

Snacks

- Animal Crackers (48)
- Graham Crackers (16)
- Cheddar Goldfish (14)
- ◆String Cheese (0)
- Gelatin Dessert—Regular (24) or Sugar-Free (0)

Desserts

- Angel Food Muffin (33)
- Vanilla Bean Cupcake (47)
- Apple Pie (44)
- Homemade Rice Krispie® Bar (52)
- Italian Ice—lemon (17) or strawberry (18)
- Soft Serve Ice Cream—vanilla, chocolate, or twist (11)
- Cookies—◆chocolate chip (36), chocolate crinkle cookie (20),
◆oatmeal raisin (34)
- ◆New York Cheesecake (16)
- ◆Triple Chocolate Brownie (41)
- ◆Pudding—chocolate (26) or vanilla (22)

Extras:

- | | |
|-----------------------|----------------------|
| ◆salt (0) | ◆mustard (0) |
| pepper (0) | ◆ranch (2) |
| Mrs. Dash® (0) | fat-free ranch (3) |
| sugar (3) | peanut butter (4) |
| Splenda® (1) | jelly (9) |
| brown sugar (13) | sugar-free jelly (6) |
| ◆cream (0) | tartar sauce (2) |
| non-dairy creamer (1) | ◆barbecue sauce (19) |
| ◆butter (0) | syrup (29) |
| margarine (0) | sugar-free syrup (4) |
| ◆mayo (0) | pico de gallo (2) |
| low-fat mayo (1) | parmesan cheese (0) |
| ◆sour cream (1) | taco sauce (1) |
| ◆ketchup (2) | lemon slice (2) |

Liquid Diets

Clear Liquid Diet

- Juice—cranberry (15) or apple (15)
- Lemon Crystal Light® (0)
- Coffee—regular or decaf (0)
- Tea—black (0), green (0), decaf (0), or iced (0)
- Broth—vegetable (2), beef (2), or chicken (2)
- Candy—hard candy (17) or lemon drops (13)
- Gelatin Dessert—strawberry (18), orange (18), or tropical (24)
- Sugar-Free Gelatin Dessert—strawberry (0)
- Italian Ice—lemon (17) or strawberry (18)
- Ensure Clear® Nutritional Drink—apple (44) or mixed berry (44)

Full Liquid Diet (plus all clear liquid items above)

- Juice—orange (14), prune (20), ◆V-8 (7), ◆low-sodium V-8 (8)
- Milk—skim (13), 1% (13), ◆whole (10), chocolate (18), vanilla soy (12), lactose-free (11)
- Instant Breakfast—vanilla, chocolate (38)
- Cream of Wheat® (14)
- Applesauce (13)
- Pureed Fruit—peaches (20), pineapple (18), mixed berries (22), or banana (24)
- Yogurt—key lime pie (16) or vanilla (31)
- Blended Chicken Noodle Soup (17)
- Tomato Soup (14)
- Ensure Enlive®—vanilla, chocolate, or strawberry (44)
- Ensure® Compact 4oz — vanilla, chocolate (32)
- Hot Chocolate (24)
- Soft Serve Ice Cream—vanilla, chocolate, or twist (11)
- ◆Pudding—vanilla (22) or chocolate (26)
- ◆Ice Cream—vanilla (17) or chocolate (18)
- ◆High-Protein Ice Cream—vanilla (47) or chocolate (47)
- ◆Pureed Cottage Cheese (7)
- ◆Pureed Mashed Potatoes with gravy (23)
- ◆Pureed Macaroni and Cheese (24)

A la Carte

Room Service

Dial 123

from 6 a.m.— 8 p.m.

Food will be delivered within 45 minutes

For your health, we've made this menu heart healthy. All items are low in sodium and low in fat, unless marked with a ◆.

Carbohydrates are indicated in (#). Our menu has no fried food. If you're on a modified diet, the operator can assist you with your choices. Or, ask the dietitian about any questions you may have.

This menu has been created with your health in mind. We are committed to giving our guests a comfortable and healthy stay.

Caring...with our minds, hands, and hearts. Every time.

◆ indicates items higher in sodium or fat that exceed heart healthy guidelines

(#) shows carbohydrates per serving



University of Iowa Health Care

Food and Nutrition Services

Breakfast Entrees

Pancake (18) **Chocolate Chip Pancake** (45)

French Toast (29)

Omelet (2)

Add: reduced-sodium ham (1), ♦bacon (0), red onion (1), mushroom (1), green pepper (1), American cheese (0), ♦cheddar cheese (0)

♦**Biscuit and Gravy** (43) (breakfast only)

♦**Egg and Cheese Sandwich on a Biscuit** (31)

Add: reduced-sodium ham (1) or ♦bacon (0)

♦**Scrambled Eggs** (2)

Hard boiled egg (1)

♦**Daily Breakfast Special—ask the operator at 123**
(available 6-10 am)

Breakfast Sides

Toast—wheat (17), white (14)

♦**Biscuit** (30)

♦**Blueberry Crumb Muffin** (48)

♦**Banana Bread** (30)

Cinnamon Roll (34) breakfast only

Whole Wheat English Muffin (25)

Cubed Breakfast Potatoes (19)

♦**Bacon** (0)

Turkey Sausage Link (0)

Cereal

Oatmeal (12)

Cheerios® (21)

Froot Loops® (18)

Cream of Wheat® (14)

Raisin Bran® (27)

Fruit

Applesauce (13)

Banana (25)

Sliced Peaches (14)

Apple Slices (8)

Fresh Pineapple (15)

Cantaloupe (7)

Grapes (15)

Yogurt

Vanilla (31)

Light Key Lime Pie Yogurt (16)

Chobani® **Strawberry** (20)

Chobani® **Blueberry** (20)

Yogurt Parfait with Berries (51)

Fresh Fare

Cottage Cheese (5) and **Fruit Plate**

Choose two fruits: fresh pineapple (15), apple slices (8), sliced peaches (14), banana (25), grapes (15), cantaloupe (7)

Build Your Sandwich

Bread—white (14) or wheat (17)

Meats—Turkey (0), Ham (1), ♦Roast Beef (1)

Salads—Tuna Salad (5) or Chicken Salad (3)

Cheese—American (0) or ♦cheddar (0)

Add: lettuce (0), tomato (2), red onion (1), ♦pickles (0), hummus (10)

Peanut Butter and Jelly Sandwich (48)

Grill

Hamburger (22)

Cheeseburger (22)

Burgers are made with 90% lean beef

Grilled Marinated Chicken Sandwich (23)

Grilled Cheese (27-37) or **Grilled Ham and Cheese** (28-38)

♦**Vegetarian Malibu Burger** (43)

♦**Hot Dog** (30)

Add: lettuce (0), tomato (2), red onion (1), ♦pickles (0)

Comfort Foods

Meatloaf (*made with 90% lean beef*) (9)

Pot Roast (0)

Roast Turkey (0)

Open Face Sandwich served with mashed potatoes and gravy—♦turkey (38), beef (40), or ♦meatloaf (49)

Marinated Chicken (0)

♦**Beef Tacos**—Hard Shell (11) and Soft Shell (17)

Citrus Peppercorn Tilapia (2)

♦**Meat Lasagna** (50)

Bean and Cheese Enchilada (25)

♦**Chili** (26)

♦**Chicken Strips** (12)

♦**Macaroni and Cheese** (20)

♦**SpaghettiOs**® (31)

♦**Daily Specials—ask the operator at 123**
(available 10 am-8 pm)

Personal Pizza

♦**7" Cheese Pizza** (55)

Add: pepperoni (0), reduced-sodium ham (1), bacon (0), red onion (2), mushroom (1), green pepper (1)

Soups

♦**Homemade Chicken Noodle** (17)

Low-Sodium Chicken Noodle (6)

Low-Sodium Tomato (14)

♦**Chili** (26)

Add: saltine crackers (5)

♦**Soup of the Day—ask the operator at 123**
(available 10am-8pm)

Sides

Mashed Potatoes (21) with beef gravy (5) or chicken gravy (3)

Roasted Maple Sweet Potatoes (25)

Baked Potato (37) Add: ♦cheddar cheese (0), and ♦bacon (0), ♦sour cream (1), ♦butter (0)

French Fries—baked (24)

Chips—Baked Potato Chips (26) or ♦Regular Potato Chips (23)

Rice (24)

Dinner Roll (13)

Buttered Egg Noodles (31)

♦**Macaroni and Cheese** (20)

Cottage Cheese—♦6 oz. (6) or 1/4 cup (2)

Vegetables—corn (16), **green beans** (4) **mixed vegetables** (11) includes broccoli, cauliflower, carrots **raw carrots** (5), **raw celery** (2)

Pasta Salad (15)—with balsamic dressing, vegetables, and black beans

Mixed Greens Salad (6) with tomatoes and cucumbers add croutons (5)

Dressings: ♦ranch (2), fat-free ranch (3), ♦balsamic vinaigrette (3), ♦creamy French (2)

Beverages

Coffee—regular or decaf (0)

Tea—black (0), green (0), decaf (0), or iced (0)

Hot Chocolate (24)

Milk—skim (13), 1% (13), ♦whole (10), chocolate (18), vanilla soy (12), lactose-free (11)

Juice—orange (14), cranberry (15), apple (15), prune (20), low-sodium V-8 (8), ♦V-8 (7)

Lemon Crystal Light® (0)

Gatorade G2® **Mixed Berry** (8)

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