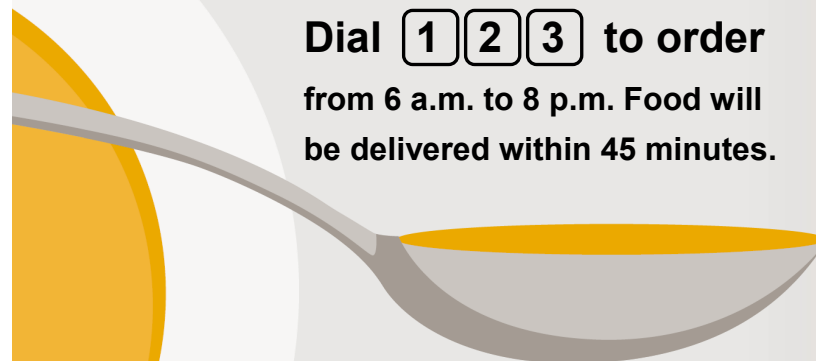


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**DYSPHAGIA**  
**LIQUIDIZED: LQ3**  
**PUREED: PU4**

## 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               |
| + Chicken .....8        | 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 |
|------------------------------------|---------------------|

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  |

