

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

YOGURT

Chobani Strawberry Greek Yogurt	15
Oikos Vanilla Greek Yogurt	7
Vanilla	27
Yogurt Parfait with Berries	47

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)

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)	7
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
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MONDAY

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

Veggie▲ - onion, green pepper, mushrooms	60
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WEDNESDAY

Sausage and Mushroom▲	57
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THURSDAY

Meat Lovers▲ - ham, bacon, sausage	57
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FRIDAY

Sausage▲	56
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SATURDAY

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

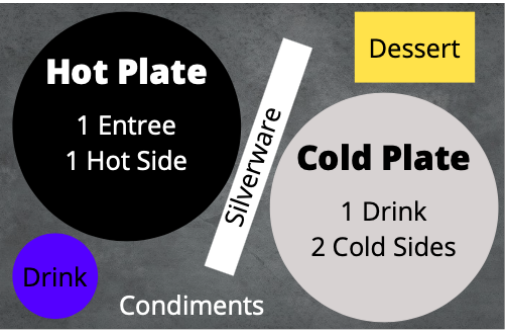
SNACKS

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	Soy Sauce ▲	0
Brown Sugar	13	Tartar Sauce	2
Splenda®	1	Lemon Slice	1
Cream	0	Saltine Crackers	4
Creamer (Non-Dairy)	1	Salad Dressings	
Syrup	30	Ranch ▲	2
Sugar-Free Syrup	4	Fat-Free Ranch	3
Jelly (Grape, Strawberry)	10	Balsamic Vinaigrette	3
Sugar-Free Jelly	3	French	2

Ordering Guidelines



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, or Iced	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
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
Thrive® Chocolate Ice Cream	33



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