

JUST FOR
You

— • 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)*

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.

— • CONDIMENTS • —

Salt	Peanut butter
Pepper	Brown Sugar
Mrs. Dash	Raisins
Sugar	Syrup <i>(Regular or sugar free)</i>
Splenda	Tartar Sauce
Creamer <i>(Regular or Non-Dairy)</i>	BBQ Sauce
Lemon	Honey
Margarine	Parmesan Cheese
Sour Cream	Mustard
Jelly <i>(Grape, Strawberry, Mixed Berry)</i>	Ketchup
Cream Cheese <i>(Plain, Strawberry)</i>	Mayonnaise
	Salsa

— • DRESSINGS • —

Ranch • Italian • Caesar • Honey Mustard • Blue Cheese

641.672.3663 | www.mahaskahealth.org

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JUST FOR
You

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



To Order PLEASE DIAL 3663

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



 **mahaskahealth**

BREAKFAST

Breakfast Available all day

HOT & COLD CEREAL

Bran Flakes	Raisin Bran
Cheerios	Oatmeal
Corn Flakes	Cream of Wheat
Frosted Flakes	

BREAKFAST ENTREES

Pancake	Biscuits & Gravy
French Toast	

BUILD YOUR OWN OMELET OR SKILLET*

* Skillet made with breakfast potatoes

FILLINGS:	CHEESE:
Sausage, Bacon, Ham,	Cheddar, Provolone
Tomato, Mushrooms	American, Swiss
Pepper, Onion	

SIDES

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

LUNCH & DINNER

HOT ENTRÉES

Meatloaf w/ gravy	Roast Beef
Herbed Cod	Roast Turkey
Mac & Cheese	Open-Faced Sandwich <i>(Turkey or Roast beef)</i>
Baked Chicken	Chicken Strips
Oven Fried Chicken	

COLD ENTRÉES

Fruit and Cottage Cheese Plate
Chicken Caesar Salad
Chef Salad

SOUPS

Chicken Noodle	Soup of the day <i>(M - F)</i>
Tomato	Broth <i>(Chicken, Beef, Vegetable)</i>
Vegetable	

SIDES

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

BUILD *Your own*

SANDWICH

COLD:
Chicken Salad, Turkey,
Roast Beef, Ham, Tuna Salad
Egg Salad

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

HOT:
Hamburger, Cheeseburger,
Hot Ham or Turkey and
cheese, 3-cheese grilled
cheese

CHEESE:
American, Swiss,
Provolone

TOPPINGS:
Lettuce, Tomato,
Pickle, Onion

PASTA DISH

Spaghetti, Fettuccine, Ravioli

Marinara Sauce, Meat Sauce,
Alfredo

PIZZA

TOPPINGS:
sausage, ham, beef, pepperoni,
tomato, mushrooms, pepper,
onion, black olives

TACO* OR QUESADILLA

*Hard or soft shell avail-

FILLING:
Beef, Chicken, or Cheese

TOPPINGS:
Lettuce, Tomato, Onion, Salsa,
Sour Cream