeled 'Dessert' is positioned above the Cold Plate. A purple circle labeled 'Drink' is positioned below the Hot Plate. At the bottom, the word 'Condiments' is written.

**IOWA**  
**HEALTH CARE**

