

ON THE SIDE

Mashed Potatoes ♥♥ (22 carbs)

Gravy: Brown R♥ (4 carbs) / Poultry R♥ (3 carbs)

Roasted Petite Potatoes ♥♥ (22 carbs)

French Fries ♥ (31 carbs)

White Rice R♥♥ (30 carbs)

Cauliflower Rice R♥♥ (5 carbs)

Macaroni and Cheese ♥ (14 carbs)

Black Beans ♥ (25 carbs)

Grilled Asparagus R♥♥ (2 carbs)

Steamed Carrots R♥♥ (7 carbs)

Whole Green Beans R♥♥ (6 carbs)

Broccoli R♥♥ (4 carbs)

Dinner Roll R♥♥ (16 carbs)

PopChips® R♥♥ Original / BBQ (15 carbs)

Potato Chips ♥ (22 carbs)

Cottage Cheese ♥♥ (6 carbs)

SAUCES AND CONDIMENTS

Ketchup ♥ (3 carbs) / Mustard ♥ / Mayo ♥ / Tartar Sauce ♥ /

BBQ Sauce ♥ (11 carbs) / Sweet & Sour Sauce ♥ (11 carbs) /

Cholula Hot Sauce ♥ / Salsa ♥ (3 carbs) / Pico de Gallo ♥ (2 carbs) /

Cranberry Sauce ♥ (22 carbs) / Honey ♥ (12 carbs) / Jelly ♥ (10 carbs) /

Diet Jelly ♥ (3 carbs)

DESSERTS

New York-Style Cheesecake ♥ (39 carbs)

Sugar-Free Chai Cheesecake R♥♥ (16 carbs)

Dutch Apple Pie R♥ (90 carbs)

Chocolate Lava Cake ♥ (63 carbs)

Salted Caramel Crème Brûlée ♥ (17 carbs)

Berry Cobbler R♥♥ (17 carbs)

Strawberry Angel Food Cake R♥♥ (26 carbs)

Cookie: Chocolate Chunk ♥ (50 carbs) / Salted Caramel ♥ (49 carbs)

Sugar R♥ (26 carbs)

Pudding: Rice R♥♥ (25 carbs) / Chocolate ♥ (28 carbs)

Vanilla R♥♥ (22 carbs)

Sugar-Free Pudding: Vanilla R♥♥ (12 carbs) / Chocolate ♥ (17 carbs)

Gelatin R♥ Regular (19 carbs) / Sugar-Free (2 carbs)

Custard R♥♥ (16 carbs)

Fruit Ice R♥♥ (19 carbs)

Sherbet R♥♥ (31 carbs)

Ice Cream ♥ (17 carbs) Vanilla / Chocolate / Strawberry

BEVERAGES

Hot Coffee R♥ Regular / Decaffeinated

Hot Tea R♥ Regular / Decaffeinated / Herbal

Iced Tea R♥ Regular / Decaffeinated

Hot Chocolate ♥ Regular (23 carbs) / Sugar-Free (9 carbs)

Light Lemonade R♥♥ (2 carbs)

Milk Skim ♥♥ (13 carbs) / Low Fat ♥ (13 carbs) / Whole ♥ (12 carbs)

Chocolate ♥ (22 carbs)

Soy Milk (11-25 carbs) Vanilla R♥♥ / Chocolate ♥

Almond Milk R♥♥ (16 carbs) Vanilla

Coconut Milk R♥♥ (8 carbs)

Oat Milk ♥♥ (14 carbs)

Lactaid ♥♥ (13 carbs)

Soda Pepsi ♥ (26 carbs) / Diet Pepsi ♥ / Mist Twist R♥♥ (19 carbs)

Diet Mist Twist R♥♥ / Ginger Ale R♥♥ (17 carbs) / Diet Ginger Ale R♥♥

Bottled Water R♥♥

CLEAR LIQUID

Apple Juice R♥♥ (26 carbs)

Cranberry Juice R♥♥ Regular (31 carbs) / Sugar-Free (2 carbs)

Hot Coffee R♥ Regular / Decaffeinated

Hot Tea R♥ Regular / Decaffeinated / Herbal

Iced Tea R♥ Regular / Decaffeinated

Light Lemonade R♥♥ (2 carbs)

Soda Mist Twist R♥♥ (19 carbs) / Diet Mist Twist R♥♥

Ginger Ale R♥♥ (17 carbs) / Diet Ginger Ale R♥♥

Bottled Water R♥♥

Broth R♥ Beef / Chicken / Vegetable ♥

Gelatin R♥ Regular (19 carbs) / Sugar-Free (2 carbs)

Italian Fruit Ice R♥♥ (19 carbs)

FULL LIQUID

ALSO INCLUDES EVERYTHING UNDER "CLEAR LIQUID"

Milk ♥ (13-29 carbs) / **Soy Milk** R♥♥ (11-25 carbs)

Oat Milk ♥♥ (14 carbs) / **Almond Milk** R♥♥ (16 carbs)

Coconut Milk R♥♥ (8 carbs)

Lactaid ♥♥ (13 carbs)

Orange Juice ♥♥ (26 carbs)

Soda Pepsi ♥ (26 carbs) / Diet Pepsi ♥

Cream of Wheat R♥♥ (29 carbs)

Fat-Free Vanilla Greek Yogurt ♥♥ (9 carbs)

Soy Yogurt R♥♥ (21 carbs) Vanilla

Whipped Yogurt ♥♥ Strawberry / Lime (25 carbs)

Cream Soup Chicken R♥ (9 carbs) / Mushroom R♥♥ (10 carbs)

Tomato Basil ♥♥ (7 carbs)

Pudding R♥♥ Regular (25-28 carbs) / Sugar-Free (12-17 carbs)

Ice Cream ♥ (17 carbs) / **Sherbet** R♥♥ (31 carbs)

Custard R♥♥ (16 carbs) / **Fruit Ice** ♥ (19 carbs)

PATIENT MENU



HONORHEALTH JOHN C. LINCOLN MEDICAL CENTER

Dial **801-3663**

The Food and Nutrition staff of HonorHealth is committed to meeting your individual nutrition needs. Choose the meal you want, when you want it!

Meal Ordering Service is available from 6am to 8pm daily.

- After Hours: Light meals are available from your nurse.
- **A Guest Meal voucher may be purchased for \$8.50 in the Café or lobby coffee station. A voucher number is required to order by phone. Guest Meals are available from 6am to 8pm.**
- Each voucher for a guest meal includes one entree, two sides, one dessert and up to two beverages.

HOW TO ORDER MEALS

- Review the menu.
- Dial **801-3663**.
- Service is a la carte so be sure to order all desired items.
- The diet representative answering your call will take your order and confirm your selections with you. They also can provide assistance with specialized diet selections as needed.

Your meal will arrive in approximately 45-60 minutes.

Cafeteria Hours for guests are 6:00am - 1:00am, daily

HONORHEALTH®

HONOR ABOVE ALL.

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Dial **801-3663**

Meal Ordering Service is available from 6am to 8pm daily.

BREAKFAST

Available 6am to 10am

BREAKFAST ENTRÉES

Scrambled Eggs R♥

Egg Substitute R♥ (2 carbs)

Egg Whites R♥

Fried Eggs R

Hard Boiled Egg R♥

Bacon

Sausage

Turkey R♥ / Pork

O'Brien Potatoes ♥ (19 carbs)

Buttermilk Biscuit (29 carbs)

Country Gravy (5 carbs)

Buttermilk Pancakes

Single R♥ (19 carbs)

Short Stack (39 carbs)

Banana (47 carbs)

Blueberry (41 carbs)

Chocolate Chip (52 carbs)

French Toast R♥

Regular (22 carbs)

Cinnamon Raisin (18 carbs)

Syrup Regular R♥ (29 carbs)

Sugar Free R♥ (4 carbs)

BUILD YOUR OWN OMELET, EGG BURRITO OR EGG SANDWICH

Choose: **English Muffin** (25 carbs) / **Biscuit** (29 carbs) / **Bagel** (57-59 carbs)

Tortilla (23-35 carbs)

Add: **Bacon** / **Sausage** (Pork / Turkey R♥) / **Ham** / **Onions R♥** (2 carbs) / **Tomatoes ♥** /

Mushrooms R♥ / **Spinach R♥** / **Pepper & Onion Sauté R♥** (2 carbs) /

Grilled Asparagus R♥ / **Breakfast Potatoes ♥** (10 carbs) / **Jalapeño R♥** /

Shredded Cheese ♥ / **Pico de Gallo ♥** (2 carbs) / **Salsa ♥** (3 carbs) / **Avocado**

BREAKFAST SIDES

FRUIT

Apple R♥ (28 carbs)

Banana ♥ (28 carbs)

Orange ♥ (16 carbs)

Red Grapes R♥ (10 carbs)

Seasonal Berries R♥ (8 carbs)

Seasonal Fruit Cup ♥ (9 carbs)

Applesauce R♥ (12 carbs)

Fruit Cocktail R♥ (16 carbs)

Peaches R♥ (13 carbs)

Pears R♥ (18 carbs)

Prunes ♥ (30 carbs)

Fresh Melon ♥ (8 carbs)

Fresh Pineapple R♥ (10 carbs)

CEREAL

Hot Cereal R♥

Cream of Wheat / Oatmeal

Bowl (27-29 carbs) / Cup (13-14 carbs)

Add: Cinnamon / Brown Sugar (13 carbs)

Cold Cereal

Cheerios R♥ (12 carbs) / Corn Flakes R♥ (19 carbs) / Rice Krispies R♥ (22 carbs) /

Granola R♥ (50 carbs) / Raisin Bran ♥ (28 carbs) / Froot Loops R♥ (24 carbs)

JUICE

Orange ♥ (26 carbs)

Apple R♥ (26 carbs)

Prune ♥ (20 carbs)

Cranberry R♥ (31 carbs)

Sugar-Free Cranberry R♥ (2 carbs)

V-8 ♥ / **SF V-8** (7 carbs)

YOGURT

Fat-Free Greek Yogurt ♥ (9 carbs)

Vanilla / Strawberry / Blueberry

Whipped ♥ (25 carbs)

Strawberry / Lime

Light Peach ♥ (8 carbs)

Yogurt Parfait ♥ (41 carbs)

Soy Yogurt ♥ (21 carbs)

Vanilla

BREAKFAST BREADS

Toasted Bagel R♥

Plain (59 carbs) / Wheat (57 carbs)

English Muffin R♥ (25 carbs)

Fresh-Baked Blueberry Muffin R♥ (27 carbs)

Cinnamon Roll (65 carbs)

Tortilla (23-35 carbs)

LUNCH / DINNER

Available 10am to 8pm

SMALL PLATES

Brie, Fresh Berries & Grapes R♥ (15 carbs)

Add: Crackers (29 carbs)

Fresh Veggies with Roasted Red Pepper Hummus ♥ (19 carbs)

Meat Salad Scoop Classic Tuna R♥ / Cranberry Chicken R♥ (7 carbs) /

Egg w/ Dill R♥ (4 carbs)

Protein Plate (7 carbs) Grilled Chicken, Hard-boiled Egg, Cheddar Cheese, Strawberry, and Almonds

SOUPS (BOWL/CUP)

Chicken Noodle R♥ (24/12 carbs)

Chili ♥ (13/6 carbs)

Tomato Basil Soup ♥ (7/4 carbs)

Lentil Vegetable Soup ♥ (14/7 carbs)

Broth Beef R♥ / Chicken R♥ / Vegetable R♥

Add: Saltine Crackers ♥ (4 carbs) / Club Crackers (5 carbs)

FROM THE GARDEN

Cottage Cheese & Fruit Plate R♥ (33 carbs)

Caesar Salad (16 carbs) Fresh Romaine Lettuce, Seasoned Herbed Croutons, and Shaved Parmesan Cheese served with Caesar Dressing (1 carb)

Caprese Salad with Avocado (11 carbs) Harvest Blend Lettuce, Basil, Tomato, Mozzarella, and Avocado

Chef Salad R♥ (7 carbs) Fresh Romaine Lettuce, Hard-boiled Eggs, Ham, Turkey, Tomato, Cucumber, Cheddar and Swiss Cheese

Garden Salad Bowl Entrée (7 carbs) / Side (3 carbs)

Add: **Grilled Chicken R♥** / **Grilled Salmon R♥** / **Grilled Shrimp R♥**

Salad Dressings Balsamic (6 carbs) / Caesar / Buttermilk Ranch (2 carbs)

1000 Island (6 carbs) / Fat Free Ranch R♥ (14 carbs) / Italian R♥ (9 carbs)

Fat Free Italian ♥ (1 carb) / Bleu Cheese (2 carbs) / Oil and Vinegar R♥

Raspberry Vinaigrette (12 carbs)

DELI BAR

Choose Meat:

Sliced Turkey R♥ (3 carbs) / **Sliced Ham** (2 carbs) / **Classic Tuna Salad R♥**

Cranberry Chicken Salad R♥ (5 carbs) / **Dilled Egg Salad R♥** (3 carbs)

Choose Bread:

Multigrain R♥ (34 carbs) / **Sourdough R♥** (38 carbs) / **Marbled Rye R♥**

(38 carbs) / **White R♥** (38 carbs) / **Wheat R♥** (34 carbs)

Gluten Free Bread R♥ White (40 carbs) / **Multigrain** (36 carbs)

Add: **Lettuce R♥** / **Tomato ♥** / **Onion R♥** / **Pickles**

Cheese Swiss R♥ / **Cheddar** / **Monterey Jack**

Peanut Butter & Jelly Sandwich (63-67 carbs) with Diet Jelly R (53 carbs)

GRILL FAVORITES

Hamburger (33 carbs)

Cheeseburger (34 carbs)

Turkey Burger R♥ (30 carbs)

Grilled Chicken Sandwich ♥ (33 carbs)

Impossible™ Burger (42 carbs)

Trio Grilled Cheese (35-39 carbs)

Chicken Tenders with Ranch (25 carbs)

ENTRÉES

Grilled Steak R

with Lemon Tarragon Butter or Sautéed Mushrooms & Onions (3 carbs)

Grilled Salmon Filet R♥ with Lemon Tarragon Butter

Roast Turkey Breast R♥ with Gravy (4 carbs)

Grilled Chicken Breast R♥

Meatloaf R♥ (9 carbs) with Gravy (4 carbs)

Grilled Shrimp R♥

Pasta Marinara Sauce ♥ (49 carbs) / **Three-Cheese Sauce** (50 carbs)

Add Protein: **Chicken ♥** / **Salmon ♥** / **Grilled Shrimp ♥** / **Steak**

Personal Pan Pizza (106 carbs) Cheese / Pepperoni / Vegetable

Gluten free cauliflower crust available upon request

Build Your Own Burrito or Bowl

R and ♥ versions available upon request

Choose: Burrito (59-93 carbs) / Bowl (24-58 carbs) with Rice or Cauliflower Rice

Add: Diced Tomatoes ♥ / Avocado / Jalapeño R♥ / Picante Sauce (3 carbs)

Pico de Gallo ♥ (2 carbs) / Shredded Cheddar Cheese ♥

Add Protein: **Chicken ♥** / **Salmon ♥** / **Grilled Shrimp ♥** / **Steak**

Build Your Own Quesadilla (37 carbs) Cheddar Cheese on Flour Tortilla

Add: Pepper & Onion Sauté / Grilled Chicken Breast / Steak / Grilled Shrimp

SPECIAL DIETS: If you are on a restricted or modified diet, the following will be helpful in making menu selections that are consistent with your physician's diet order.

If you are on a **diabetic (carbohydrate-controlled) diet**, please call your nurse after placing your meal request to have your blood glucose tested prior to the meal arrival. Carbohydrate values may vary slightly due to product availability.

♥ Indicates food choices that are lower in fat and salt. Please choose these items if you are on a **heart healthy, low fat** or **low salt diet**.

R Indicates food choices that are available for patients on a **renal diet**. They are lower in salt and potassium. Milk/dairy products are allowed up to 4 oz. (1/2 cup) per day. Some fruits and vegetables may be limited or restricted.

indicates food choices that are available for patients on a **vegetarian diet**.

indicates food choices that are available for patients on a **vegan diet**.