

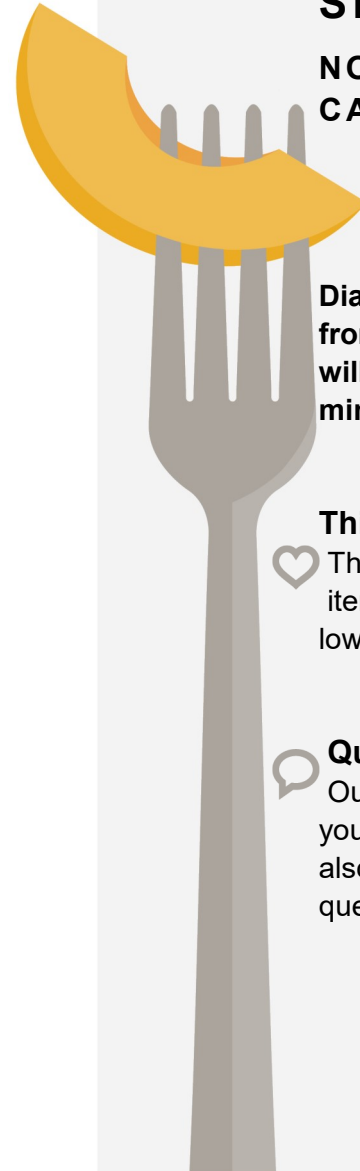


DYSPHAGIA

Easy to Chew: EC7

## PATIENT ROOM SERVICE MENU

NORTH LIBERTY  
CAMPUS



Dial    to order  
from 6 a.m. to 8 p.m. Food  
will be delivered within 45  
minutes.

### **This menu is heart healthy.**

♥ There are no fried foods. Most items are low in sodium and low in fat.

### **Questions?**

💬 Our operator can help you with your choices. Our dietitians are also happy to help with any questions.



## BREAKFAST (SERVED ALL DAY\*)

\* item only available from 6 to 10 a.m.

### ENTREES

Pancake* (1).....	24
Scrambled Eggs (1/2 cup).....	2
Hard Boiled Egg (1).....	1

### SIDES

Ground Sausage.....	2
Hash Brown Patty*▲.....	15
Ham Slice*▲.....	0

### YOGURT

Strawberry (Greek).....	20
Oikos Vanilla (Greek).....	7
Vanilla.....	27

### FRUIT

Applesauce.....	13
Banana.....	27
Mandarin Oranges.....	22

### CEREALS

Oatmeal*.....	15
Cheerios®.....	21

## LUNCH AND DINNER

### COMFORT FOODS

Baked Tilapia.....	0
Open-Face Sandwich (served with mashed potatoes and gravy)	
Turkey▲.....	47
Ground Chicken.....	47
Ground Chicken Sandwich.....	28
Beyond Burger™.....	33
Amy's™ Gluten-Free Vegetable Lasagna.....	41

### SOUPS

Chicken Noodle (Low-sodium).....	6
Tomato (Low-sodium).....	12
Broth▲	
Vegetable, Beef, or Chicken.....	1-5

### DESSERTS

Chocolate Chip	
Cookie.....	36
Italian Ice	
Lemon.....	20
Orange.....	22
Thrive® Ice Cream	
Chocolate.....	33
Vanilla.....	3
New York Cheesecake▲.....	27
Pudding	
Chocolate.....	20
Vanilla.....	20
Chocolate or Vanilla Ice Cream.....	18
Gelatin (orange).....	22
Sugar-Free Gelatin (strawberry).....	0

### SIDES

Steamed Rice.....	24
Mashed Potatoes.....	25
+ Beef Gravy.....	6
+ Chicken Gravy.....	8
Macaroni and Cheese▲.....	16
Cottage Cheese Cup, 4% fat▲.....	5
String Cheese▲.....	0

### SANDWICHES

*Build your own sandwich.  
Choose a type of bread and add  
toppings.*

Wheat Bread (1 slice).....	14
White Bread (1 slice).....	14
+ Turkey.....	1
+ Ham▲.....	1
+ Chicken Salad.....	3
+ Cheddar Cheese.....	0
+ American Cheese.....	0
+ Hummus.....	10
Grape Un crustable.....	31

### EXTRAS

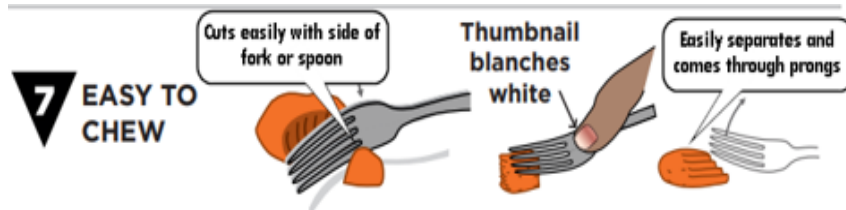
Salt▲.....	0
Pepper.....	0
Ketchup.....	2
Mustard.....	0
Barbeque Sauce▲.....	19
Mayo.....	0
Low-Fat Mayo.....	1
Salt-Free Seasoning.....	0
Sugar.....	3
Brown Sugar.....	13
Splenda®.....	1
Cream.....	0
Creamer (Non-Dairy).....	1
Syrup.....	28
Sugar-Free Syrup.....	4
Honey.....	11
Saltine Crackers.....	4

### BEVERAGES

Coffee	
Regular or Decaf.....	0
Tea	
Black, Green, Decaf, or Iced.....	0-1
Milk	
Skim.....	12
1%.....	11
Whole.....	12
Chocolate▲.....	23
Vanilla Soy.....	18
Fairlife 2% Lactose-free.....	11
Ensure® Clear Therapeutic Nutrition	
Apple.....	52
Mixed Berry.....	52

Peanut Butter.....	5
Butter.....	0
Margarine.....	0
Jelly (Grape, Strawberry).....	10
Sugar-Free Jelly.....	3
Parmesan Cheese.....	0
Sour Cream.....	1
Taco Sauce.....	1
Hot Sauce.....	0
Soy Sauce▲.....	0
Tartar Sauce.....	2
Lemon Slice.....	1
Hummus.....	10
Salad Dressings	
Ranch▲.....	2
Fat-Free Ranch.....	3
Balsamic Vinaigrette.....	3
French.....	2

Juice	
Cranberry.....	16
Apple.....	15
Orange.....	14
Prune.....	20
Hot Chocolate.....	16
Lemon Crystal Light®.....	0
Gatorade G2® Glacier Frost.....	7
Ensure® High Protein	
Chocolate or Vanilla.....	19



99 numbers after each item show carbohydrates per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

\* item only available from 6 to 10 a.m.