

VEGAN 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: S10 to order online.



UnityPoint Health
St. Luke's

BREAKFAST

Served all day

HOT CEREALS

Homestyle Oatmeal (40g)

Cream of Wheat (18g)

Southern Grits (22g)

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

FRUITS AND YOGURT

Fresh Banana (27g)

Fresh Fruit Cup (8g)

Apple (15g)

Applesauce (13g)

Fresh Grapes (13g)

Pears (12g)

Fresh Cantaloupe (9g)

Peaches (12g)

Fresh Pineapple (10g)

SIDES

Oven Cooked Home Fries (19g)

BEVERAGES

Apple Juice (14g)

Orange Juice (12g)

Grape Juice (18g)

Prune Juice (23g)

Cranberry Juice (15g)

Almond Milk (8g)

Soy Vanilla Organic (18g)

Tea (0g)

English hot, decaf or herbal

Coffee (0g)

Regular or decaf

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

LUNCH AND DINNER

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

MADE TO ORDER GRILL (varies)

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

Protein: Vegan Chicken Patty or Veggie Burger

Vegetables: Lettuce, Tomato, Onion, Pickle

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, Brown Rice, Red Onion

Protein: Veggie Burger Crumbles, Vegan Chicken Breast

BREAD

White Bread Slice (14g)

Pretzel Bun (20g)

Sub Roll (23g)

BEVERAGES

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

Juices (12-23g)

Orange, Apple Grape, Prune, Cranberry

Iced Tea, Hot Tea, Coffee - Regular, Lemon Decaf or Herbal

Milk (12-18g) - Vanilla Soy Milk, Almond

SIDES AND SALAD

- Sautéed zucchini and mushrooms (2g)
- Large tator tots (23g)
- Green beans (4g)
- Steamed Peas (11g)
- Steamed corn (16g)
- Broccoli (3g)
- Mixed fresh fruit cup (8g)
- Carrots (5g)
- Side Salad Greens (0g)

CONDIMENTS

- Margarine
- Butter
- Salt
- Pepper
- Sugar
- Sugar Sub
- Lemon Juice
- Pancake Syrup
- Assorted Jellies (Regular or Sugar Free)
- Ketchup
- Mustard
- Barbecue Sauce
- Mild Salsa
- Mrs. Dash
- Peanut Butter Cup

Salad Dressings: Lite Raspberry Vinaigrette