Mahaska Health is dedicated to providing an excellent dining experience for you during your stay.

**JUST FOR YOU**

**DIET INFORMATION**

YOUR PHYSICIAN HAS PRESCRIBED A GENERAL DIET FOR YOU

A general diet has no restrictions. You may order from any of our menu options. Please ask to see a Registered Dietitian Nutritionist if you have questions about your diet.

**BEVERAGES**

Coffee (Regular or Decaf.)
Unsweet Iced Tea (Regular or Decaf.)
Hot Tea (Regular or Decaf.)
Hot Cocoa (Regular or sugar free)
Milk (2%, Skim, Chocolate)
Juice (Cranberry, Grape, Apple, Orange, Prune, Tomato)

**DESSERTS**

Cookie (Chocolate Chip, Oatmeal, Sugar)
Pudding (Regular/Diet Vanilla or Chocolate)
Gelatin (Regular/Diet Red or Orange)
Ice Cream (Vanilla, Chocolate, Strawberry)
Orange Sherbet
Pie (Lemon or Apple)
Angel Food Cake
Strawberry Shortcake
Brownie
Vanilla wafer
Graham Cracker
Fruit Ice (Strawberry, Cherry, Lemon)

**CONDIMENTS**

Salt
Pepper
Mrs. Dash
Sugar
Splenda
Creamer (Regular or Non-Dairy)
Lemon
Margarine
Sour Cream
Jelly (Grape, Strawberry, Mixed Berry)
Cream Cheese (Plain, Strawberry)

Peanut butter
Brown Sugar
Raisins
Syrup (Regular or sugar free)
Tartar Sauce
BBQ Sauce
Honey
Parmesan Cheese
Mustard
Ketchup
Mayonnaise
Salsa

**DRESSINGS**

Ranch • Italian • Caesar • Honey Mustard • Blue Cheese

641.672.3663 | www.mahaskahealth.org

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Room Service Hours | 6:00 AM - 6:00 PM

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### BREAKFAST

**HOT & COLD CEREAL**
- Bran Flakes
- Cheerios
- Corn Flakes
- Frosted Flakes
- Raisin Bran
- Oatmeal
- Cream of Wheat

**BREAKFAST ENTREES**
- Pancake
- French Toast
- Biscuits & Gravy

**BUILD YOUR OWN OMELET OR SKILLET***
* Skillet made with breakfast potatoes

**FILLINGS:**
- Sausage, Bacon, Ham, Tomato, Mushrooms
- Pepper, Onion

**SIDES**
- Bacon
- Sausage Patty
- Ham
- Breakfast Potato
- Hard Boiled Egg (H or C)
- Scrambled Eggs
- Fruit (Peach, Pear, Apple, Fruit Cup, Orange, Banana)
- Yogurt (Strawberry, Vanilla, Blueberry)
- English Muffin
- Bread (White, Whole Wheat)
- Muffin (Blueberry, Banana Nut)
- Bagel (Plain, Cinnamon Raisin, Blueberry)

### LUNCH & DINNER

**HOT ENTRÉES**
- Meatloaf w/ gravy
- Herbed Cod
- Mac & Cheese
- Baked Chicken
- Oven Fried Chicken
- Roast Beef
- Roast Turkey
- Open-Faced Sandwich
- Turkey or Roast beef
- Chicken Strips

**COLD ENTRÉES**
- Fruit and Cottage Cheese Plate
- Chicken Caesar Salad
- Chef Salad

**SOUPS**
- Chicken Noodle
- Tomato
- Vegetable
- Soup of the day (M - F)
- Broth (Chicken, Beef, Vegetable)

**SIDES**
- French Fries
- Mashed Potatoes (With Gravy)
- Baked Potato
- Mashed Sweet Potatoes
- Rice (Garden)
- Mac & Cheese
- Red potato with onion & pepper
- Carrots
- Broccoli
- Corn
- Peas
- Green Beans
- California Blend Vegetables
- Side salad (with tomato and cucumber)
- Applesauce
- Apple
- Orange
- Banana
- Fresh Fruit Cup
- Peaches
- Pears
- Potato Chips (Regular or Baked)
- Cottage Cheese
- Yogurt (Strawberry, Vanilla, Blueberry)
- Potato Salad
- Garlic Bread
- Dinner Roll
- Bread (White, Whole wheat)

### BUILD Your own

**SANDWICH**
- COLD: Chicken Salad, Turkey, Roast Beef, Ham, Tuna Salad, Egg Salad
- HOT: Hamburger, Cheeseburger, Hot Ham or Turkey and cheese, 3-cheese grilled cheese

**BREAD:**
- Bread (White, Whole wheat)
- Croissant, Bun

**CHEESE:**
- American, Swiss, Provolone

**TOPPINGS:**
- Lettuce, Tomato, Pickle, Onion

**PASTA DISH**
- Spaghetti, Fettuccine, Ravioli
- Marinara Sauce, Meat Sauce, Alfredo

**PIZZA**
- sausage, ham, beef, pepperoni, tomato, mushrooms, pepper, onion, black olives

**TACO* OR QUESADILLA**
* Hard or soft shell available
- Filling:
  - Beef, Chicken, or Cheese
- Toppings:
  - Lettuce, Tomato, Onion, Salsa, Sour Cream