

DESSERTS

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

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

BEVERAGES

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

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

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 (12-18g)
Skim, 2%, Whole, Vanilla Soy Milk, Almond

GLUTEN FREE 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.

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.

CBORD PATIENT™

UnityPoint Health
St. Luke's

BREAKFAST

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

Vanilla Yogurt and Mixed Berries Parfait (48g)
2 Gluten Free Waffles (28g)

COLD CEREALS

Cheerios (21g)
Honey Nut Cheerios (23g)

GLUTEN FREE BREADS

Served fresh or toasted

White Bread (16g)
Bagel (47g)
Blueberry Muffin (39g)

FRUITS AND YOGURT

Fresh Banana (27g)	Applesauce (13g)
Apple (15g)	Pears (12g)
Fresh Grapes (13g)	Peaches (12g)
Fresh Cantaloupe (9g)	Vanilla Greek Yogurt (7g)
Fresh Pineapple (10g)	Yogurt (varies)
Fresh Fruit Cup (8g)	Strawberry, vanilla, cherry vanilla

BREAKFAST SIDES

Egg - Made to Order (0g)

Choose 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)

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: pork or turkey bacon, turkey or pork sausage

Cheese: american, cheddar, mozzarella, swiss

Breakfast Sandwich (Gluten Free Bagel or White Toast) (varies)

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

Protein: turkey or pork bacon, turkey or pork sausage

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 almond

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)

Please be aware that our gluten free items are made in a shared kitchen. We make every effort to prevent cross contamination, but we cannot guarantee it.

LUNCH AND DINNER

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

Salmon Fillet (0g)
Rosemary Roasted Chicken Breast (0g)

Roast Turkey Breast (3g)

Veggie Trio with Hummus (9g)

Broccoli & Cheddar Bake Bowl (50g)

Mexican Casserole Bowl (46g)

Pad Thai (68g)

Black Bean Vegetable Enchilada (45g)

Cheese Enchilada (36g)

Vegetable Lasagna (44g)

GLUTEN FREE BREAD

White Bread Slice (16g)

Bagel (47g)

White Hamburger Bun (37g)

SOUPS

Tomato Red Pepper Soup (1g)

Italian-style Wedding Soup (23g)

Chicken Noodle Soup (20g)

Minestrone (30g)

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

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

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

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

MADE TO ORDER GRILL (varies)

Bread: Gluten Free White Bun

Protein: Beef Burger or Grilled Chicken

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle

MADE TO ORDER DELI (varies)

Bread: Gluten Free White Bread Slice or Bun

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

Cheese: American, Cheddar, Mozzarella, Swiss

Vegetables: Lettuce, Tomato, Onion, Pickle

SIDES

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

CONDIMENTS

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

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