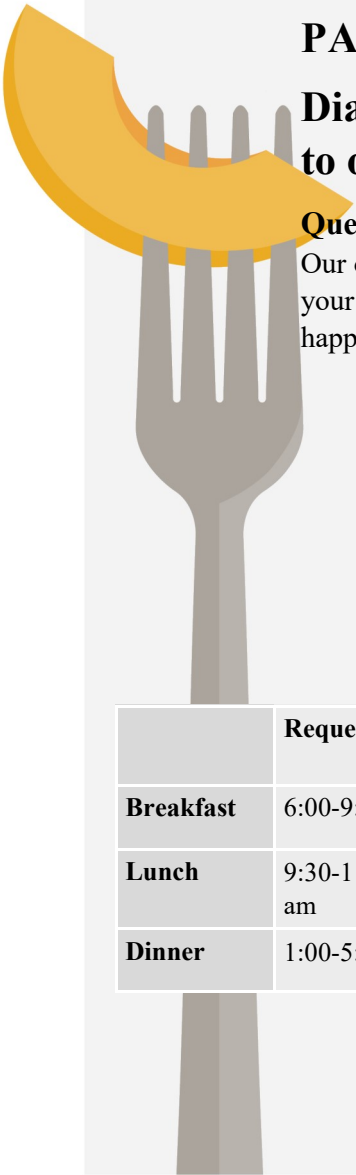




DYSPHAGIA

Easy to Chew: EC7



PATIENT MENU

**Dial 319-339-3598
to order**

Questions?

Our operator can help you with your choices. Our dietitians are also happy to help with any questions.

	Request	Meal Delivery
Breakfast	6:00-9:00 am	7:15-8:00 am
Lunch	9:30-11:30 am	11:15-12:00 pm
Dinner	1:00-5:00 pm	4:45-5:30 pm



BREAKFAST

ENTREES

Pancake.....	19
Pureed Pancakes.....	48
Pureed French Toast, Maple Cinnamon.....	18

Eggs

Cheese Omelet.....	4
Scrambled Eggs (1/4 cup).....	0
Scrambled Eggs Minced and Moist.....	3
Egg Beaters.....	3
Hard Boiled Egg.....	1

YOGURT

Vanilla Yogurt.....	19
Peach Yogurt.....	9
Strawberry Yogurt.....	10
Strawberry Banana Yogurt.....	19
Vanilla Greek Yogurt.....	9

SIDES

Ground Pork Sausage.....	0
Ground Turkey Sausage.....	0
Pureed Pork Sausage.....	3
English Muffin.....	24
Apple Cinnamon Muffin.....	31
Blueberry Muffin.....	30
Frosted Donut.....	53

CEREALS

Cheerios.....	13
Honey Nut Cheerios.....	18
Rice Krispies.....	22
Cream of Wheat.....	12
Oatmeal.....	19

FRUIT

Applesauce.....	14
Banana.....	28
Mandarin Oranges.....	11
Diced Peaches.....	23
Diced Pears.....	22
Pureed Berries.....	21
Pureed Pears.....	21

LUNCH AND DINNER

COMFORT FOODS

Alfredo Pasta.....	70
Seasoned Salmon Filet.....	1
Macaroni and Cheese (7 oz).....	45
Black Bean & Vegetable Enchilada.....	44
Mexican Casserole.....	48
Mushroom Risotto.....	35
Chopped Shrimp & Pasta Alfredo.....	72
Ground Beef with Gravy.....	3
Ground Chicken with Gravy.....	3
Roasted Beef Minced and Moist.....	2
Pureed Macaroni and Cheese.....	46
Pureed Seafood Filet, Chicken, Beef, and Pork.....	3

SANDWICHES

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

White Bread (1 slice).....	13
+ Turkey.....	1
+ Ham.....	7
+ Plain Tuna Salad.....	3
+ Egg Salad.....	4
+ Cheddar Cheese.....	1
+ American Cheese.....	1

SOUPS

Chicken and Rice Soup.....	15
Cream of Chicken.....	6
SF Chicken Noodle Soup.....	8
SF Vegetable Soup.....	14
Strained Mushroom Soup.....	11
Broth (beef, chicken, vegetable).....	0

SIDES

Mashed Potatoes.....	14
Chicken Gravy.....	3
Beef Gravy.....	3
SF Mashed Potatoes.....	14
Green Beans Minced and Moist.....	9
Pureed Carrots.....	15
Pureed Corn.....	20
Pureed Green Beans.....	12
Pureed Peas.....	17
Cottage Cheese.....	3
Mozzarella Cheese Stick.....	2
Dinner Roll.....	16
Green Beans.....	8

DESSERTS

Gelatin (orange, lemon, red).....	5-23
Sugar Free Gelatin.....	0
Pudding (regular & SF).....	
Chocolate.....	22
Vanilla.....	22
Tapioca.....	22
Raspberry Sherbet.....	19
Thrive Ice Cream.....	
Vanilla.....	32
Chocolate.....	33
Ice Cream.....	
Vanilla.....	15
Chocolate.....	32
Strawberry.....	32
Italian Ice.....	
Orange.....	15
Cherry.....	15
Popsicle (cherry, grape, orange).....	18

EXTRAS

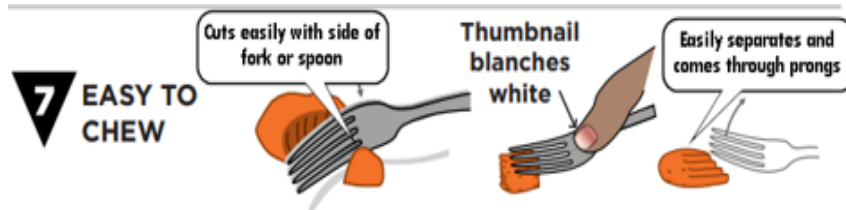
Salt▲.....	0
Pepper.....	0
Ketchup.....	2
Mustard.....	0
Barbeque Sauce▲.....	19
Miracle Whip.....	0
Sugar.....	3
Brown Sugar.....	13
Splenda®.....	1
Creamer.....	0-5
Half & Half or French Vanilla Creamer (Non-Dairy).....	1
Syrup.....	30
Sugar-Free Syrup.....	4
Lite Cream Cheese.....	2
Strawberry Cream Cheese.....	4

BEVERAGES

Coffee.....	
Regular or Decaf.....	0
Tea.....	
Black, Green, Decaf, Herbal or Iced.....	0-1
Milk.....	
Skim.....	12
2%.....	11
Chocolate.....	10
Vanilla Soy.....	19
Chocolate Soy.....	24
Lactose-free.....	14
Vanilla Almond Milk.....	16
Ensure® Clear Therapeutic Nutrition.....	
Apple.....	52
Mixed Berry.....	52
Ensure® High Protein Plus.....	
Chocolate or Vanilla.....	44

Peanut Butter.....	5
Butter.....	0
Margarine.....	0
Jelly.....	10
Sugar-Free Jelly.....	3
Parmesan Cheese.....	0
Sour Cream.....	1
Taco Sauce.....	1
Hot Sauce.....	0
Soy Sauce.....	0
Tartar Sauce.....	2
Sweet & Sour Sauce.....	
Ranch Dressing.....	3
Fat-Free Ranch Dressing.....	3
Honey Mustard Dressing.....	10
Blue Cheese Dressing.....	
Balsamic Vinaigrette Dressing.....	3
Lemon Slice.....	1

Juice.....	
Cranberry.....	16
Cran/Grape.....	14
Apple.....	17
Orange.....	14
Prune.....	21
V-8▲.....	7
100% tomato Juice.....	3
Hot Chocolate.....	23
Lemonade.....	26
Gatorade G2® Mixed Berry.....	7
Lemon Lime Soda.....	
Regular.....	18
Diet.....	0



(#) numbers after each item show carbohydrates per serving