

SIGNATURE SANDWICHES

Ultimate Grilled Cheese on White Texas Toast
(28g-varies)

Classic BLT (30g)
Served on white or wheat toast

Mushroom Swiss Burger (28g)
Served on white or wheat bun

Tavern on a White Bun (9g)

SNACKS

Raw veggies with Chicken Salad (5g)

Cottage cheese with fruit (35g)

String Cheese (0g)

Yogurt (13-31g)

Crackers (5g)
(Saltines)

Baked Potato Chips (24g)

Regular Potato Chips (23g)

Chips and Salsa (32g)

DESSERTS

Apple Pie (44g)

Chocolate Cake (44g)

Brownie (38g)

Chocolate Peanut
Butter Krispie Bar (34g)

Ice Cream (16g)
Vanilla or Chocolate

Pudding Cup (11-26g)
Vanilla or Chocolate
(Sugar Free available)

Sherbet Cup (24g)
Orange

Chocolate Chip
Cookie (26g)

Sugar Cookie (26g)

Gelatin (Varies)
Orange or Red
(Sugar Free available)



SIDES

- Sautéed zucchini and mushrooms (2g)
- Green beans (4g)
- Carrots (5g)
- Steamed corn (16g)
- Mashed potatoes (23g)
- Brown rice (20g)
- Broccoli (3g)
- Steamed Peas (11g)
- Mixed fresh fruit cup (8g)
- Coleslaw (4g)
- Chips and salsa (32g)
- Large tator tots (23g)
- Baked potato chips (24g)
- Regular Potato chips (23g)

CONDIMENTS

- Margarine
- Butter
- Salt
- Pepper
- Sugar
- Sugar Sub
- Non-Dairy Creamer
- Half & Half
- Honey
- Lemon Juice
- Pancake Syrup
- Assorted Jellies
(Regular or Sugar Free)
- Brown Sugar
- Tartar Sauce
- Ketchup
- Mustard
- Mayonnaise (Regular or Lite)
- Barbecue
- Mild Salsa
- Mrs Dash
- Parmesan Cheese
- Peanut Butter Cup
- Sour Cream

Salad Dressings: Varies - Please ask room service specialist for salad dressing options

BEVERAGES

Pepsi, Diet Pepsi, Dr. Pepper, Diet Dr. Pepper, Mountain Dew, Starry, Starry Zero

Iced Tea, Hot Tea, Coffee
(Regular or Lemon Decaf)

Beef or Chicken Broth
(Regular or Low Sodium)

Hot Cocoa (9-22g)
(Regular or Sugar Free)

Juices (12-23g)
Orange, Apple Grape, Prune, Cranberry

Milk (12g)
2%, Whole, Skim, Chocolate, Vanilla Soy Milk

REGULAR/CARB CONTROL DIET

Breakfast, Lunch & Dinner

Room service available 6:30 a.m. to 6:30 p.m.



UnityPoint Health® - St. Luke's is pleased to offer an expansive Room Service Menu offering a wide variety of healthy fresh meals. Dial 3663 or (712) 279-3663 to place your order. We hope you enjoy your dining experience.

The Doctor Has Ordered Your Diet. Now What?

- To place an order, please dial 3663 from your hospital room phone to order your selections from this menu.
- When you call, you will be connected to a Room Service Specialist, who will help you place your order.
- Your meal will be specially prepared and delivered to your room within 45 minutes.
- Meals consist of one entrée, two sides, a beverage, and a dessert/fruit.
- Recommended daily calorie intake is 1600-2400 calories per day to maintain good health. Calorie recommendations vary based on age, gender, and physical activity level.
- Family and guests may also order room service. Each meal is \$12/\$8 per guest, per meal. Payment is accepted by credit card only.
- Room service is available 6:30 a.m. - 6.30 p.m.

Regular Diet

- Regular Diets include all the characteristics of a healthy diet. Has a healthy foundation of whole grains, fruits and vegetables, lean proteins, low-fat daily and sources of healthy fats, but allows for the occasional treat.
- Regular Diets have no restrictions and patients are allowed to order any menu items available.

Ordering

- Dial FOOD (3663) from your patient room phone or (712) 279-3663 from your personal cell phone.

Patients Who Have Diabetes:

If you have diabetes or need your blood sugar checked:

- Your blood sugar needs to be checked before you start eating.
- Tell your nurse when you order a meal or when it arrives.
- If needed, your nurse will give you insulin or other medicine.

The bracketed number after each food item shows how many grams of carbohydrate are in that item. When placing your order, choose within the range allowed for each meal. Our Room Service Specialist will assist you in this process.

If you have any questions about your diet or would like to learn more about healthy eating with diabetes please ask to see a dietitian. This table suggests the number of carbohydrate grams to choose at each meal.

Diet Order with Grams of Carbohydrate	Carbohydrate Grams per Meal
180g carb-controlled	45-60
225g carb-controlled	60-75
255g carb-controlled	75-90



Scan the QR Code and use Facility ID: SIO to order online.



UnityPoint Health
St. Luke's

BREAKFAST

Served 6:30 a.m. to 6:30 p.m.

3 Pancake Stack (66g)

3 Wheat Pancake Stack (66g)

Topping choices include Blueberries

2 French Toast (44g)

2 Wheat French Toast (44g)

Biscuits and Gravy (32g)

2 Eggs on Toast (14g)

Choose from white or whole wheat toast with scrambled, over easy, over medium or over hard eggs

Vanilla Yogurt & Mixed Berries Parfait (48g)

BREADS

White Bread or Toasted (14g)

Wholewheat Bread or Toasted (14g)

English Muffin (23g)

Cinnamon Raisin Swirl Bagel (47g)

Petite Blueberry Muffin (30g)

Cream Cheese

Chocolate Muffin (27g)

CEREALS

Homestyle Oatmeal (40g)

Cream of Wheat (18g)

Southern Grits (22g)

Toppings include brown sugar, blueberries, mixed berries, raisins, cinnamon and/or walnuts

Cold Cereals (16-28g)

Cornflakes - Cheerios - Honey Nut Cheerios

Rice Krispies - Frosted Flakes - Cinnamon Toast Crunch

FRUITS AND YOGURT

Fresh Banana (27g)

Apple (15g)

Fresh Grapes (13g)

Fresh Canteloupe (8g)

Fresh Pineapple (10g)

Fresh Fruit Cup (8g)

Cottage Cheese (6g)

Applesauce (13g)

Pears (12g)

Peaches (12g)

Mandarin Oranges (21g)

Vanilla Greek Yogurt (11g)

Yogurt (varies)
Variety

BREAKFAST SIDES

Egg - Made to Order (0g)

Choose scrambled, over easy, over medium, over hard or sunny side up

Sausage Patty (0g)

Choose Pork or Turkey

Bacon - 2 pieces (0g)

Choose Pork or Turkey

Oven Cooked Home Fries (19g)

Biscuit (28g)

Sausage Gravy (4g)

Pancake or French Toast (22g)

Cottage Cheese (6g)

MADE TO ORDER

Scrambler Bowl (varies)

Choose from regular or heart healthy eggs

Vegetables: onions, mushrooms, green pepper, spinach, tomatoes, olives

Protein: ham, pork or turkey bacon, turkey or pork sausage, pepperoni

Cheese: american, cheddar, mozzarella, swiss

Breakfast Sandwich (English Muffin) (varies)

Fried Egg: over easy, over medium, over hard or sunny side up

Protein: ham, turkey or pork bacon, turkey or pork sausage, pepperoni

Cheese: american, cheddar, mozzarella, swiss

BEVERAGES

Apple Juice (14g) Cranberry Juice (15g)

Orange Juice (12g) Prune Juice (23g)

Grape Juice (18g)

Milk (12g)

Choose from 2%, skim, whole or chocolate

Soy Vanilla Organic (18g)

Tea (0g)

English hot, decaf or herbal

Coffee (0g)

Regular or decaf

Hot Cocoa (9-22g)

Regular (22g) or Sugar Free (9g)

LUNCH AND DINNER

Served from 10:30 a.m. - 6:30 p.m.

Ginger Sesame Salmon (9g)

Hot Beef Sandwich and Beef Gravy (38g)

Rosemary Roasted Chicken Breast (0g)

Roast Turkey Breast and Gravy (3g)

Baked Battered Fish Fry (2 piece) (14g)

Sioux City Mac and Cheese (36g)

Baked Chicken Tender (3 piece) (57g)

Beef Stroganoff and Egg Noodles (29g)

Homemade Meatloaf and Beef Gravy (9g)

Pork Tenderloin (0g)

Personal Pizza (24-48g)

7" pizza crust, mozzarella cheese, Italian herb oil with your choice of 3 toppings: Pepperoni, Sausage, Ham, Onion, Pepper, Mushrooms, Olives, Pineapple

FRESH BREADS

Served fresh or toasted

White or Wheat Bread Slice (14g)

Cinnamon Raisin Swirl Bagel (47g)

Croissant (36g)

Sub Roll (23g)

Garlic Breadstick (19g)

SOUP AND SIDE SALADS

Chicken Noodle (12g)

Tomato Soup (14g)

Side Caesar Salad (6g)

Side Salad Green (3g)

ENTRÉE SIGNATURE SALAD BOWLS

Add grilled chicken strips, salmon, veggie burger crumble

Caesar Salad Bowl (varies)

Taco Salad (varies)

Mandarin Salad (varies)

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase risk of foodborne illness especially if you have certain medical conditions.

BUILD YOUR OWN SALAD BAR

Salad Greens: Romaine Lettuce or Spring Mixed Greens

Vegetables: Diced Tomato, Grape Tomato, Black Olives, Mandarin Oranges, Walnuts, Black Bean, Red Onion, Brown Rice

Protein: Grilled Chicken Breast, Grilled Chicken Strips, Grilled Salmon, Taco Ground Beef, Veggie Burger Crumble

Cheese: Cheddar Cheese, Mozzarella, Monterey Jack, Feta Crumble

MADE TO ORDER GRILL (varies)

Bread: White or Wheat Bread Slice, White Bun, Sub Roll, Pretzel Bun, Croissant

Protein: Beef Burger, Grilled Chicken, Veggie Burger, Fish Fillet, Vegan Chicken Patty

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle

MADE TO ORDER DELI (varies)

Bread: White or Wheat Bread Slice, White Bun, Sub Roll, Pretzel Bun, Croissant

Protein: Turkey, Ham, Roast Beef, Tuna Salad, Egg Salad

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle

