

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

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

FRUITS

Applesauce.....	14	Pureed Pineapple	16
Pureed Mixed Berries.....	19	Pureed Banana.....	28
Pureed Peaches.....	15		

COMFORT FOODS

BBQ Beef Sandwich	29	Turkey, bread stuffing, and cranberries	49
Open Faced Beef Sandwich.....	16	Pureed Bread	8
Open Faced Turkey Sandwich..	17	+ Hummus	10
Pureed Cheese Pizza	14	Ground Chicken	0
Pureed Pork Chop	5	+ Chicken Gravy	8

SIDES

Mashed Potatoes	23	Pureed Green Beans.....	15
+ Chicken	8	Cottage Cheese.....	5
+Beef Gravy	6	Blended Macaroni & Cheese...	20
Carrots	13		
Pureed Corn	26		

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	New York Cheesecake.....	41

DRINKS

Coffee		Broth	
Regular or Decaf.....	0	Vegetable, Beef, or Chicken...	1-5
Tea		Hot Chocolate.....	16
Black, Green, Decaf.....	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			Jelly.....	10
				Sugar-Free Jelly.....	3

