

BREAKFAST (SERVED ALL DAY\*)

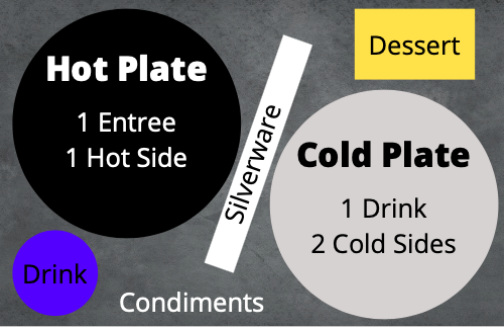
\* Item only available from 6 to 10 a.m.

|                          |    |
|--------------------------|----|
| ENTREES                  |    |
| Pancake * (1)            | 24 |
| Scrambled Eggs (1/2 cup) | 2  |
| Hard-Boiled Egg (1)      | 1  |
| Oatmeal*                 | 12 |
| Cheerios®                | 21 |
| Froot Loops®             | 19 |
| Raisin Bran®             | 28 |

|                       |    |
|-----------------------|----|
| BREAKFAST SIDES       |    |
| Wheat Toast (1 Slice) | 12 |
| White Toast (1 slice) | 13 |
| Cinnamon Coffee Cake  | 54 |
| Bacon (1 strip)▲      | 0  |
| Sausage Link▲         | 0  |
| Ham Slice▲            | 0  |
| Hash Brown Patty*▲    | 15 |

|                     |                |
|---------------------|----------------|
| FRUIT               |                |
| Apple Slices        | 8              |
| Applesauce          | 14             |
| Banana              | 26             |
| Mandarin Oranges    | 18             |
| Red Seedless Grapes | 15             |
| Seasonal Fruit      | (ask operator) |

Ordering Guidelines



LUNCH AND DINNER (Available 10 am– 8 pm)

COMFORT FOODS

|                                                     |    |
|-----------------------------------------------------|----|
| Baked Tilapia                                       | 0  |
| Marinated Chicken                                   | 0  |
| Meatloaf                                            | 9  |
| Pot Roast                                           | 0  |
| Chicken Strips (1 strip)                            | 13 |
| Open-Face Sandwich (with mashed potatoes and gravy) |    |
| Turkey▲                                             | 47 |
| Roast Beef                                          | 45 |
| Meatloaf▲                                           | 53 |
| Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito | 38 |
| Amy's™ Gluten-Free Vegetable Lasagna                | 41 |

FROM THE GRILL

|                           |       |
|---------------------------|-------|
| Hamburger or Cheeseburger | 27    |
| Grilled Chicken Sandwich  | 27    |
| Beyond™ Burger▲           | 33    |
| Grilled Cheese▲           | 24-30 |
| Grilled Ham and Cheese▲   | 25-31 |
| Hot Dog▲                  | 29    |

SOUPS & SALAD

|                                                  |    |
|--------------------------------------------------|----|
| Chicken Noodle (Low-sodium)                      | 5  |
| Tomato (Low-sodium)                              | 22 |
| Mixed Greens Salad (with tomatoes and cucumbers) | 5  |
| + Cheddar Cheese                                 | 1  |
| + Chicken                                        | 1  |
| + Bacon                                          | 0  |
| + Croutons                                       | 5  |

COLD DELI SANDWICHES

Build your own cold sandwich.

|                                |       |
|--------------------------------|-------|
| Wheat or White Bread (1 slice) | 12-13 |
| + Roast Beef                   | 0     |
| + Turkey                       | 1     |
| + Ham▲                         | 1     |
| + Chicken Salad                | 5     |
| + Egg Salad                    | 2     |
| + Tuna Salad▲                  | 4     |
| + Cheddar Cheese               | 0     |
| + American Cheese              | 0     |
| Sandwich Toppings              |       |
| + Lettuce                      | 0     |
| + Tomato                       | 2     |
| + Red Onion                    | 1     |
| + Pickles                      | 0     |
| Uncrutable                     | 31    |

7” PIZZA

|            |    |
|------------|----|
| Cheese▲    | 55 |
| Pepperoni▲ | 55 |

7” PIZZA SPECIALS

Pizza specials cannot be modified

SUNDAY

|                               |    |
|-------------------------------|----|
| Hawaiian▲ - ham and pineapple | 59 |
|-------------------------------|----|

MONDAY

|                                                                  |    |
|------------------------------------------------------------------|----|
| Supreme▲ - green pepper, mushroom, onion, pepperoni, and sausage | 63 |
|------------------------------------------------------------------|----|

TUESDAY

|                                          |    |
|------------------------------------------|----|
| Veggie▲ - onion, green pepper, mushrooms | 60 |
|------------------------------------------|----|

WEDNESDAY

|                       |    |
|-----------------------|----|
| Sausage and Mushroom▲ | 57 |
|-----------------------|----|

THURSDAY

|                                    |    |
|------------------------------------|----|
| Meat Lovers▲ - ham, bacon, sausage | 57 |
|------------------------------------|----|

FRIDAY

|          |    |
|----------|----|
| Sausage▲ | 56 |
|----------|----|

SATURDAY

|                                                                                                        |    |
|--------------------------------------------------------------------------------------------------------|----|
| Mediterranean▲ - black olives, olive oil, red onion, green pepper, tomato, feta, and mozzarella cheese | 54 |
|--------------------------------------------------------------------------------------------------------|----|

SIDES

|                             |    |
|-----------------------------|----|
| Baked French Fries ▲        | 24 |
| Steamed Rice                | 23 |
| Mashed Potatoes             | 23 |
| + Beef Gravy                | 6  |
| + Chicken Gravy             | 8  |
| Macaroni and Cheese▲        | 27 |
| Chips                       |    |
| Regular Potato Chips▲       | 23 |
| Baked Potato Chips          | 24 |
| Cottage Cheese Cup, 4% fat▲ | 5  |
| Mixed Vegetables            | 6  |
| Green Beans                 | 4  |
| Raw Carrots                 | 5  |
| Raw Celery                  | 2  |

DESSERTS

|                         |    |
|-------------------------|----|
| Chocolate Chip Cookie   | 36 |
| Italian Ice             |    |
| Lemon                   | 20 |
| Orange                  | 22 |
| New York Cheesecake▲    | 27 |
| Rice Krispie® Bar       | 28 |
| Chocolate Ice Cream     | 18 |
| Pudding                 |    |
| Chocolate               | 20 |
| Vanilla                 | 19 |
| Gelatin Dessert         |    |
| Orange                  | 22 |
| Strawberry (Sugar-free) | 0  |

BEVERAGES

|                            |     |
|----------------------------|-----|
| Coffee                     |     |
| Regular or Decaf           | 0   |
| Tea                        |     |
| Black, Green, Decaf        | 0-1 |
| Milk                       |     |
| Skim                       | 12  |
| 1%                         | 11  |
| Whole                      | 12  |
| Chocolate▲                 | 23  |
| Vanilla Soy                | 18  |
| Fairlife® 2% Lactose-free  | 11  |
| Juice                      |     |
| Cranberry                  | 16  |
| Apple                      | 15  |
| Orange                     | 14  |
| Prune                      | 20  |
| Hot Chocolate              | 16  |
| Lemon Crystal Light®       | 0   |
| Gatorade G2® Glacier Frost | 7   |

SNACKS

|                         |    |
|-------------------------|----|
| Animal Crackers         | 22 |
| Graham Crackers         | 16 |
| Cheez-Its® Original     | 32 |
| Hummus                  | 10 |
| SkinnyPop® Popcorn      | 9  |
| String Cheese▲          | 0  |
| Special K® Protein Bar  |    |
| Strawberry              | 21 |
| Chocolate Peanut Butter | 19 |

CONDIMENTS

|                           |    |                      |    |
|---------------------------|----|----------------------|----|
| Salt▲                     | 0  | Honey                | 11 |
| Pepper                    | 0  | Peanut Butter        | 5  |
| Ketchup                   | 2  | Butter               | 0  |
| Mustard                   | 0  | Margarine            | 0  |
| Barbeque Sauce▲           | 19 | Parmesan Cheese      | 0  |
| Mayo                      | 0  | Sour Cream           | 1  |
| Low-Fat Mayo              | 1  | Taco Sauce           | 1  |
| Salt-Free Seasoning       | 0  | Hot Sauce            | 0  |
| Sugar                     | 3  | Tartar Sauce         | 2  |
| Brown Sugar               | 13 | Lemon Slice          | 1  |
| Splenda®                  | 1  | Saltine Crackers     | 4  |
| Cream                     | 0  | Salad Dressings      |    |
| Creamer (Non-Dairy)       | 1  | Ranch ▲              | 2  |
| Syrup                     | 30 | Fat-Free Ranch       | 3  |
| Sugar-Free Syrup          | 4  | Balsamic Vinaigrette | 3  |
| Jelly (Grape, Strawberry) | 10 | French               | 2  |
| Sugar-Free Jelly          | 3  |                      |    |

99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

DAILY SOUP SPECIALS

Available during Lunch and Dinner: 10 a.m. to 8 p.m.

SUNDAY

Chicken Noodle ▲ 9

MONDAY

Red Pepper Gouda Bisque ▲ 12

TUESDAY

Chicken Wild Rice ▲ 14

WEDNESDAY

Loaded Baked Potato ▲ 16

THURSDAY

Chicken Noodle ▲ 9

FRIDAY

Broccoli Cheese ▲ 6

SATURDAY

Chicken Wild Rice ▲ 14

LIQUID DIETS

CLEAR LIQUID DIET

|                             |       |
|-----------------------------|-------|
| Coffee                      |       |
| Regular or Decaf            | 0     |
| Tea                         |       |
| Black, Green, Decaf         | 0-1   |
| Juice                       |       |
| Cranberry or Apple          | 15-16 |
| Lemon Crystal Light®        | 0     |
| Broth▲                      |       |
| Vegetable, Beef, or Chicken | 1-5   |
| Candy                       |       |
| Hard Candy                  | 18    |
| Lemon Drops                 | 13    |

|                                           |    |
|-------------------------------------------|----|
| Gelatin Dessert                           |    |
| Orange                                    | 22 |
| Sugar-free Strawberry                     | 0  |
| Italian Ice                               |    |
| Lemon                                     | 20 |
| Orange                                    | 22 |
| Ensure® Clear Therapeutic Nutrition Drink |    |
| Apple                                     | 52 |
| Mixed Berry                               | 52 |
| Gatorade G2® Glacier Frost                | 7  |

FULL LIQUID DIET (includes all clear liquid items above)

|                              |    |
|------------------------------|----|
| Juice                        |    |
| Orange                       | 14 |
| Prune                        | 20 |
| Milk                         |    |
| Skim                         | 12 |
| 1%                           | 11 |
| Whole                        | 12 |
| Chocolate▲                   | 23 |
| Vanilla Soy                  | 18 |
| Fairlife 2% Lactose-free     | 11 |
| Applesauce                   | 14 |
| Blended Fruit                |    |
| Peaches                      | 22 |
| Pineapple                    | 23 |
| Mixed Berries                | 27 |
| Banana                       | 28 |
| Blended Cottage Cheese▲      | 8  |
| Blended Mashed Potatoes      |    |
| and Gravy▲                   | 29 |
| Blended Macaroni and Cheese▲ | 20 |

|                           |    |
|---------------------------|----|
| Yogurt                    |    |
| Vanilla                   | 27 |
| Pudding                   |    |
| Vanilla                   | 19 |
| Chocolate                 | 20 |
| Soup                      |    |
| Tomato Soup (low-sodium)  | 22 |
| Ensure® High Protein      |    |
| Chocolate or Vanilla      | 19 |
| Pediasure® Grow & Gain    |    |
| Vanilla                   | 33 |
| Hot Chocolate             | 16 |
| Chocolate Ice Cream       | 18 |
| Thrive® Vanilla Ice Cream | 35 |



PATIENT ROOM  
SERVICE MENU  
NORTH LIBERTY  
CAMPUS

Dial 123 to order  
from 6 a.m. to 8 p.m. Food will  
be delivered within 45 minutes.

This menu is heart healthy.  
There are no fried foods.  
Most items are low in sodium  
and low in fat.

Questions?  
Our operator can help you  
with your choices. Our  
dietitians are also happy to  
help with any questions.

Ordering Guidelines

Hot Plate

1 Entree  
1 Hot Side

Drink

Silverware

Dessert

Cold Plate

1 Drink  
2 Cold Sides

Condiments