

## BREAKFAST (SERVED ALL DAY\*)

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

### ENTREES

Pancake * (1) .....	2
Oatmeal* .....	1
Cheerios® .....	2
Froot Loops® .....	1
Raisin Bran® .....	1

### YOGURT

Strawberry (Greek) .....	0
Oikos Vanilla (Greek) .....	0
Vanilla .....	2
Yogurt Parfait with Berries .....	2

### BREAKFAST SIDES

Wheat Toast (1 Slice) .....	1
White Toast (1 slice) .....	1

### FRUIT

Apple Slices .....	0
Applesauce .....	0
Banana .....	0
Mandarin Oranges .....	0
Red Seedless Grapes .....	0
Seasonal Fruit .....	(ask operator)

## LUNCH AND DINNER (Available 10 am– 8 pm)

### COMFORT FOODS

Baked Tilapia .....	2
Marinated Chicken .....	5
Amy's™ Gluten-Free Non-Dairy Beans and Rice Burrito .....	6

### FROM THE GRILL

Grilled Chicken Sandwich .....	7
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### SOUPS & SALAD

Chicken Noodle (Low-sodium) .....	1
Tomato (Low-sodium) .....	1
Mixed Greens Salad (with tomatoes and cucumbers) .....	0
+ Chicken .....	5
+Fat-free Ranch Dressing .....	0

### COLD DELI SANDWICHES

*Build your own cold sandwich.*

Wheat or White Bread (1 slice) .....	1
+ Roast Beef .....	1
+ Turkey .....	1
+ Ham▲ .....	1
Sandwich Toppings	
+ Lettuce .....	0
+ Tomato .....	2
+ Red Onion .....	1
+ Pickles .....	0

### SIDES

Steamed Rice .....	2
Mashed Potatoes .....	5
+ Beef Gravy .....	1
+ Chicken Gravy .....	0
Baked French Fries ▲ .....	5
Baked Potato Chips ▲ .....	2
Mixed Vegetables .....	0
Green Beans .....	0
Raw Carrots .....	0
Raw Celery .....	0

### DESSERTS

Candy	
Hard Candy .....	0
Italian Ice	
Lemon .....	0
Orange .....	0
Pudding	
Chocolate .....	3
Vanilla .....	3
Gelatin Dessert	
Orange .....	0
Strawberry (Sugar-free) .....	0

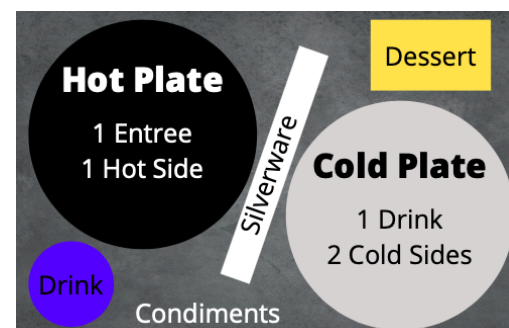
### BEVERAGES

Coffee	
Regular or Decaf .....	0
Tea	
Black, Green, Decaf, or Iced .....	0-1
Milk	
Skim .....	0
1% .....	2
Chocolate▲ .....	2.5
Juice	
Cranberry .....	0
Apple .....	0
Orange .....	0
Prune .....	0
Hot Chocolate .....	2
Lemon Crystal Light® .....	0
Gatorade G2® Glacier Frost .....	0

### CONDIMENTS

Salt▲ .....	0	Parmesan Cheese .....	0
Pepper .....	0	Taco Sauce .....	0
Ketchup .....	0	Hot Sauce .....	0
Mustard .....	0	Lemon Slice .....	0
Barbeque Sauce▲ .....	0	Saltine Crackers .....	1
Low-Fat Mayo .....	1	Fat-Free Ranch Dressing .....	0
Salt-Free Seasoning .....	0		
Sugar .....	0		
Brown Sugar .....	0		
Splenda® .....	0		
Creamer (Non-Dairy) .....	1		
Syrup .....	0		
Sugar-Free Syrup .....	0		
Jelly (Grape, Strawberry) .....	0		
Sugar-Free Jelly .....	0		

## Ordering Guidelines



99 numbers after each item show grams of fat per serving

▲ indicates items higher in sodium that exceed heart healthy guidelines

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## LIQUID DIETS

### CLEAR LIQUID DIET

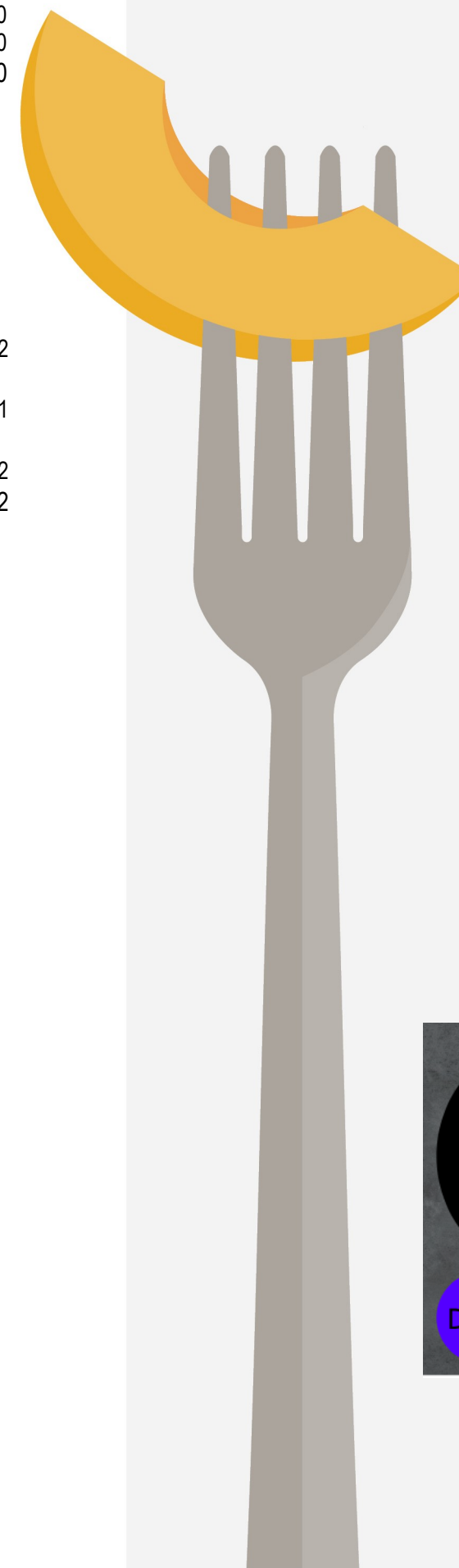
Coffee	
Regular or Decaf.....	0
Tea	
Black, Green, Decaf, or Iced.....	0-1
Juice	
Cranberry or Apple.....	0
Lemon Crystal Light®.....	0
Broth▲	
Vegetable, Beef, or Chicken.....	0
Candy	
Hard Candy.....	0

Gelatin Dessert	
Orange.....	0
Sugar-free Strawberry.....	0
Italian Ice	
Lemon.....	0
Orange.....	0
Ensure® Clear Therapeutic Nutrition Drink	
Apple.....	0
Mixed Berry.....	0
Gatorade G2® Glacier Frost.....	0

### FULL LIQUID DIET (includes all clear liquid items above)

Juice	
Orange.....	0
Prune.....	0
Milk	
Skim.....	0
1%.....	2
Chocolate▲.....	2.5
Applesauce.....	0
Blended Fruit	
Peaches.....	0
Mixed Berries.....	0
Banana.....	0

Yogurt	
Vanilla.....	2
Soup	
Tomato Soup (low-sodium).....	1
Ensure® High Protein	
Chocolate or Vanilla.....	2
Hot Chocolate.....	2



## 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 60 minutes.

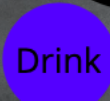


**This menu is heart healthy.**

♥ 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.

### Ordering Guidelines

<b>Hot Plate</b> 1 Entree 1 Hot Side   Drink	 Silverware Condiments	 Dessert
		<b>Cold Plate</b> 1 Drink 2 Cold Sides