

BREAKFAST ENTREES & SIDES** item only available 6 to 10 a.m.*

Pancake *(1)	\$0.90
Scrambled Eggs	\$1.75
Hard Boiled Egg (1).....	\$0.99
Hashbrown Patty*	\$1.25
Bacon	\$0.90/slice
Cinnamon Coffee Cake	\$3.05
White or Wheat Toast (1)	\$0.50
Add: Peanut Butter	\$0.33
Add: Butter, Margarine, Jelly, Diet Jelly, Syrup, Sugar-Free Syrup	

CEREAL

Oatmeal.....	\$2.00
Cheerios®, Fruit Loops®, or Raisin Bran®	\$1.85
Add: Sugar, Brown Sugar, Splenda®	

FRUIT

Banana	\$0.75
Applesauce, Apple Slices, Mandarin Oranges.....	\$0.75
Fresh Fruit	\$2.55

YOGURT

Greek Yogurt	\$1.75
Vanilla Yogurt	\$1.75
Yogurt Parfait.....	\$3.20

COMFORT FOODS

Chicken Strips	\$1.00/strip
Add: Ketchup, Barbecue Sauce, Ranch Dressing	
Macaroni and Cheese	\$2.95
Meatloaf	\$3.40
Pot Roast.....	\$4.50
Marinated Chicken.....	\$3.75
Baked Tilapia	\$2.25
Open Face Sandwich	\$5.75
(Turkey, Beef, or Meatloaf)	
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito.....	\$3.25

COLD SANDWICHES*Choice of white or wheat bread*

Uncrustables™ Grape	\$1.50
Turkey, Ham, Roast Beef, Tuna Salad, Chicken Salad, Egg Salad, Club.....	\$2.50
Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles	

SOUPS

Lower Sodium Chicken Noodle, Tomato	\$2.45
Add: Saltine Crackers	

7" PERSONAL PIZZA

Cheese, Pepperoni, Special of the Day (Ask Operator).....	\$6.05
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GRILL

Hamburger	\$3.55
Cheeseburger	\$3.80
Grilled Chicken Sandwich	\$3.95
Impossible™ Burger	\$4.15
Grilled Cheese	\$3.00
Grilled Ham and Cheese	\$3.25
Hot Dog	\$1.75
Add: Ketchup, Mustard, Mayonnaise, Lettuce, Tomato, Red Onion, Pickles	

SIDES

French Fries.....	\$2.75
Mashed Potatoes.....	\$1.50
Gravy (Beef or Chicken)	\$0.85
Rice	\$1.45
Side Salad with Tomatoes and Cucumbers	\$2.05
Add: Croutons, Ranch, Fat-free Ranch, French, Balsamic Vinaigrette	
Cottage Cheese, 4% fat	\$1.60
Raw Carrots or Celery	\$1.40
Mixed Vegetables, Green	
Beans.....	\$1.40
Potato Chips (Regular or Baked)\$	\$1.60
SkinnyPop® Popcorn	\$1.60

BEVERAGES

Milk: Skim, 1%, Whole, Chocolate	\$0.95
Milk: Vanilla Soy.....	\$1.55
Milk: Fairlife 2% lactose free.....	\$2.50
Coffee: Regular or Decaf.....	\$1.50
Tea: Black, Green, Decaf.....	\$1.20
Juice (assorted)	\$1.00
Lemon Crystal Light®	\$0.75
Gatorade G2® Glacier Frost.....	\$1.50
Hot Chocolate	\$1.20

SNACKS AND DESSERTS

Chocolate Chip Cookie.....	\$1.45
Rice Krispie® Bar	\$1.60
New York Cheesecake	\$2.60
Pudding (Vanilla, Chocolate)	\$1.10
Italian Ice	\$1.15
Chocolate Ice Cream	\$1.50
Animal Crackers	\$1.05
Graham Crackers	\$0.50
Cheez-Its®	\$1.60
Special K Protein Bars.....	\$1.75
String Cheese.....	\$0.85
Hummus	\$2.05
Gelatin	\$1.10

CONDIMENTS (NO CHARGE)

Salt	
Pepper	
Salt-Free Seasoning	
Sugar	
Splenda®	
Creamer and Non-Dairy Creamer	
Butter and Margarine	
Peanut Butter	
Nutella	
Jelly: Regular and Sugar-free	
Brown Sugar	
Ketchup	
Mustard	
Ranch: Regular and Fat-free	
French Dressing	
Balsamic Vinaigrette	
Mayonnaise: Regular and Light	
Taco Sauce	
Hot Sauce	
Tartar Sauce	
Barbeque Sauce	
Parmesan Cheese	
Syrup: Regular and Sugar-free	
Pico de Gallo	
Lemon Slice	
Honey	

DAILY SOUP SPECIALS

These patient favorites are available during lunch and dinner hours
(10am-8pm) each week for \$2.45.

SUNDAY

Chicken Noodle	\$2.45
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MONDAY

Red Pepper Gouda Bisque	\$2.45
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TUESDAY

Chicken Wild Rice.....	\$2.45
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WEDNESDAY

Loaded Baked Potato	\$2.45
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THURSDAY

Chicken Noodle	\$2.45
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FRIDAY

Broccoli Cheese	\$2.45
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SATURDAY

Chicken Wild Rice	\$2.45
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GUEST ROOM SERVICE MENU

Dial **1 2 3** to order or call 319-356-2714 from 6 a.m. to 8 p.m. Food will be delivered within 60 minutes.

- You will need to purchase a Food and Nutrition gift card to pay for your meals.
- Gift cards are available in all Food and Nutrition Services dining areas.
- \$5 minimum charge for Guest Room Service.
- Prices on menu are for guests who wish to dine in a patient's room. Prices subject to change.
- Daily soup specials are available at lunch and dinner. Ask operator for more information.

Ordering Guidelines

The graphic displays the following options:

- Hot Plate**: 1 Entree, 1 Hot Side
- Cold Plate**: 1 Drink, 2 Cold Sides
- Drink** (in a purple circle)
- Dessert** (in a yellow box)
- Silverware** (written vertically on a white diagonal line)
- Condiments** (at the bottom)

IOWA
HEALTH CARE

