

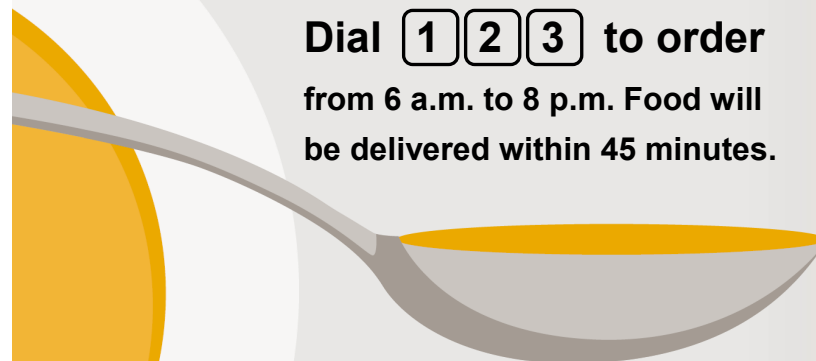
3

4

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.....10
	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
+ Chicken8	Blended Cottage Cheese.....8
+Beef Gravy.....6	Blended Macaroni & Cheese.....20
*Pureed Carrots.....16	Blended Mashed Potatoes and
*Pureed Corn.....26	Gravy.....29

SOUPS

Blended Chicken Noodle Soup.....11	*Tomato Soup.....22
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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	Thrive Chocolate.....33
Chocolate.....19-20	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
Apple, Cranberry, Orange.....14-16	chocolate).....38
Prune.....20	Ensure High Protein Plus (vanilla,
V8/Low Sodium V8.....8	chocolate, or strawberry).....41
Lemon Crystal Light.....0	Ensure High Protein (vanilla or
Gatorade G2 Glacier Frost.....7	chocolate).....19
Milk	Ensure Clear (apple or mixed berry)..52
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

