ON THE SIDE _

Mashed Potatoes **V** (22 carbs) Gravy: Brown **R♥** (4 carbs) / Poultry **R♥** (3 carbs) **Roasted Petite Potatoes V(**22 carbs) Baked Potato Wedges (20 carbs) White Rice **R**♥ (30 carbs) Cauliflower Rice R♥♥ (5 carbs) Macaroni and Cheese *(*14 carbs) Black Beans v (25 carbs) **Grilled Asparagus RVW** (2 carbs) **Steamed Carrots RVW** (7 carbs) Whole Green Beans RV (6 carbs) **Broccolini R♥ (**4 carbs) **Dinner Roll RV (**16 carbs) **PopChips® R♥** ♥ Original / BBQ (15 carbs) Potato Chips 🛛 (22 carbs) **Cottage Cheese V**(6 carbs)

SAUCES AND CONDIMENTS ____

Ketchup 🗞 (3 carbs) / Mustard 🗞 / Mayo 🥖 / Tartar Sauce 🥖 / BBQ Sauce (11 carbs) / Sweet & Sour Sauce (11 carbs) / Cholula Hot Sauce V / Salsa V (3 carbs) / Pico de Gallo V (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**♥Ø (16 carbs) **Dutch Apple Pie R***(*90 carbs) **Chocolate Lava Cake** *(*63 carbs) **Salted Caramel Créme Brûlée** *(*17 carbs) **Berry Cobbler R♥***Ø* (17 carbs) **Strawberry Angel Food Cake RV***Ø* (26 carbs) **Cookie:** Chocolate Chunk Ø (50 carbs) / Salted Caramel Ø (49 carbs) Sugar **R** (26 carbs) **Pudding:** Rice **RV***Ø* (25 carbs) / Chocolate **V***Ø* (28 carbs) Vanilla **R♥**Ø (22 carbs) Sugar-Free Pudding: Vanilla R♥Ø (12 carbs) / Chocolate ♥Ø (17 carbs) Gelatin R♥ Regular (19 carbs) / Sugar-Free (2 carbs) **Custard RV***Ø* (16 carbs) Fruit Ice RV (19 carbs) **Sherbet RV***Ø* (31 carbs) Ice Cream Ø (17 carbs) Vanilla / Chocolate / Strawberry

Dial 480-583-0150

Meal Delivery Service is available from 8am, noon, & 5pm daily.

BEVERAGES

Hot Coffee R♥ № Regular / Decaffeinated Hot Tea R♥ ♥ Regular / Decaffeinated / Herbal **Iced Tea R♥ №** Regular / Decaffeinated **Hot Chocolate** *P* Regular (23 carbs) / Sugar-Free (9 carbs) Light Lemonade RV (2 carbs) Milk Skim V (13 carbs) / Low Fat (13 carbs) / Whole (12 carbs) Chocolate ♥Ø (22 carbs) Soy Milk (11-25 carbs) Vanilla R♥♥ / Chocolate ♥♥ Almond Milk **R**♥ (16 carbs) Vanilla **Coconut Milk RVW** (8 carbs) **Oat Milk V** (14 carbs) **Lactaid V**(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 **RV N**

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 RV (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 RY 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 RV** *(*11-25 carbs) **Oat Milk V(**14 carbs) / **Almond Milk RV(**16 carbs) **Coconut Milk RVW** (8 carbs) Lactaid ♥Ø (13 carbs) Soda Pepsi 🛛 (26 carbs) / Diet Pepsi 🎔 🕅 **Cream of Wheat RVW** (29 carbs) **Fat-Free Vanilla Greek Yogurt V**(9 carbs) Soy Yogurt R♥ № (21 carbs) Vanilla Whipped Yogurt **V** Strawberry / Lime (25 carbs) **Cream Soup** Chicken **RV** (9 carbs) / Mushroom **RV** (10 carbs) Tomato Basil ♥∅ (7 carbs) **Pudding R**♥*Ø* Regular (25-28 carbs) / Sugar-Free (12-17 carbs) Ice Cream *(*17 carbs) / Sherbet R¥*(*31 carbs) **Custard R♥**Ø (16 carbs) / **Fruit** Ice **♥** (19 carbs)

PATIENT MENU



GRB/FBS HONORHEALTH SCOTTSDALE OSBORN MEDICAL CENTER

Dial 480-583-0150

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 Delivery Service is available from 8am, noon, & 5pm daily. Order Breakfast by 7am, Lunch by 11am, and Dinner by 4pm

• 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 480-583-0150.
- 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.

Breakfast will arrive at 8am, Lunch at noon, and Dinner at 5pm



HONOR ABOVE ALL.

147506 GRB 1021

BREAKFAST

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¥Ø

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 Ø (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 ♥ Ø / 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 RV

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 ♥ Ø (9 carbs) Vanilla / Strawberry / Blueberry
Whipped ♥ Ø (25 carbs) Strawberry / Lime
Light Peach ♥ Ø (8 carbs)
Yogurt Parfait ♥ Ø (41 carbs)
Soy Yogurt ♥ Ø (21 carbs) Vanilla

BREAKFAST BREADS

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

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♥ Ø (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 Ø (11 carbs) Harvest Blend Lettuce, Basil, Tomato, Mozarella, 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 Ø (2 carbs) 1000 Island Ø (6 carbs) / Fat Free Ranch R♥Ø (14 carbs) / Italian R♥Ø (9 carbs) Fat Free Italian ♥♥ (1 carb) / Bleu Cheese Ø (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♥Ø White (40 carbs) / Multigrain (36 carbs)

Add: Lettuce R♥♥ / Tomato ♥♥ / Onion R♥♥ / Pickles ♥ Cheese Swiss R♥Ø / Cheddar Ø / Monterey Jack Ø

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 Ø (35-39 carbs) Baked Chicken Tenders with Ranch (20 carbs)

ENTRÉES _____

Grilled Steak R with Lemon Tarragon Butter or Sautéed Mushrooms & Onions (3 carbs) Grilled Salmon Filet RV with Lemon Tarragon Butter **Roast Turkey Breast R♥** with Gravy (4 carbs) Grilled Chicken Breast RV **Meatloaf R♥** (9 carbs) with Gravy (4 carbs) Grilled Shrimp RV **Pasta** Marinara Sauce ♥ ♥ (49 carbs) / Three-Cheese Sauce Ø (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 **v** versions available upon request Choose: Burrito (59-93 carbs) / Bowl (24-58 carbs) with Rice or Cauliflower Rice Add: Diced Tomatoes V / Avocado / Jalapeño RV / 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 Ø 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**.