

BREAKFAST ENTREES & SIDES

* item only available 6 to 10 a.m.

Pancake *(1)	\$0.90
Chocolate Chip Pancake* (1) ...	\$0.90
French Toast *(1)	\$1.90
Scrambled Eggs	\$1.75
Hard Boiled Egg (1).....	\$0.99
Egg and Cheese Sandwich *	\$3.80
Add: ham or bacon	
Omelet Special (Ask Operator) .	\$5.75
Biscuits and Gravy*	\$3.05
Hashbrown Patty*	\$1.25
Bacon	\$0.90/slice
Pork Sausage Link	\$0.90/link
Banana Bread	\$1.00
Cinnamon Coffee Cake	\$3.05
White or Wheat Toast (1)	\$0.50
English Muffin *	\$0.85
Biscuit* (1)	\$1.00
Add: Peanut Butter	\$0.33
Add: Butter, Margarine, Jelly, Diet Jelly, Syrup, Sugar-Free Syrup	

CEREAL

Oatmeal or Cream of Wheat*®..	\$2.00
Cheerios®, Fruit Loops®, or Raisin Bran®	\$1.85
Add: Sugar, Brown Sugar, Splenda®	

FRUIT

Banana	\$0.75
Applesauce, Apple Slices, Mandarin Oranges, Diced Pears, Diced Peaches	\$0.75
Fresh Fruit	\$2.55
Cottage Cheese Fruit Plate (1/2 cup plus 2 Fruit).....	\$1.60+cost of fruit

YOGURT

Greek Yogurt	\$1.75
Vanilla Yogurt	\$1.75
Yogurt Parfait.....	\$3.20
Light Key Lime Pie	\$1.75

COMFORT FOODS

Chicken Strips	\$1.00/strip
Add: Ketchup, Barbecue Sauce, Ranch Dressing	
Macaroni and Cheese	\$2.95
Taco (1) hard or softshell	\$1.50
Add: Taco Sauce, Pico de Gallo	
Add: Sour Cream	\$0.50
Meatloaf	\$3.40
Pot Roast	\$4.50
Marinated Chicken	\$3.75
Baked Tilapia	\$2.25
Open Face Sandwich	\$5.75
(Turkey, Beef, or Meatloaf)	
Meat Lasagna	\$4.45
Enchilada Casserole	\$4.20
SpaghettiOs®	\$1.25
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito	\$3.25

COLD SANDWICHES

Choice of white or wheat bread

Uncrustables™ Grape	\$1.50
Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad, Egg Salad, Club	\$2.50
Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles	

SOUPS

Chicken Noodle, Low Sodium Chicken Noodle, Tomato, Chili	\$2.45
Add: Saltine Crackers	

7” PERSONAL PIZZA

Cheese, Pepperoni, Special of the Day (Ask Operator)	\$6.05
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GRILL

Hamburger	\$3.55
Cheeseburger	\$3.80
Grilled Chicken Sandwich	\$3.95
Impossible™ Burger	\$4.15
Grilled Cheese	\$3.00
Grilled Ham and Cheese	\$3.25
Hot Dog	\$1.75
Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles	

SIDES

French Fries	\$2.75
Mashed Potatoes	\$1.50
Roasted Potatoes	\$2.64
Gravy (Beef or Chicken)	\$0.85
Buttered Noodles	\$1.45
Pasta Salad	\$2.25
Rice	\$1.45
Dinner Roll	\$0.85
Side Salad with Tomatoes and Cucumbers	\$2.05
Add: Croutons, Ranch, Fat-free Ranch, French, Balsamic Vinaigrette	
Cottage Cheese, 4% fat	\$1.60
Raw Carrots or Celery	\$1.40
Mixed Vegetables, Green Beans, Carrots, or Corn	\$1.40
Potato Chips (Regular or Baked)	\$1.60
SkinnyPop® Popcorn	\$1.60

BEVERAGES

Milk: Skim, 1%, Whole, Chocolate	\$0.95
Milk: Vanilla Soy	\$1.55
Milk: Fairlife 2% lactose free	\$2.50
Coffee: Regular or Decaf	\$1.50
Tea: Black, Green, Decaf, Iced	\$1.20
Juice (assorted)	\$1.00
Lemon Crystal Light®	\$0.75
Gatorade G2® Glacier Frost	\$1.50
Hot Chocolate	\$1.20

SNACKS AND DESSERTS

Cookie: Chocolate Chip, Chocolate Crinkle, White Chocolate Macadamia Nut	\$1.45
Rice Krispie® Bar	\$1.60
New York Cheesecake	\$2.60
Triple Chocolate Brownie	\$1.75
Pudding (Vanilla, Chocolate)	\$1.10
Italian Ice (Lemon, Orange)	\$1.15
Ice Cream (vanilla, chocolate)	\$1.50
Berry Mousse Dream	\$2.60
Animal Crackers	\$1.05
Graham Crackers	\$0.50
Cheddar Goldfish® Crackers	\$1.05
Cheez-Its®	\$1.60
Special K Protein Bars	\$1.75
String Cheese	\$0.85
Mild Cheddar Snacking Cheese	\$0.85
Hummus	\$2.05
Gelatin	\$1.10
Lunchables®	\$3.35

CONDIMENTS (NO CHARGE)

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

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	\$6.05
Lunch: Spaghetti & Meat Sauce	\$4.40
Dinner: Barbeque Pulled Pork Topped Mac & Cheese	\$6.20
Soup: Baked Potato	\$2.45

MONDAY

Breakfast: Cinnamon Berry French Toast	\$2.40
Lunch: Walking Tacos	\$4.95
Dinner: Chicken Alfredo	\$4.75
Soup: Vegetable	\$2.45

TUESDAY

Breakfast: Breakfast Taco (1)	\$1.70
Lunch: Tuna Noodle Casserole	\$2.75
Dinner: Sweet and Sour Chicken with Rice	\$5.50
Soup: Beef Stew	\$2.45

WEDNESDAY

Breakfast: Banana Walnut Pancake	\$2.40
Lunch: Tater Tot Casserole	\$2.75
Dinner: Salisbury Steak	\$5.00
Soup: White Chicken Chili	\$2.45

THURSDAY

Breakfast: Egg Bake	\$3.30
Lunch: Pulled Pork Sandwich	\$5.75
Dinner: Italian Chicken Parmesan	\$5.00
Soup: Chicken Tortilla	\$2.45

FRIDAY

Breakfast: Waffle Breakfast Sandwich	\$4.00
Lunch: Beer Battered Cod (3 pcs.)	\$3.95
Dinner: Tuscan Chicken (chicken and vegetables in a creamy garlic parmesan sauce)	\$3.95
Soup: Broccoli Cheese	\$2.45

SATURDAY

Breakfast: Breakfast Taco (1)	\$1.70
Lunch: Chicken Pot Pie	\$3.50
Dinner: Chicken Bacon Swiss Sandwich	\$4.75
Soup: Chicken Wild Rice	\$2.45

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 60 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.

Ordering Guidelines

Hot Plate

1 Entree
1 Hot Side

Drink

Condiments

Silverware

Dessert

Cold Plate

1 Drink
2 Cold Sides

IOWA
HEALTH CARE