

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.

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.

Your liquids may be thickened if ordered by a physician.

BREAKFAST

Minced Eggs.....	3	Ground Sausage	2
Minced French Toast.....	22	Oatmeal	12
Chobani Strawberry Yogurt	15	Blueberry Muffin.....	22
Vanilla Yogurt	27		
Oikos Greek Vanilla Yogurt.....	7		

FRUITS

Applesauce.....	14	Minced Peaches	23
Pureed Mixed Berries.....	19		
Pureed Banana	28		

COMFORT FOODS

BBQ Beef Sandwich	29	Pureed Bread	8
Open Faced Beef Sandwich.....	16	+ Hummus	10
		Ground Chicken	0
		+ Chicken Gravy	8

SIDES

Mashed Potatoes	23	Pureed Green Beans.....	15
+ Chicken	8	Cottage Cheese.....	5
+Beef Gravy	6	Blended Macaroni & Cheese...	20
Minced Broccoli	14		

SOUPS

Tomato Soup (Low-Sodium)....	22
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99 numbers after each item show carbohydrates per serv-

DESSERTS

Orange Gelatin.....	22	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.....	18	New York Cheesecake.....	27

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 Vanilla	19
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

