

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.

Your liquids may be thickened if ordered by a physician.

	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

BREAKFAST

Ground Sausage Pork.....0	Pureed Pork Sausage.....3
Ground Turkey Sausage 0	Blueberry Muffin (minced and moist)22
Scrambled Eggs (minced and moist).3	Cream of Wheat.....12
French Toast (minced and moist).... 22	Oatmeal.....12
Pureed French Toast, Maple Cinnamon.....18	Yogurt (peach, vanilla, strawberry, strawber- ry banana).....19
	Vanilla Greek Yogurt.....9

FRUITS

Applesauce..... 12	Minced Peaches 23
Pureed Berries..... 21	Minced Pears 22
Pureed Pear.....21	

COMFORT FOODS

Ground Beef with Gravy 3	Pureed Cheese Pizza.....66
Ground Chicken with Gravy.....3	Pureed Macaroni and Cheese...46
Roast Beef minced and moist).....2	Pureed Seafood Filet.....3
Turkey (minced and moist).....1	Pureed Beef.....3
	Pureed Pork.....3
	Pureed Chicken.....3
	Plain Tuna Salad.....10

SIDES

Mashed Potatoes14	Minced Green Beans..... 9
+ Chicken3	Pureed Green Beans.....12
+Beef Gravy3	Pureed Corn..... 20
Minced Carrots.....13	Pureed Peas 17
Cottage Cheese.....3	

SOUPS

Strained Chicken Soup.....11	Tomato Soup17
Strained Mushroom Soup.....11	

(#) numbers after each item show carbohydrates per serv-

DESSERTS

Gelatin (orange, lemon, red)....5-23	Thrive Ice Cream
Sugar-Free Gelatin0	Vanilla.....32
Pudding (regular and SF)	Chocolate33
Chocolate.....22	Ice Cream (C, V, S)..... 15-32
Vanilla.....22	Italian Ice
Raspberry Sherbet.....19	Orange.....15
	Cherry.....15

DRINKS

Coffee (regular or decaf).....0	Broth (beef, chicken, vegetable) 0
Tea (black, green, herbal, decaf, iced)1	Hot Chocolate.....23
Juice	Ensure High Protein Plus (vanilla, or chocolate).....40-41
Apple, Cranberry, Orange, Cran/Grape14-16	Ensure Clear (apple or mixed berry).52
Prune 20	Lemon Lime Soda (reg or diet).....18
V8 Juice8	Popsicle (cherry, grape, orange).....18
Lemonade.....26	
Gatorade G2 Mixed Berry.....7	
Milk (Skim, 2%, or Chocolate).....12	
Lactose Free Milk (Lactose free, Vanilla al- mond, vanilla soy, chocolate soy).....14-25	

CONDIMENTS

Salt.....0	Miracle Whip.....0	Margarine.....0
Pepper.....0	Ketchup.....2	Sour Cream.....1
Sugar.....3	Mustard.....0	Barbeque Sauce.....19
Splenda.....1	Ranch Dressing (reg and fat free).....2	Parmesan Cheese.....0
Brown Sugar.....13	French Dressing (reg and fat free).....6	Hot Sauce.....1
Creamer	Balsamic Vinaigrette.....3	Sugar-Free Syrup.....4
(half & half and French Vanilla).....0-5	Honey Mustard.....10	Jelly.....10
Butter.....0	Italian Dressing.....3	Sugar Free Jelly.....
		Tartar Sauce.....2
		Soy Sauce.....0

