

Inpatient Menu Guide - 3C

Our diet clerks are committed to contacting each patient by phone or in-person to discuss your dietary preferences. If unable to make contact, a standard meal tray will be sent to your room.

The following items are available daily with other items available on rotation (not listed).

Please note that some items may be unavailable to order if you have certain diet restriction(s).

Please work with your nurse and/or call the Diet Office at 319-339-3598 to talk about what you would like to order.

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

Breakfast (only available on morning trays)

Scrambled eggs (0)*

Cheese omelet (0)*

Bacon strip (0)*

Sausage link: pork (0)*, turkey (0)*

Cereal: oatmeal (19)

Breakfast (available any meal)

Cereal: Cheerios (13)*, Honey Nut Cheerios (18)*, Corn Flakes (19), Frosted Flakes (29), Froot Loops (24), Mini Wheats (24), Raisin Bran (34), Rice Krispies (22)

Toast: wheat (11), white (14), rye (26)

Muffin: english (24), apple cinnamon (31), blueberry (30)

Plain bagel (46)

+ cream cheese: plain lite (2), strawberry (4)

Key

(#) - number indicates carbohydrate amount in grams

(*) asterisk items indicate items that are gluten-free (cross-contamination cannot be guaranteed during food preparation)

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Entrees

Roast beef (0)*
Seasoned salmon (1)*
Potato crusted cod (11)
Baked chicken breast (0)*
Chicken strips - 3 pcs (11)
Macaroni and cheese (44)
Mini cheese pizza (65)

Sandwiches – on wheat (22), white (28) bread, gluten-free bread & toast available upon request

Grilled cheese (1)
Deli meat: roast beef (0), ham (7) or turkey (1)
Deli salad: tuna salad (3) or chicken salad (4)
+ lettuce (0), tomato (6), pickle (0), onions (1)

Burgers – on white bun (22), gluten-free bun available upon request

Beef patty (0)
Veggie patty (17)
+ cheese (1), lettuce (0), tomato (6), pickle (0),
onions (1)

Vegetables

Tossed salad (lettuce, tomato, cucumber) (7)*
+ choice of dressing (ranch (2)*, french (6)*,
honey mustard (9)*, italian (9)*, fat-free italian (4)*)
Corn (22)*
Carrots (9)*
Broccoli (8)*
Green beans (9)*
Vegetable medley (8)*
Baked potato (40)* or mashed potatoes (14)*

Fruits

Banana (28)*
Orange (13)*
Mandarin oranges (11)*
Peaches (23)*
Pears (22)*
Applesauce (12)*
Apple (16)*

Sides

Rice: white (24)* or brown (29)*
String cheese (2)*
Yogurt: peach (13)*, vanilla (29)*, strawberry (29)*,
strawberry-banana (29)*
Greek yogurt: vanilla (9)*, strawberry (10)*, blueberry (9)*
Jello: cherry (17)*, orange (5)*, lime (17)* – sugar-free
available upon request
Pudding: vanilla (20)*, chocolate (22)*, tapioca (21), sugar-
free vanilla (11)*, sugar-free chocolate (14)*
Sherbet: orange (24)*, raspberry (19)*
Ice cream: chocolate (32)*, vanilla (15)*, strawberry (32)*
Cookies: peanut butter (33), oatmeal raisin (38), chocolate
chip (23), sugar cookie (23)
Gluten-free cookies and brownies available upon request

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