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
Egg and Cheese Sandwich $3.58
Add: ham or bacon

Cereal:
- Everything, Ham & cheese $3.30
- Hashbrown Patty $1.21
- Pork Sausage Link $0.77/lb
- Bacon $0.77/lb
- Sausage Gravy* $0.04
- Blueberry Cinnamon Muffin $1.93
- Banana Bread $0.99
- Cinnamon Roll* $1.38
- White or Wheat Toast (1) $0.33
- 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 $1.34/strip
- 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
- Sour Cream $0.33
- Meatloaf $3.41
- Pot Roast $3.69
- Marinated Chicken $3.63
- Citrus Pepperocn 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

FRUIT

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

YOGURT

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

COMFORT FOODS

- Chicken Strips $1.43/strip
- 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
- Sour Cream $0.33
- Meatloaf $3.41
- Pot Roast $3.69
- Marinated Chicken $3.63
- Citrus Pepperocn 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

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: Salline Crackers

7” PERSONAL PIZZA

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

REAM SHOTS

- Milk: Skim, 1%, Whole, Chocolate $0.94
- Soy, Lactose-Free $1.54
- 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 $0.88

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 $0.24
- Gelatin $0.94
- Lunchables® (Turkey & Cheese) $3.36

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
- 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 Slice

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 $4.57
Lunch: Chicken Pot Pie $3.45
Dinner: Barbeque Beef Sandwich and Coleslaw $6.17
Soup: Baked Potato $2.31

MONDAY

Breakfast: Cinnamon Berry French Toast $4.46
Lunch: Philly Steak Sandwich $4.95
Dinner: Chicken Alfredo $3.85
Soup: Chicken Tortilla $2.31

TUESDAY

Breakfast: Ciabatta Breakfast Sandwich $4.68
Lunch: Italian Chicken Parmesan $4.73
Dinner: Spaghetti and Meatballs $4.35
Soup: Broccoli Cheese $2.31

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

THURSDAY

Breakfast: Egg Bake $3.30
Lunch: Mini Taco Salad $5.06
Dinner: Sweet and Sour Chicken with Rice $6.44

FRIDAY

Breakfast: Southwest Burrito $4.46
Lunch: Pulled Pork Sandwich with Coleslaw $6.17
Dinner: Battered Cod $3.96
Soup: Beef Stew $2.31

SATURDAY

Breakfast: Potato Breakfast Frittata $3.30
Lunch: Tuna Noodle Casserole $2.64
Dinner: Spaghetti and Meatballs $4.35
Soup: Broccoli Cheese $2.31
GUEST ROOM SERVICE MENU

Dial 123 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.