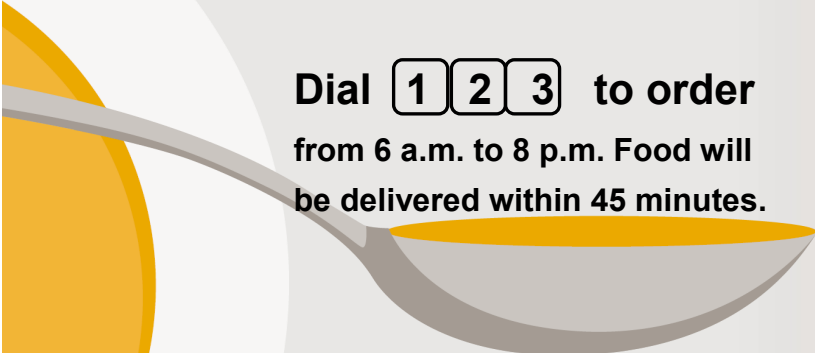


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DYSPHAGIA
LIQUIDIZED: LQ3
PUREED: PU4


PATIENT ROOM SERVICE MENU

NORTH LIBERTY CAMPUS



Dial 1 2 3 to order
from 6 a.m. to 8 p.m. Food will
be delivered within 45 minutes.

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.

IOWA
HEALTH CARE

BREAKFAST

*Pureed Eggs.....2	*Oikos Vanilla Yogurt.....7
*Pureed French Toast.....15	Vanilla Yogurt.....27

FRUITS

Applesauce.....14	Pureed Peaches.....15
*Pureed Mixed Berries.....19	Pureed Banana.....24

COMFORT FOODS

*Pureed Beef Steak.....5	*Pureed Bread.....8
*Pureed Chicken Breast.....5	+ *Hummus.....10

SIDES

*Mashed Potatoes.....23	*Pureed Green Beans.....15
+ Chicken8	Blended Cottage Cheese.....8
+Beef Gravy.....6	Blended Macaroni & Cheese....20
	Blended Mashed Potatoes and Gravy.....29

SOUPS

Tomato Soup.....22

99 numbers after each item show carbohydrates per serving

DESSERTS

*Orange Gelatin.....35	Lemon Italian Ice.....20
*Sugar-Free Strawberry Gelatin.....0	Orange Italian Ice.....22
Vanilla Pudding.....19	Vanilla Thrive Ice Cream.....35
Chocolate Pudding.....20	Chocolate Thrive Ice Cream.....33
	Chocolate Ice Cream.....35

DRINKS

Coffee	Broth
Regular or Decaf.....0	Vegetable, Beef, or Chicken...1-5
Tea	Hot Chocolate.....16
Black, Green, Decaf, or Iced.....0-1	Ensure® High Protein
Juice	Chocolate or Vanilla19
Apple.....15	Ensure® Clear
Cranberry.....16	Apple or Mixed Berry.....52
Orange.....14	Milk
Prune.....20	Skim, 1%, Whole, Fairlife®.....11-12
Lemon Crystal Light.....0	Chocolate.....23
Gatorade G2 Glacier Frost.....7	Vanilla Soy.....18

CONDIMENTS

Salt.....0	Mayo.....0	Butter.....0
Pepper.....0	Light Mayo.....1	Sour Cream.....1
Salt-Free Seasoning..0	Ketchup.....2	Barbeque Sauce.....19
Sugar.....3	Mustard.....0	Parmesan Cheese.....0
Splenda.....1	Ranch Dressing.....2	Taco Sauce.....1
Brown Sugar.....13	Fat-Free Ranch Dressing 3	Hot Sauce.....0
*Cream.....0	French Dressing.....2	*Pancake Syrup.....30
Creamer (Non-Dairy).1	*Balsamic Vinaigrette.....3	*Sugar-Free Syrup.....4
Margarine.....0	Soy Sauce.....0	Jelly.....10
		Sugar-Free Jelly.....3

