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DYSPHAGIA
LIQUIDIZED: LQ3
PUREED: PU4

PATIENT MENU

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

Questions?

Our operator can help you with your choices for Level 3 or 4. Our dietitians are also happy to help with any questions.

Your liquids may be thickened if ordered by a physician.

*Available for Level 4 only.

	Request Period	Meal Delivery Timeframe
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

IOWA
HEALTH CARE

BREAKFAST

*Pureed Pork Sausage	3	*Yogurt Vanilla.....	19
*Pureed French Toast , Maple Cinnamon.....	18	*Greek Vanilla Yogurt.....	9
*Pureed Scrambled Eggs.....	4	Cream of Wheat (4 oz)	12
		Cream of Wheat (6 oz).....	18
		+ Skim or 2 % milk.....	12

FRUITS

*Applesauce.....	12	*Pureed Pear.....	21
*Pureed Peaches.....	28	*Pureed Berry.....	21
*Pureed Pineapple.....	18		

COMFORT FOODS

*Pureed Seafood Filet.....	3	*Pureed Macaroni and Cheese..	45
*Pureed Chicken.....	4	*Pureed Pork.....	3
*Pureed Beef.....	3		
*Pureed Manicotti with Marinara.	35		

SIDES

*Mashed Potatoes.....	14	*Pureed Carrots.....	18
+Chicken	3	*Pureed Green Beans.....	12
+Beef	3	*Pureed Peas.....	17
*Mashed Potatoes SF.....	14	*Pureed Cottage Cheese.....	4
*Pureed Corn.....	20	*Pureed Macaroni & Cheese....	46

SOUPS

*Strained Chicken Noodle Soup...11	Tomato Soup.....	17
*Strained Mushroom Soup.....11		

(#) numbers after each item show carbohydrates per serving

DESSERTS

Gelatin (orange, lemon, red)...5-23	*Raspberry Sherbet	19
Sugar-Free Gelatin.....0	Thrive Ice Cream	
*Pudding (regular or SF)	Vanilla or Chocolate.....	32-33
Chocolate or Vanilla.....20-22	*Ice Cream (C, V, S).....	15-32

DRINKS

Coffee (regular or decaf).....0	Lactose Free Milk (Lactose free, Vanilla almond, vanilla soy, chocolate soy) 14-25
Tea (black, green, herbal, decaf, Iced)....0	Broth (beef, chicken, vegetable).....0
Juice	Hot Chocolate.....23
Apple, Cranberry, Orange, Cran/Grape13-15	Ensure High Protein Plus (vanilla or chocolate).....40-41
Prune.....21	Ensure Clear (apple or mixed berry)..52
100% tomato juice.....4	Popsicle (cherry, grape, or orange)...18
Lemonade.....26	Italian Ice (lemon or cherry).....15
Gatorade G2 Mixed Berry.....8	
Milk (Skim, 2%, or Chocolate)10-12	
Lemon Lime Soda (reg or diet).....0-23	

CONDIMENTS

Salt.....0	Miracle Whip.....0	Butter.....0
Pepper.....0	Ketchup.....2	Sour Cream.....1
Salt-Free Seasoning.0	Mustard.....0	Barbeque Sauce.....10
Sugar.....3	Ranch Dressing (reg and fat free).....2	Sweet & Sour.....11
Splenda.....1	French Dressing (reg and fat free).....6	Soy Sauce.....0
Brown Sugar.....14	Balsamic Vinaigrette.....3	Taco Sauce.....1
Creamer	Italian Dressing (reg and fat free).....3	Hot Sauce.....0
(half & half and French vanilla).....0-5	Blue Cheese Dressing.....2	Sugar-Free Syrup.....4
Creamer (Non-Dairy).1		Parmesan Cheese.....0
Margarine.....0		

