

ON THE SIDE

- Mashed Potatoes (22 carbs)
Gravy: Brown (4 carbs) / Poultry (3 carbs)
Roasted Petite Potatoes (22 carbs)
Roasted Sweet Potatoes (18 carbs)
French Fries (31 carbs)
White Rice (30 carbs)
Cauliflower Rice (5 carbs)
Macaroni and Cheese (14 carbs)
Black Beans (25 carbs)
Grilled Asparagus (2 carbs)
Steamed Carrots (7 carbs)
Whole Green Beans (6 carbs)
Broccolini (4 carbs)
Dinner Roll (16 carbs)
PopChips® Original / BBQ (15 carbs)
Potato Chips (22 carbs)
Cottage Cheese (6 carbs)

SAUCES AND CONDIMENTS

- Ketchup (3 carbs) / Mustard (3 carbs) / Mayo (3 carbs) / Tartar Sauce (3 carbs) /
BBQ Sauce (11 carbs) / Sweet & Sour Sauce (11 carbs) /
Cholula Hot Sauce (3 carbs) / 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 (33 carbs)
Sugar-Free Prickly Pear Cheesecake Mousse (20.5 carbs)
Dutch Apple Pie (90 carbs)
Chocolate Lava Cake (63 carbs)
White Chocolate Strawberry Crème Brûlée (13.3 carbs)
Lemon Blueberry Crumble (19 carbs)
Strawberry Angel Food Cake (26 carbs)
Cookie: Chocolate Chunk (50 carbs) / Salted Caramel (49 carbs)
Sugar (26 carbs)
Pudding: Rice (25 carbs) / Chocolate (28 carbs) /
Vanilla (22 carbs)
Low Sugar Pudding: Vanilla (12 carbs) / Chocolate (17 carbs)
Gelatin Regular (19 carbs) / Sugar-Free (2 carbs)
Banana Pudding (16 carbs)
Fruit Ice (19 carbs)
Sherbet (31 carbs)
Ice Cream (17 carbs) Vanilla / Chocolate / Strawberry

Dial 801-3663

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

BEVERAGES

- Hot Coffee Regular / Decaffeinated
Hot Tea Regular / Decaffeinated / Herbal
Iced Tea Regular / Decaffeinated
Hot Chocolate Regular (23 carbs) / Sugar-Free (9 carbs)
Light Lemonade (2 carbs)
Milk Skim (13 carbs) / Low Fat (13 carbs) / Whole (12 carbs) /
Chocolate (22 carbs)
Soy Milk (11-25 carbs) Vanilla / Chocolate
Almond Milk (16 carbs) Vanilla
Coconut Milk (8 carbs)
Oat Milk (14 carbs)
Lactaid (13 carbs)
Soda Pepsi (26 carbs) / Diet Pepsi (26 carbs) / Starry Lemon-Lime (24 carbs) /
Starry Lemon-Lime Zero (24 carbs) / Ginger Ale (17 carbs) / Diet Ginger Ale (17 carbs)
Bottled Water

CLEAR LIQUID

- Apple Juice (26 carbs)
Cranberry Juice Regular (31 carbs) / Sugar-Free (2 carbs)
Hot Coffee Regular / Decaffeinated
Hot Tea Regular / Decaffeinated / Herbal
Iced Tea Regular / Decaffeinated
Light Lemonade (2 carbs)
Soda Starry Lemon-Lime (24 carbs) / Starry Lemon-Lime Zero (24 carbs) /
Ginger Ale (17 carbs) / Diet Ginger Ale (17 carbs)
Bottled Water
Broth Beef / Chicken / Vegetable
Gelatin Regular (19 carbs) / Sugar-Free (2 carbs)
Italian Fruit Ice (19 carbs)

FULL LIQUID

- ALSO INCLUDES EVERYTHING UNDER “CLEAR LIQUID”
Milk (13-29 carbs) / Soy Milk (11-25 carbs)
Oat Milk (14 carbs) / Almond Milk (16 carbs)
Coconut Milk (8 carbs)
Lactaid (13 carbs)
Orange Juice (26 carbs)
Soda Pepsi (26 carbs) / Diet Pepsi (26 carbs)
Cream of Wheat (29 carbs)
Fat-Free Vanilla Greek Yogurt (9 carbs)
Soy Yogurt (21 carbs) Vanilla
Whipped Yogurt Strawberry / Lime (25 carbs)
Cream Soup Chicken (9 carbs) / Mushroom (10 carbs) /
Tomato Basil (7 carbs)
Pudding Regular (25-28 carbs) / Sugar-Free (12-17 carbs)
Banana Pudding (16 carbs)
Ice Cream (17 carbs) / Sherbet (31 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 - 2:00am, daily

















HONORHEALTH®

HONOR ABOVE ALL.


















BREAKFAST

Available 6am to 10am





















BREAKFAST ENTRÉES








- Scrambled Eggs 
Egg Substitute  (2 carbs)
Egg Whites 
Fried Eggs 
Hard Boiled Egg 
Bacon
Sausage
 Turkey  / Pork
O’Brien Potatoes  (19 carbs)
Buttermilk Biscuit  (29 carbs)
Country Gravy (5 carbs)
Acai Berry Bowl  (40 carbs)
 Acai Puree with Blueberries,
 Strawberries, and Red Raspberries
- Buttermilk Pancakes 
 Single  (19 carbs)
 Short Stack (39 carbs)
 Banana (47 carbs)
 Blueberry (41 carbs)
 Chocolate Chip (52 carbs)
French Toast 
 Regular (22 carbs)
 Cinnamon Raisin (18 carbs)
Syrup 
 Regular  (29 carbs)
 Sugar Free  (4 carbs)
Roasted Sweet Potatoes  (18 carbs)






BUILD YOUR OWN OMELET, EGG BURRITO OR EGG SANDWICH






Choose: **English Muffin**  (25 carbs) / **Biscuit**  (29 carbs) / **Bagel**  (44-59 carbs) / **Tortilla**  (23-35 carbs)
Add: **Bacon** / **Sausage** (Pork / Turkey ) / **Ham** / **Onions**  (2 carbs) / **Tomatoes**  / **Mushrooms**  / **Spinach**  / **Pepper & Onion Sauté**  (2 carbs) / **Grilled Asparagus**  / **Breakfast Potatoes**  (10 carbs) / **Jalapeño**  / **Shredded Cheese**  / **Pico de Gallo**  (2 carbs) / **Salsa**  (3 carbs) / **Avocado** 

BREAKFAST SIDES

- FRUIT
Apple  (28 carbs)
Banana  (28 carbs)
Orange  (16 carbs)
Red Grapes  (10 carbs)
Seasonal Berries  (8 carbs)
Seasonal Fruit Cup  (9 carbs)
Applesauce  (12 carbs)
Fruit Cocktail  (16 carbs)
Peaches  (13 carbs)
Pears  (18 carbs)
Prunes  (30 carbs)
Fresh Melon  (8 carbs)
Fresh Pineapple  (10 carbs)
- CEREAL
Hot Cereal 
 Cream of Wheat / Oatmeal
 Bowl (27-29 carbs) / Cup (13-14 carbs)
Add: Cinnamon / Brown Sugar (13 carbs)
Cold Cereal
 Cheerios  (12 carbs) / Corn Flakes  (19 carbs) / Rice Krispies  (22 carbs) / Granola  (34 carbs) / Raisin Bran  (28 carbs) / Froot Loops  (24 carbs)

- JUICE
Orange  (26 carbs)
Apple  (26 carbs)
Prune  (20 carbs)
Cranberry  (31 carbs)
Sugar-Free Cranberry  (2 carbs)
V-8  / LF 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  (34.3 carbs)
Soy Yogurt  (21 carbs)
 Vanilla

- BREAKFAST BREADS
Toasted Bagel 
 Plain (44 carbs) / Wheat (57 carbs)
English Muffin  (25 carbs)
Fresh-Baked Blueberry Muffin  (27 carbs)
Cinnamon Roll  (65 carbs)
Tortilla  (23-35 carbs)







LUNCH / DINNER

Available 10am to 8pm


















SMALL PLATES

- Fresh Veggies with Roasted Red Pepper Hummus  (21 carbs)
Meat Salad Scoop Classic Tuna  / Cranberry Chicken  (7 carbs) / Egg with Dill  (4 carbs)
Charcuterie Plate (10g carbs) Cheddar, Pepper Jack, Brie Cheese, Fresh Strawberries, Blackberries, Deli Turkey, Deli Ham, Salami, and Pepperoni




















SOUPS (BOWL/CUP)

- Chicken Noodle  (24/12 carbs)
Chili  (13/6 carbs)
Tomato Basil Soup  (7/4 carbs)
Lentil Vegetable Soup  (14/7 carbs)
Broth Beef  / Chicken  / Vegetable 
Add: Saltine Crackers  (4 carbs) / Club Crackers  (5 carbs)





FROM THE GARDEN

- Cottage Cheese & Fruit Plate  (36 carbs)
Caesar Salad (16 carbs) Fresh Romaine Lettuce, Seasoned Herbed Croutons, and Shaved Parmesan Cheese served with Caesar Dressing (1 carb)
Southwest Salad  (33 carbs) Fresh Romaine Lettuce, Black Beans, Avocado, Red Bell Peppers, Cherry Tomatoes, Tri-Color Tortilla Strips, and Fire Roasted Corn
Cobb Salad  (9 carbs) Fresh Harvest Blend Lettuce, Bleu Cheese Crumbles, Grilled Chicken Breast, Cherry Tomatoes, Hard Boiled Eggs, Avocados, Red Onions, and Bacon
 Vegan version available upon request
Garden Salad Bowl  Entrée (7 carbs) / Side (3 carbs)
Add: Grilled Chicken  / Grilled Salmon  / Grilled Shrimp 
Salad Dressings Balsamic  (6 carbs) / Caesar / Buttermilk Ranch  (2 carbs) 1000 Island  (6 carbs) / Fat Free Ranch  (14 carbs) / Italian  (9 carbs) Fat Free Italian  (1 carb) / Bleu Cheese  (2 carbs) / Oil and Vinegar  Raspberry Vinaigrette  (12 carbs) / Avocado Ranch  (2 carbs)

DELI BAR

- Choose Meat:
 Sliced Turkey  (3 carbs) / Sliced Ham (2 carbs) / Classic Tuna Salad 
 Cranberry Chicken Salad  (5 carbs) / Dilled Egg Salad  (3 carbs)
Choose Bread:
 Multigrain  (34 carbs) / Sourdough  (38 carbs) / Marbled Rye  (36 carbs) / White  (42 carbs) / Wheat  (34 carbs)
 Gluten Free Bread  White (40 carbs) / Multigrain (36 carbs)
Add: Lettuce  / Tomato  / Onion  / Pickles 
 Cheese Swiss  / Cheddar  / Monterey Jack 
Peanut Butter & Jelly Sandwich  (63-67 carbs) with Diet Jelly 

GRILL FAVORITES


- Hamburger (33 carbs)
Cheeseburger (34 carbs)
Turkey Burger  (30 carbs)
Grilled Chicken Sandwich  (33 carbs)
Impossible™ Burger  (34 carbs)
Trio Grilled Cheese  (35-39 carbs)
Baked Chicken Tenders with Ranch (20 carbs)


ENTRÉES

- Grilled Steak 
 with Lemon Tarragon Butter or Sautéed Mushrooms and Onions (3 carbs)
Grilled Salmon Filet  with Lemon Tarragon Butter
Roast Turkey Breast  with Gravy (4 carbs)
Grilled Chicken Breast 
Pot Roast  (2 carbs) with Gravy (4 carbs)
Grilled Shrimp 
Vegan Meatballs  (9 carbs)
Pasta Marinara Sauce  (49 carbs) / Three-Cheese Sauce  (50 carbs)
Add Protein: Chicken  / Salmon  / Grilled Shrimp  / Steak / Vegan Meatballs
Personal Pan Pizza (106 carbs) Cheese  / Pepperoni / Vegetable 
 Gluten free cauliflower crust available upon request
Build Your Own Burrito or Bowl  and  versions available upon request
Choose: Burrito (59-93 carbs) / Bowl (24-58 carbs) with Pepper, Onion, Black Beans and a choice of Rice or Cauliflower Rice
Add: Diced Tomatoes  / Avocado  / Jalapeño  / 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 and 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**.

 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**.