

BREAKFAST (SERVED ALL DAY\*)

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

ENTREES

|               |   |
|---------------|---|
| Pancake * (1) | 2 |
| Oatmeal*      | 1 |
| Cheerios®     | 2 |
| Froot Loops®  | 1 |
| Raisin Bran®  | 1 |

YOGURT

|                             |   |
|-----------------------------|---|
| Strawberry (Greek)          | 0 |
| Oikos Vanilla (Greek)       | 0 |
| Vanilla                     | 2 |
| Yogurt Parfait with Berries | 2 |

BREAKFAST SIDES

|                       |   |
|-----------------------|---|
| Wheat Toast (1 Slice) | 1 |
| White Toast (1 slice) | 1 |

FRUIT

|                     |                     |
|---------------------|---------------------|
| Apple Slices        | 0                   |
| Applesauce          | 0                   |
| Banana              | 0                   |
| Mandarin Oranges    | 0                   |
| Red Seedless Grapes | 0                   |
| Seasonal Fruit      | .....(ask operator) |

LUNCH AND DINNER (Available 10 am– 8 pm)

COMFORT FOODS

|                                                        |   |
|--------------------------------------------------------|---|
| Baked Tilapia                                          | 2 |
| Marinated Chicken                                      | 5 |
| Amy's™ Gluten-Free Non-Dairy Beans<br>and Rice Burrito | 6 |

FROM THE GRILL

|                          |   |
|--------------------------|---|
| Grilled Chicken Sandwich | 7 |
|--------------------------|---|

COLD DELI SANDWICHES

Build your own cold sandwich.

|                                |   |
|--------------------------------|---|
| Wheat or White Bread (1 slice) | 1 |
| + Roast Beef                   | 1 |
| + Turkey                       | 1 |
| + Ham▲                         | 1 |
| Sandwich Toppings              |   |
| + Lettuce                      | 0 |
| + Tomato                       | 2 |
| + Red Onion                    | 1 |
| + Pickles                      | 0 |

SOUPS & SALAD

|                                                     |   |
|-----------------------------------------------------|---|
| Chicken Noodle (Low-sodium)                         | 1 |
| Tomato (Low-sodium)                                 | 1 |
| Mixed Greens Salad (with<br>tomatoes and cucumbers) | 0 |
| + Chicken                                           | 5 |
| +Fat-free Ranch Dressing                            | 0 |

SIDES

|                      |   |
|----------------------|---|
| Steamed Rice         | 2 |
| Mashed Potatoes      | 5 |
| + Beef Gravy         | 1 |
| + Chicken Gravy      | 0 |
| Baked French Fries ▲ | 5 |
| Baked Potato Chips ▲ | 2 |
| Mixed Vegetables     | 0 |
| Green Beans          | 0 |
| Raw Carrots          | 0 |
| Raw Celery           | 0 |

DESSERTS

|                         |   |
|-------------------------|---|
| Candy                   |   |
| Hard Candy              | 0 |
| Italian Ice             |   |
| Lemon                   | 0 |
| Orange                  | 0 |
| Pudding                 |   |
| Chocolate               | 3 |
| Vanilla                 | 3 |
| Gelatin Dessert         |   |
| Orange                  | 0 |
| Strawberry (Sugar-free) | 0 |

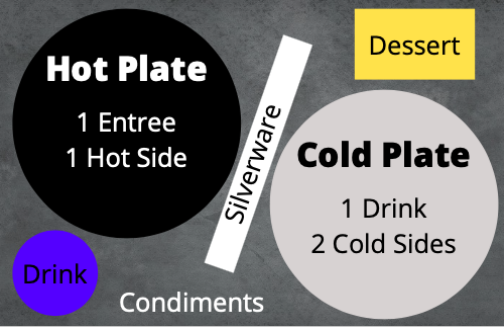
BEVERAGES

|                              |     |
|------------------------------|-----|
| Coffee                       |     |
| Regular or Decaf             | 0   |
| Tea                          |     |
| Black, Green, Decaf, or Iced | 0-1 |
| Milk                         |     |
| Skim                         | 0   |
| 1%                           | 2   |
| Chocolate▲                   | 2.5 |
| Juice                        |     |
| Cranberry                    | 0   |
| Apple                        | 0   |
| Orange                       | 0   |
| Prune                        | 0   |
| Hot Chocolate                | 2   |
| Lemon Crystal Light®         | 0   |
| Gatorade G2® Glacier Frost   | 0   |

CONDIMENTS

|                           |   |                         |   |
|---------------------------|---|-------------------------|---|
| Salt▲                     | 0 | Parmesan Cheese         | 0 |
| Pepper                    | 0 | Taco Sauce              | 0 |
| Ketchup                   | 0 | Hot Sauce               | 0 |
| Mustard                   | 0 | Lemon Slice             | 0 |
| Barbeque Sauce▲           | 0 | Saltine Crackers        | 1 |
| Low-Fat Mayo              | 1 | Fat-Free Ranch Dressing | 0 |
| Salt-Free Seasoning       | 0 |                         |   |
| Sugar                     | 0 |                         |   |
| Brown Sugar               | 0 |                         |   |
| Splenda®                  | 0 |                         |   |
| Creamer (Non-Dairy)       | 1 |                         |   |
| Syrup                     | 0 |                         |   |
| Sugar-Free Syrup          | 0 |                         |   |
| Jelly (Grape, Strawberry) | 0 |                         |   |
| Sugar-Free Jelly          | 0 |                         |   |

Ordering Guidelines



99 numbers after each item show grams of fat per serving  
▲ indicates items higher in sodium that exceed heart healthy guidelines  
\*Item only available from 6-10 AM

VERY LOW FAT

PATIENT ROOM  
SERVICE MENU  
NORTH LIBERTY  
CAMPUS

Dial **1** **2** **3** to order  
from 6 a.m. to 8 p.m. Food will  
be delivered within 60 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

LIQUID DIETS

CLEAR LIQUID DIET

|                                    |     |                                           |   |
|------------------------------------|-----|-------------------------------------------|---|
| Coffee                             |     | Gelatin Dessert                           |   |
| Regular or Decaf .....             | 0   | Orange .....                              | 0 |
| Tea                                |     | Sugar-free Strawberry .....               | 0 |
| Black, Green, Decaf, or Iced ..... | 0-1 | Italian Ice                               |   |
| Juice                              |     | Lemon .....                               | 0 |
| Cranberry or Apple .....           | 0   | Orange .....                              | 0 |
| Lemon Crystal Light® .....         | 0   | Ensure® Clear Therapeutic Nutrition Drink |   |
| Broth▲                             |     | Apple .....                               | 0 |
| Vegetable, Beef, or Chicken .....  | 0   | Mixed Berry .....                         | 0 |
| Candy                              |     | Gatorade G2® Glacier Frost .....          | 0 |
| Hard Candy .....                   | 0   |                                           |   |

FULL LIQUID DIET (includes all clear liquid items above)

|                     |     |                                |   |
|---------------------|-----|--------------------------------|---|
| Juice               |     | Yogurt                         |   |
| Orange .....        | 0   | Vanilla .....                  | 2 |
| Prune .....         | 0   | Soup                           |   |
| Milk                |     | Tomato Soup (low-sodium) ..... | 1 |
| Skim .....          | 0   | Ensure® High Protein           |   |
| 1% .....            | 2   | Chocolate or Vanilla .....     | 2 |
| Chocolate▲ .....    | 2.5 | Hot Chocolate .....            | 2 |
| Applesauce .....    | 0   |                                |   |
| Blended Fruit       |     |                                |   |
| Peaches .....       | 0   |                                |   |
| Mixed Berries ..... | 0   |                                |   |
| Banana .....        | 0   |                                |   |