

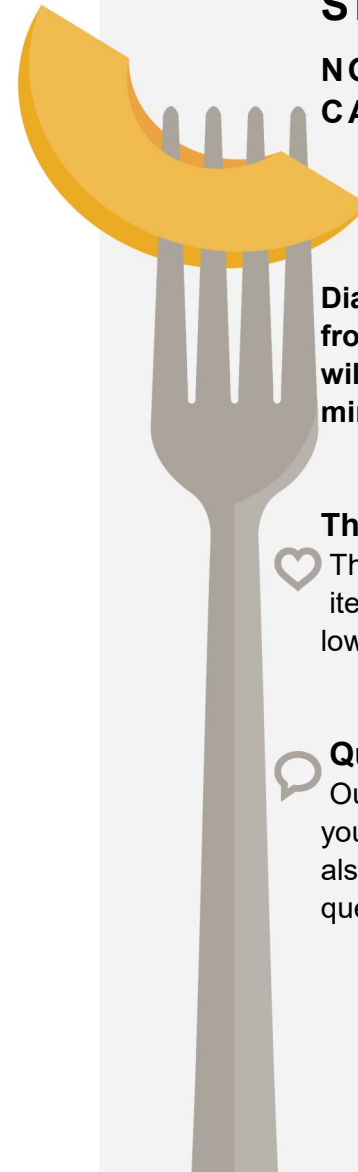


DYSPHAGIA

Easy to Chew: EC7

## PATIENT ROOM SERVICE MENU

NORTH LIBERTY  
CAMPUS



Dial    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.



UNIVERSITY OF IOWA  
HEALTH CARE

## 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  |

### SIDES

|                         |    |
|-------------------------|----|
| Ground Sausage.....     | 2  |
| Hash Brown Patty*▲..... | 15 |
| Ham Slice*▲.....        | 0  |

### YOGURT

|                            |    |
|----------------------------|----|
| Strawberry (Greek).....    | 20 |
| Oikos Vanilla (Greek)..... | 7  |
| Vanilla.....               | 27 |

### FRUIT

|                       |    |
|-----------------------|----|
| Applesauce.....       | 13 |
| Banana.....           | 27 |
| Mandarin Oranges..... | 22 |

### CEREALS

|                |    |
|----------------|----|
| Oatmeal*.....  | 15 |
| Cheerios®..... | 21 |

## LUNCH AND DINNER

### COMFORT FOODS

|                                                               |    |
|---------------------------------------------------------------|----|
| Baked Tilapia.....                                            | 0  |
| Meatloaf.....                                                 | 9  |
| Open-Face Sandwich (served with<br>mashed potatoes and gravy) |    |
| Turkey▲.....                                                  | 47 |
| Ground Chicken.....                                           | 47 |
| Meatloaf▲.....                                                | 53 |
| Ground Chicken Sandwich.....                                  | 28 |
| Beyond Burger™.....                                           | 33 |
| Amy's™ Gluten-Free Vegetable                                  |    |
| Lasagna.....                                                  | 41 |

### SOUPS

|                                  |     |
|----------------------------------|-----|
| Chicken Noodle (Low-sodium)..... | 6   |
| Tomato (Low-sodium).....         | 12  |
| Broth▲.....                      |     |
| Vegetable, Beef, or Chicken....  | 1-5 |

### DESSERTS

|                                     |    |
|-------------------------------------|----|
| Cookies.....                        |    |
| Chocolate Chip.....                 | 36 |
| Chocolate Crinkle.....              | 20 |
| Sugar.....                          | 35 |
| Italian Ice.....                    |    |
| Lemon.....                          | 20 |
| Orange.....                         | 22 |
| Thrive® Ice Cream.....              |    |
| Chocolate.....                      | 33 |
| Vanilla.....                        | 35 |
| Strawberry.....                     | 34 |
| New York Cheesecake▲.....           | 27 |
| Triple Chocolate Brownie.....       | 36 |
| Pudding.....                        |    |
| Chocolate.....                      | 20 |
| Vanilla.....                        | 20 |
| Berry Dream Mousse.....             | 40 |
| Chocolate or Vanilla Ice Cream...18 |    |
| Gelatin (orange).....               | 22 |
| Sugar-Free Gelatin                  |    |
| (strawberry).....                   | 0  |

### SIDES

|                                  |    |
|----------------------------------|----|
| Steamed Rice.....                | 24 |
| Mashed Potatoes.....             | 25 |
| + Beef Gravy.....                | 6  |
| + Chicken Gravy.....             | 8  |
| Macaroni and Cheese▲.....        | 16 |
| Cottage Cheese Cup, 4% fat▲..... | 5  |
| String Cheese▲.....              | 0  |
| Carrots.....                     | 13 |

### SANDWICHES

*Build your own sandwich.  
Choose a type of bread and add  
toppings.*

|                            |    |
|----------------------------|----|
| Wheat Bread (1 slice)..... | 14 |
| White Bread (1 slice)..... | 14 |
| + Turkey.....              | 1  |
| + Ham▲.....                | 1  |
| + Chicken Salad.....       | 3  |
| + Cheddar Cheese.....      | 0  |
| + American Cheese.....     | 0  |
| + Hummus.....              | 10 |
| Grape Uncrustable.....     | 31 |

### EXTRAS

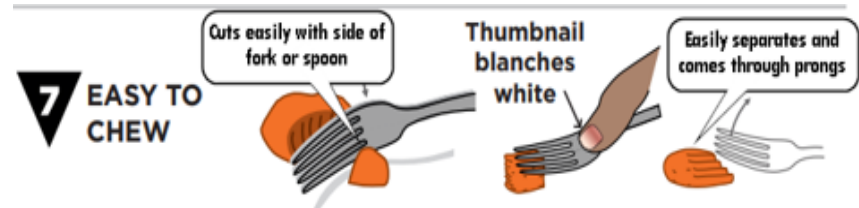
|                          |    |
|--------------------------|----|
| Salt▲.....               | 0  |
| Pepper.....              | 0  |
| Ketchup.....             | 2  |
| Mustard.....             | 0  |
| Barbeque Sauce▲.....     | 19 |
| Mayo.....                | 0  |
| Low-Fat Mayo.....        | 1  |
| Salt-Free Seasoning..... | 0  |
| Sugar.....               | 3  |
| Brown Sugar.....         | 13 |
| Splenda®.....            | 1  |
| Cream.....               | 0  |
| Creamer (Non-Dairy)..... | 1  |
| Syrup.....               | 28 |
| Sugar-Free Syrup.....    | 4  |
| Honey.....               | 11 |
| Saltine Crackers.....    | 4  |

### 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  |
| Ensure® Clear Therapeutic Nutrition |     |
| Apple.....                          | 52  |
| Mixed Berry.....                    | 52  |

|                                |    |
|--------------------------------|----|
| Peanut Butter.....             | 5  |
| Butter.....                    | 0  |
| Margarine.....                 | 0  |
| Jelly (Grape, Strawberry)..... | 10 |
| Sugar-Free Jelly.....          | 3  |
| Parmesan Cheese.....           | 0  |
| Sour Cream.....                | 1  |
| Taco Sauce.....                | 1  |
| Hot Sauce.....                 | 0  |
| Soy Sauce▲.....                | 0  |
| Tartar Sauce.....              | 2  |
| Lemon Slice.....               | 1  |
| Hummus.....                    | 10 |
| Salad Dressings.....           |    |
| Ranch▲.....                    | 2  |
| Fat-Free Ranch.....            | 3  |
| Balsamic Vinaigrette.....      | 3  |
| French.....                    | 2  |

|                                 |    |
|---------------------------------|----|
| Juice.....                      |    |
| Cranberry.....                  | 16 |
| Apple.....                      | 15 |
| Orange.....                     | 14 |
| Prune.....                      | 20 |
| Hot Chocolate.....              | 16 |
| Lemon Crystal Light®.....       | 0  |
| Gatorade G2® Glacier Frost..... | 7  |
| Ensure® High Protein            |    |
| Chocolate or Vanilla.....       | 19 |



99 numbers after each item show carbohydrates per serving  
▲ indicates items higher in sodium that exceed heart healthy guidelines  
\* item only available from 6 to 10 a.m.