

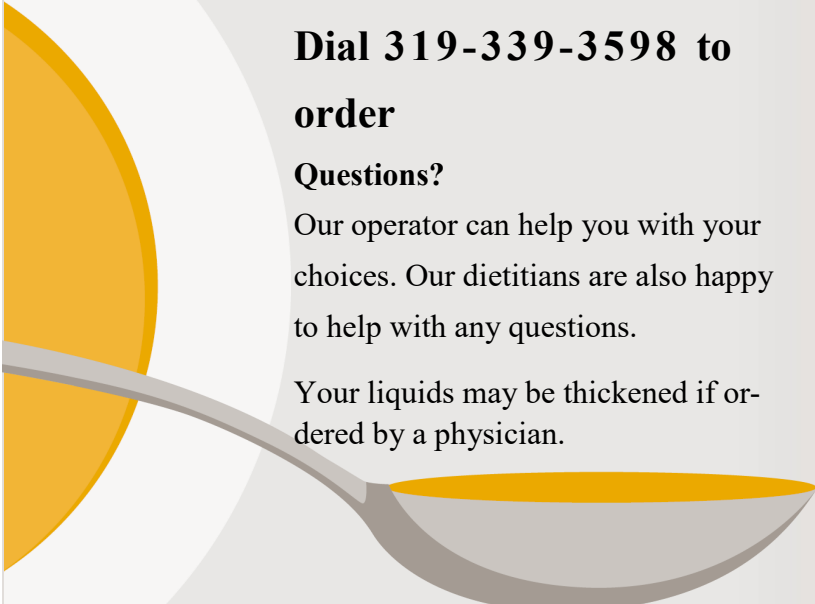
PATIENT MENU

**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 Pork Sausage.....0	Oatmeal.....12
Ground Turkey Sausage.....0	Cream of Wheat.....12
Scrambled Eggs (minced and moist) 3	Vanilla Yogurt.....19
Puree French Toast,	Peach Yogurt.....9
Maple Cinnamon.....18	Strawberry Yogurt.....10
Puree Pork Sausage.....3	Strawberry Banana Yogurt.....19
	Vanilla Greek Yogurt.....9

FRUITS

Applesauce.....14	Minced Peaches.....23
Pureed Berry.....21	Minced Pears.....22
Pureed Pear.....21	

COMFORT FOODS

Chopped Macaroni and Cheese...44	Pureed Pork.....3
Ground Beef with Gravy.....3	Plain Tuna Salad.....10
Ground Chicken with Gravy.....3	
Roast Beef (Minced & Moist).....2	
Pureed Cheese Pizza.....66	
Pureed Macaroni and Cheese....46	
Pureed Seafood Filet.....3	
Pureed Beef.....3	
Pureed Chicken.....3	

SIDES

Mashed Potatoes.....14	Pureed Corn.....20
+ Chicken.....3	Pureed Green Beans.....12
+ Beef Gravy.....3	Pureed Peas.....17
Minced Green Beans.....9	Cottage Cheese.....3
Pureed Carrots.....15	

SOUPS

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

(#) numbers after each item
show carbohydrates per serving

DESSERTS

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

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)1	Broth (beef, chicken, vegetable).....0
Juice	Hot Chocolate.....23
Apple, Cranberry, Orange, Cran/Grape14-16	Ensure High Protein Plus (vanilla, or chocolate).....40-41
Prune.....20	Ensure Clear (apple or mixed berry).52
V8 Juice.....8	Lemon Lime Soda (reg or diet).....18
Lemonade.....26	Popsicle (cherry, grape, orange).....18
Gatorade G2 Mixed Berry.....7	
Milk (Skim, 2%, or Chocolate).....12	

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 (reg and SF).....10
Creamer (Non-Dairy).1	Italian Dressing.....3	Tartar Sauce.....2
Butter.....0		Soy Sauce.....0

