BREAKFAST ENTREES & SIDES
* item only available 6 to 10 a.m.

- Pancake (1) $0.83
- Chocolate Chip Pancake (1) $0.83
- French Toast (1) $1.60
- Scrambled Eggs $1.65
- Hard Boiled Egg (1) $0.99
- Biscuits and Gravy * $3.03

Add: ham or bacon

- Egg and Cheese Sandwich $3.58
- Omelets: Everything, Ham & cheese, Meat Lovers, Veggie $3.30
- Hashbrown Patty $1.21
- Pork Sausage Link $0.77
- Bacon $0.77
- Sausage gravy * $2.04
- Blueberry Crumb Muffin $1.93
- Banana Bread $0.99
- Cinnamon Roll * $1.38
- White or Wheat Toast (1) $0.53
- English Muffin $0.83
- Biscuit (1) $0.99
- Add: Peanut Butter $0.33
- Add: Butter, Margarine, Jelly, Diet Jelly, Syrup, Sugar-Free Syrup

COMFORT FOODS

- Chicken Strips $1.43
- Add: Ketchup, Barbecue Sauce, Ranch Dressing
- Macaroni and Cheese $2.64
- Taco (1) hard or soft shell $1.32
- Add: Taco Sauce, Pico de Gallo $0.33
- Meatloaf $3.41
- Pot Roast $3.69
- Marinated Chicken $3.63
- Citrus Peppercorn Tapioca $4.35
- Open Face Sandwich $5.45
  - (Turkey, Beef, or Meatloaf)
- Meat Lasagna $4.46
- Bean and Cheese Enchilada $4.13
- SpaghettiOs® $1.16
- Amy’s™ Gluten-Free Tofu, Brown Rice, Broccoli Teryaki Bowl $4.24
- Amy’s™ Gluten-Free Mexican Casserole $4.24
- Amy’s™ Gluten-Free Asian Noodle Stir-fry with Tofu $4.24
- Amy’s™ Gluten-Free Garden Vegetable Lasagna $4.24
- Amy’s™ Gluten-Free Non-Dairy Beans and Rice Burrito $4.24

COLD SANDWICHES

- Choice of white or wheat bread
- Peanut Butter and Jelly $1.38
- Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad, Club $2.42
- Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles

SOUPS

- Chicken Noodle, Low Sodium Chicken Noodle, Tomato, Chili $2.31
- Amy’s™ Black Bean $2.31
- Add: Saltine Crackers

7th PERSONAL PIZZA

- Cheese, Pepperoni, Meat Lovers, Veggie, or Hawaiian $6.05

GRILL

- Hamburger $3.14
- Cheeseburger $3.41
- Grilled Chicken Sandwich $3.80
- Vegetarian Burger $4.13
- Grilled Cheese $2.64
- Grilled Ham and Cheese $2.64
- Hot Dog $1.10
- Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles

SIDES

- French Fries $2.31
- Mashed Potatoes $1.43
- Gravy (Beef or Chicken) $0.83
- Roasted Maple Sweet Potatoes $2.64
- Buttered Noodles $1.43
- Add: Marinara Sauce $1.21
- Pasta Salad $2.04
- Rice $1.43
- Dinner Roll $0.53
- Baked Potato $2.64
- Add: Sour Cream $0.33
- Add: Butter, Margarine, Cheddar Cheese, Bacon
- Side Salad with Tomatoes and Cucumbers $2.04
- Add: Creams, Ranch, Fat-free Ranch, French, Balsamic Vinaigrette
- Cottage Cheese, 4% fat (3/4 c) $1.60
- Cottage Cheese, 2% fat (1/4 c) $0.57
- Raw Carrots $1.38
- Mixed Vegetables: Green Beans or Corn $1.38
- Potato Chips (Regular or Baked) $1.43
- SkinnyPop® Popcorn $1.43

BEVERAGES

- Milk: Skim, 1%, Whole, Chocolate $0.94
- Milk: Soy, Lactose-Free $0.54
- Coffee: Regular or Decaf $1.32
- Tea: Black, Green, Decaf, Iced $1.10
- Juice (assorted) $0.88
- Lemon Crystal Light® $0.55
- Gatorade® G2® $1.38
- Hot Chocolate $0.98

SNACKS AND DESSERTS

- Cookie: Chocolate Chip, Chocolate Crinkle, Oatmeal $1.38
- Apple Pie $1.87
- Rice Krispie® Bar $1.54
- New York Cheesecake $2.59
- Triple Chocolate Brownie $1.54
- Vanilla Bean Cupcake $1.54
- Pudding (Vanilla, Chocolate) $1.10
- Italian Ice $1.10
- Soft Serve Ice Cream $1.93
- Animal Crackers $1.05
- Graham Crackers $0.72
- Cheddar Goldfish® Crackers $1.05
- String Cheese $0.83
- Hummus $2.04
- Gelatin $0.94

BABY FOOD

- Bananas, Applesauce, Green Beans, Sweet Potatoes, Beef, Turkey $1.10

CONDIMENTS (NO CHARGE)

- Salt
- Pepper
- Salt-Free Seasoning Sugar
- Splenda®
- Creamer and Non-Dairy Creamer
- Butter and Margarine
- Jelly: Regular and Sugar-free Brown Sugar
- Ketchup
- Mustard
- Ranch: Regular and Fat-free French Dressing
- Balsamic Vinaigrette
- Mayonnaise: Regular and Light
- Taco Sauce
- Tartar Sauce
- Barbeque Sauce
- Parmesan Cheese
- Syrup: Regular and Sugar-free
- Pico de Gallo
- Lemon Slices

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 and Salad: 10 a.m. to 8 p.m.

SUNDAY

- Breakfast: Breakfast Pizza $4.57
- Lunch: Chicken Pot Pie $3.45
- Dinner: Barbeque Beef Sandwich and Coleslaw $6.17
- Soup: Baked Potato $2.31
- Salad: Pasta with Spinach, Feta, and Peppers $2.04

MONDAY

- Breakfast: Cinnamon Berry French Toast $2.09
- Lunch: Philly Steak Sandwich $4.95
- Dinner: Chicken Alfredo $3.85
- Soup: Chicken Tortilla $2.31
- Salad: Pasta with Spinach, Feta, and Peppers $2.04

TUESDAY

- Breakfast: Ciabatta Breakfast Sandwich $4.68
- Lunch: Italian Chicken Parmesan $4.73
- Dinner: Spaghetti and Meatballs $4.35
- Soup: Broccoli Cheese $2.31
- Salad: Pasta with Spinach, Feta, and Peppers $2.04

WEDNESDAY

- Breakfast: Banana Walnut Pancake $1.38
- Lunch: Tater Tot Casserole $2.64
- Dinner: Battered Cod Sandwich $3.47
- Soup: White Chicken Chili $2.31
- Salad: Garden Quinoa Salad $2.04

FRIDAY

- Breakfast: Southwest Burrito $4.46
- Lunch: Pulled Pork Sandwich with Coleslaw $6.17
- Dinner: Battered Cod $3.96
- Soup: Beef Stew $2.31
- Salad: Super Food Salad (veggie slaw, edamame, and garbanzo beans with tomato, feta, basil dressing) $2.04

SATURDAY

- Breakfast: Potato Breakfast Frittata $3.30
- Lunch: Tuna Noodle Casserole $2.64
- Dinner: Spaghetti and Meatballs $4.35
- Soup: Broccoli Cheese $2.31
- Salad: Super Food Salad (veggie slaw, edamame, and garbanzo beans with tomato, feta, basil dressing) $2.04

CEREAL

- Oatmeal or Cream of Wheat $1.20
- Cheerios®, Fruit Loops®, or Raisin Bran® $1.82
- Add: Sugar, Brown Sugar, Splendas®

FRUIT

- Banana $0.72
- Applesauce, Apple Slices Mandarin $0.57
- Oranges or Sliced Peaches $1.05
- Pineapple, Grapes, Cantaloupe $2.53
- Cottage Cheese Fruit Plate (1/2 cup plus 2 Fruit) $2.37

YOGURT

- Greek Yogurt $1.60
- Light Key Lime Pie Yogurt $1.60
- Vanilla Yogurt $1.60
- Yogurt Parfait $2.86
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 45 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.